



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

School of  
Public Health

# SEMINAR SERIES

## Improving food security and diet in remote Aboriginal communities

Poor diet is a major contributor to the high levels of mortality and morbidity experienced by Aboriginal and Torres Strait Islander communities in Australia. While influences on Indigenous diet are undoubtedly complex, previous research has demonstrated that it *is* possible to achieve rapid, sustained improvements in objective measures of food security, diet, nutrition status and diet-related disease in remote communities. However, successful, community-led approaches have not been widely translated into practice, and to date, nutrition has not been a focus of policy to address Indigenous disadvantage.

This presentation will describe the current MRFF funded project to improve Aboriginal food security and nutrition in remote areas, with a focus on the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands in Central Australia. The project, a partnership between Nganampa Health, the NPY Women's Council, Mai Wiru Regional Stores Aboriginal Council and the Sax Institute, is supporting and evaluating community-led interventions to improve food security and dietary intake using several novel approaches. The project will articulate with concurrent work being conducted in urban areas, to develop a food security framework and strategic implementation plan to improve food security with Aboriginal groups.

Prof Amanda Lee is Senior Advisor for The Australian Prevention Partnership Centre at The Sax Institute. She is an Adjunct Professor in the School of Public Health at The University of Queensland, where she will commence work shortly on another MRFF funded project on food and nutrition systems and prevention of NCDs. She has expertise in public health nutrition, food security and Indigenous health. Her major area of research is the development, implementation and evaluation of public health policy actions to prevent and help manage non-communicable disease (NCD), with a focus on regulatory and policy responses targeting obesity and poor diet. She was Chair of the NHMRC Dietary Guidelines Working Committee, and globally leads the Food Price and Affordability domain of the International Network for Food and Obesity/NCD Research, Monitoring and Action Support (INFORMAS) among other projects.

**Date:** Tuesday 24th July  
**Presenter:** Prof Amanda Lee, The Australian Prevention Partnership Centre, The Sax Institute  
**Time:** 1-2pm  
**Room:** 113  
**Location:** Public Health Building, Herston

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