

Food security and Victorian Indigenous people

Indigenous food security

- Past-present-future
- Policy context
- Proposed research

Indigenous food security

- Prior to colonisation Aboriginal people had a diet of lean meat and complex carbohydrates
- Food supply was maintained through complex social laws and relationships and farming methods, such as, fire farming

Indigenous food security



Indigenous food security

Your sustainable community
centre at St Albans

○ Whats happening?



Indigenous food insecurity

- Colonisation disrupted food security – destruction of food supply, missions and enforced poverty

ABORIGINAL RESERVES AND MISSIONS IN VICTORIA



Indigenous food insecurity

Stores required at Framlingham mission (1888)

- 4 tons flour
- 2,500 lbs ration sugar
- 336 lbs white sugar
- 320 lbs tea
- 448 lbs rice
- 448 lbs oatmeal
- 60 lbs tobacco
- 25 lbs coffee
- 10 lbs cocoa
- 672 lbs fine salt

Indigenous food insecurity



Lake Tyres ration house 1967

Indigenous food insecurity

- Exclusion from school education
- Barriers to employment – town curfews, racism, lower access to tertiary education

Aboriginal Secondary School Enrolments in Victoria

Year	7	8	9	10	11	12
1969	99	69	46	19	4	2
1977	194	176	157	99	32	10
1983	268	233	226	169	99	19

Indigenous food insecurity

- Chronic disease is a major cause of death in Indigenous people
- Obesity prevention and smoking cessation are two of the most changeable risk factors
- Food security and obesity are linked

NATSINSAP 2000-2010

A framework for action to improve Aboriginal and Torres Strait Islander health and wellbeing through better nutrition and was developed concurrently with the national strategic framework, *Eat Well Australia*.

NATSINSAP 2000-2010 key areas

- food supply in remote and rural communities
- food security and socioeconomic status
- family focused nutrition promotion: resourcing programs, disseminating and communicating 'good practice'
- nutrition issues in urban areas
- the environment and household infrastructure;
- Aboriginal and Torres Strait Islander nutrition workforce; and
- national food and nutrition information systems

VACCHO

- VACCHO is made up of a membership of 24 ACCHOs
- Members meet quarterly to discuss VACCHO programs
- VACCHO is peak body on Aboriginal health and policy in Victoria and supports its member services in a number of ways e.g. co-ordination of state-wide programs, public health research support, training and workforce development

VACCHO Member Organisations



Victorian Aboriginal Nutrition and Physical Activity Strategy

- Includes 8 action areas

Action area 2 – Ensure that Victorian Aboriginal people have a consistent supply of and access to affordable, nutritious and culturally appropriate food

Victorian Aboriginal Nutrition and Physical Activity Strategy

“a family living on a pension, they’re just going to go and get a heap of chips and devon and bread because that’s easy and its cheap”

“diet food is more expensive than normal food and its pretty hard to chase a kangaroo these days. Its a lot easier to go to KFC”

Nutrition advice

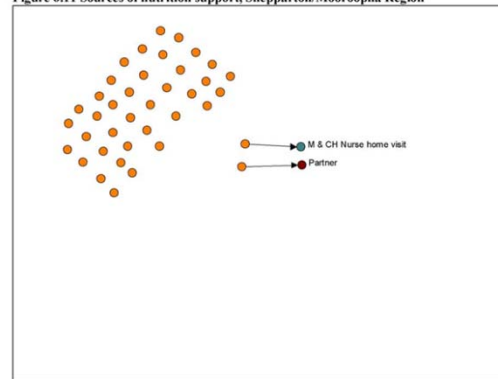
Figure 6.10 Sources of nutrition advice, Shepparton/Mooroopna region



NB: GP=General Practitioner and M & CH=Maternal and Child Health.

Nutrition support

Figure 6.11 Sources of nutrition support, Shepparton/Mooroopna Region



NB: M & CH=Maternal and Child Health.

Indigenous food security research

Little has been conducted

- Breakfast and lunch school programs
- Provision of food and vouchers
- Community gardens
- Community kitchens

Project plan

- ◉ Advisory committee
- ◉ Environmental scan
- ◉ Develop food security model
- ◉ Pre measures
- ◉ Implement model
- ◉ Post measures
- ◉ Sustain project and share findings

People involved in project

VACCHO	Victoria University	Heart Foundation	Deakin University	Aboriginal community controlled health organisation & food security organisation
Jennifer Browne Public Health Nutritionist Sharon Thorpe Aboriginal Nutrition Project Officer Ray Mahoney Manager Public Health & Research Unit	Karen Adams Senior Research Fellow Kerry Bennett Professor	Noeleen Tunny Manager Aboriginal and Islander Initiatives	Cate Burns Senior Researcher in Food Security	???

Selection of site

- We developed an application form to invite the 24 ACCHO members to take part in the project
- Included a check list of desired circumstances for the project
- 3 applications received

1st advisory committee meeting

- 3 applications reviewed and a site selected
- Terms of reference developed
- Membership reviewed
- Planned next steps for the project

Next steps for the project

- ◉ Negotiate with site about employment of a researcher and project worker
- ◉ Environmental scan, including
 - local food security opportunities
 - photo voice style investigation of local priorities