

# Health and Nutrition knowledge, access and experiences of Indigenous women and children in Australian communities.

## HDR Project Description

Project duration:	HDR up to 3-year Project
Description:	<p>Food insecurity can be attributed to various physical and economic factors present in the lives of Aboriginal and Torres Strait Islander people, including limited food supplies, and lack of affordability of quality produce and nutritional education. In the past year, more than one in five Australians (about 22%) have faced food insecurity. Indigenous Australians experience food insecurity at a disproportionate rate. More than 26% of Indigenous households ran out of food at least once in 2019 and were unable to buy more due to high prices. The National Aboriginal and Torres Strait Islander Health Survey (NATSIHS) found that percentage to be even higher at 43% in remote Indigenous communities.[3]</p> <p>More recently, conversations related to nutritional sources have reflected upon food sovereignty, food sources for Aboriginal and Torres Strait Islander people. Food sovereignty draws upon the community's relationship with their land, food sources on country and the ongoing losses to land.</p> <p>Nutrition is a key environmental influence in the early developmental stages, and optimal nutrition throughout the lifespan is protective of a broad range of adverse health outcomes. A healthy, nourishing diet is important for maternal health during pregnancy and for optimal foetal growth and development. Equally, in the period following pregnancy, a healthy diet is important for mothers to manage any pregnancy weight gain and as well as for children to support the growth and development as the grow and become increasingly active.</p> <p>To date, there is limited existing literature that reports on how Aboriginal and Torres Strait Islander mothers make their decisions around nutrition for themselves and their families. This team has a focus to ensure that Aboriginal and Torres Strait Islander community voices are embedded within health interventions, including those related to nutrition and health.</p> <p>This project will work with a number of Indigenous communities of Australia to determine the views of Indigenous women around conceptualisation around food and its associations with culture, nutrition decision making during this time for their families.</p> <p>The student will have opportunities to use both qualitative and quantitative skills to undertake this work.</p>

	<p>The student will collaborate within a larger research team from the NHMRC TCR Grant titled: 'Indigenous worldview's incorporated into m-health approaches for Indigenous women and children'. This project involves a multidisciplinary team from the areas of Indigenous health, nutrition, software engineering and app design that spans a number of institutes.</p>
<p>Expected outcomes and deliverables:</p>	<p>Anticipated Gains:</p> <ul style="list-style-type: none"> <li>- Mentorship and collaborative supervision by both Indigenous and non-Indigenous researchers</li> <li>- Strong skills in qualitative methods and analysis including focus groups or yarning methodology</li> <li>- Strong skills in analysis of data related to accessibility, costs and nutritional intake</li> <li>- Skills developed in community dissemination</li> <li>- Skills in translation of qualitative and quantitative outcomes into a wider research study design that ensures the viewpoints of Aboriginal and Torres Strait Islander communities are embedded within a larger final study.</li> <li>- Engagement within a larger research group spanning multiple disciplines.</li> </ul>
<p>Suitable for:</p>	<p>This is a project for a student who identifies as being of Aboriginal and/or Torres Strait Islander heritage.</p> <p>This project would be suitable for an Indigenous person who has excellent communication skills, previous expertise in undertaking community liaison, community consultation or qualitative research skills. An undergraduate background in a health-related discipline or an interest/skills in maternal infant health or nutrition in would be an advantage.</p> <p>This student will potentially be required to travel to communities in key locations of Australia as directed by the supervisory team and will require a strong commitment to long term health of Aboriginal and Torres Strait Islander communities.</p>
<p>Primary Supervisor:</p>	<p>Dr Stephanie Gilbert or Associate Professor Kym Rae</p>
<p>Further info:</p>	<p>If you are interested in this opportunity, please contact:  e: <a href="mailto:Stephanie.Gilbert@uq.edu.au">Stephanie.Gilbert@uq.edu.au</a>  <a href="mailto:Kym.Rae@uq.edu.au">Kym.Rae@uq.edu.au</a></p>