



Media Release – Latest nutrition review confirms that community control is critical to improve the nutritional status of Aboriginal and Torres Strait Islander people

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The Australian Indigenous HealthInfoNet (HealthInfoNet) at Edith Cowan University has published a new *Review of nutrition among Aboriginal and Torres Strait Islander people*. It provides detailed information on food, diet and nutritional health among Aboriginal and Torres Strait Islander people, and includes data for diet-related conditions; morbidity, mortality and burden of disease. This review highlights the importance of nutrition promotion and the prevention of diet-related disease, and provides information on relevant programs, services, policies and strategies that help improve food supply, diet and nutritional health among Aboriginal and Torres Strait Islander people.

Lead author Professor Amanda Lee is a Senior Advisor at the Australian Prevention Partnership Centre at the Sax Institute and has more than 35 years' experience as a practitioner and academic in nutrition, obesity and chronic disease prevention, Aboriginal and Torres Strait Islander health and public health policy.

HealthInfoNet Director, Professor Neil Drew says 'This review written by Professor Amanda Lee and Kathy Ride (HealthInfoNet Research Team Leader) shows the important role nutrition plays in health. As we see in many areas of Aboriginal and Torres Strait Islander health, community control has been shown to be critical for the success of nutrition programs.'

This review describes how, prior to European settlement in Australia, Aboriginal and Torres Strait Islander peoples were generally healthy and enjoyed a varied traditional diet low in energy density and rich in nutrients. Now, evidence shows that five of the seven leading risk factors contributing to the health gap between Aboriginal and Torres Strait Islander and non-Indigenous Australians relate to poor diet. The review also highlights that sustained and effective interventions to improve nutrition will require: an adequately trained workforce; adequate and sustained resourcing; intersectoral partnerships; a practical monitoring, research and evaluation framework; and effective dissemination.

<http://www.healthinfonet.ecu.edu.au/health-risks/nutrition/reviews/our-review>

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About the HealthInfoNet: The Australian Indigenous HealthInfoNet, now in its 20th year, is a massive Internet resource that informs practice and policy in Aboriginal and Torres Strait Islander health by making up to date research and other knowledge readily accessible via any platform. In this way, the HealthInfoNet contributes to closing the gap in health between Aboriginal and Torres Strait Islander peoples and other Australians. Working in the area of translational research with a population health focus, the HealthInfoNet makes research and other information freely available in a form that has immediate, practical utility for practitioners and policy-makers in the area of Aboriginal and Torres Strait Islander



Australian Indigenous
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*Helping to 'close the gap' by providing the
evidence base to inform practice and policy in
Aboriginal and Torres Strait Islander health*

health, enabling them to make decisions based on the best available evidence.
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