



Food and Water for Life: Working with Aboriginal communities
to improve food and water security – May 2024



The George Institute
for Global Health

Facts:

- Aboriginal and Torres Strait Islander peoples suffer a disproportionate burden of non-communicable diseases.
- Poor diets, exacerbated by low-quality water supplies, are one of the biggest contributors to this burden.
- Food insecurity is estimated to impact 22% to 32% of the Indigenous population in Australia, depending on location.

Project Cycle:

2021–2025

Partners:

*Dharriwaa Elders Group, Walgett
Walgett Aboriginal Medical Service,
Walgett*

UNSW Sydney, Australia

The Global Water Institute, Australia

Supporters:

*National Health and Medical
Research Council (NHMRC)*

Principal Investigator:

Professor Jacqui Webster

Background:

- Food and water insecurity are critical factors contributing to poor nutrition and impacting planetary health. When communities lack access to an adequate and diverse food supply or clean water, they often resort to consuming nutritionally deficient options, leading to malnutrition and its associated health issues.
- By tackling these interconnected challenges, we can improve nutrition outcomes and safeguard the health of both people and the planet.

Aims:

- To support a community-led Yuwaya Ngarri-li partnership between the Dharriwaa Elders Group and UNSW Sydney to measure the impact of community-led initiatives to strengthen food and water security.
- The overall goal of this five-year program is to mobilise communities and support them to transform local food systems through the co-creation and evaluation of sustainable innovations.

Methods:

- The program will use the Household Food Insecurity Access Index Scale (HFIAS) and the Household Water Security Index Scale (HWISE) to measure and monitor food and water security in communities.
- Communities will be supported to establish evidence-informed food system transformation programs building on successful initiatives globally.

Impact:

- The research will increase knowledge about effective community-led responses to food and water security.
- This will be used to inform a framework for strengthening community responses to food and water insecurity in Indigenous communities.
- The project will facilitate improved nutrition and wellbeing outcomes that have the potential to reduce the burden of diet-related chronic disease in Indigenous communities in Australia and globally.

Contact:

To find out more about this project and its principal investigators or The George Institute please contact Tina Wall +61 410 411 983 or twall@georgeinstitute.org.au

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