

Aboriginal Australians...

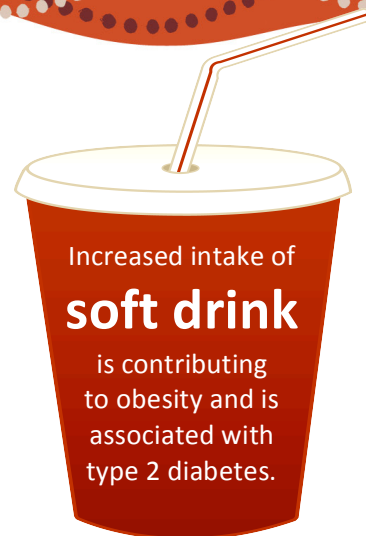
of all age groups, are at higher risk of developing type 2 diabetes than non-Aboriginal people.



living in remote settings face further increased risk of diabetes.



develop diabetes at a younger age than the wider Australian community.



The



volume of soft drink
energy intake in the diet from soft drink
prevalence of soft drink consumption

is higher in
**Aboriginal
Australians.**

Australia is ranked among the

TOP 10

countries per capita for consumption of soft drinks with an average of

300ml

of soft drink per person per day being consumed.



An analysis of the store food supply in six remote Aboriginal communities showed soft drink contributed

27%

of total sugar.

In Australia, per head of population, including infants and older people, an average of

295ml

of soft drink per day is purchased through remote Aboriginal community stores.

Removing the top three soft drink lines in a remote Aboriginal community resulted in a 50% reduction of all soft drinks purchased in one year.



of people living in Aboriginal communities rely on a bore for the provision of their water.

There is a lack of potable water availability in Aboriginal communities.



There is a lack of role models and organisational policies to reduce consumption of soft drinks.

Soft drink companies market their products in remote Aboriginal communities through sponsorships and/or community grants.

Soft drinks are highly available and accessible in most remote communities.



Some residents feel it is safer to drink soft drink than to trust the local water supply.

Diabetes WA in partnership with **PHAIWA, Healthway, AHPA** and **two remote communities** has initiated a pilot project to tackle these issues.

AIM

To develop and test acceptable and appropriate ways to reduce soft drink consumption in two remote Aboriginal communities in Western Australia.

STRATEGIES

- installation of water coolers in close proximity to the community stores
- training of store staff on product placement strategies that promote water as an alternative to soft drink.

OUTCOMES

This project will create environments that positively promote the consumption of water, as opposed to soft drink, and form part of national efforts to stem the rise of lifestyle related chronic diseases in Aboriginal Australians.



1. Australian Bureau of Statistics 2003, The health and welfare of Australian Aboriginal and Torres Strait Islander peoples 2008 Cat. No. 4704.0, Australian Bureau of Statistics, Canberra, viewed 28th September, 2012, http://www.abs.gov.au/AUSSTATS/abs@.nsf/39433889d406eeb9ca2570610019e9a5/8E40EF967314_6251CA2574390014B662?opendocument
2. Craig, M Femia, G Broyda, V Lloyd, M & Howard, N 2007, 'Type 2 Diabetes in Indigenous and non- Indigenous Youth', Medical Journal Australia, vol. 186, pp. 497-499.
3. Sellars, EA Moore, K & Dean, HJ 2009, 'Clinical management of Type 2 Diabetes in Indigenous Youth', Pediatric Clin North America, vol. 56, pp. 1441-1459.
4. Minges, KE Zimet, P Magliano, DJ Dunstan, DW Brown, A & Shaw, JE 2011, 'Diabetes prevalence and determinants in Indigenous Australian populations: a systematic review', Diabetes Res Clin Practice, vol. 93, pp. 139-149.
5. Hoy, W Kondalsamay-Chennakesavan, S & Wang, Z 2007, 'Quantifying the excess risk for proteinuria, hypertension and diabetes in Australian Aborigines: comparison of profiles in three remote communities in the Northern Territory with those in the Australian Diab study', Aust NZ J Public Health, vol. 24, pp. 136-44.
6. World Health Organization, 2003, 'Diet, Nutrition and the Prevention of Chronic Diseases', Joint WHO/FAO Expert Consultation, WHO Technical Report Series no. 916. Geneva: WHO, viewed 26 November 2012, <http://whqlibdoc.who.int/trs/WHO_TRS_916.pdf>
7. Malik, VS Schulze, MB & Hu, FB 2006, 'Intake of sugar-sweetened beverages and weight gain: a systematic review', Am J Clin Nutrition, vol.84, no.2, pp. 274-288.
8. Beverage Digest, 2006, 'The Green Sheet 2005 All-Channel Carbonated Soft Drink Corporate Shares in 95 Countries', viewed 24 October 2012, <www.beverage-digest.com/editorial/archive03.php>
9. Australian Beverages Council, 2007, 'Carbonated Soft Drinks', viewed 24 October 2012, <<http://www.australianbeverages.org/scripts/cgiip.exe/WSservice=ASP0002/ccms.r?Pagelid=10079>>
10. Brimblecombe, J (unpublished): Dietary quality and the economics of food choice. Chapter in PhD thesis. Darwin, Charles Darwin University.
11. Brimblecombe J, 2008, 'Keeping track of healthy foods: towards improving the nutritional quality of foods sold in community stores in remote Australia', Darwin, NT: Menzies School of Health Research, viewed November 8 2012, <<http://healthbulletin.org.au/articles/keeping-track-of-healthy-food-monitoring-and-planning-for-better-nutrition/>>.
12. Brimblecombe JK, McDonnell J, Barnes J, Dhurkay JG, Thomas DP, & Bailie RS, 2012, 'Impact of income management on store sales in the Northern Territory', Medical J Aust, vol.192, no.10, pp. 549- 554.
13. Government of Western Australia, Department of Health, Department of Indigenous Affairs, 2009, 'Environmental Health Needs of Aboriginal Communities in Western Australia: 2008 survey and its findings', Perth, Viewed 1 November 2012, <<http://www.dia.wa.gov.au/PageFiles/923/EHNS2008.pdf>>
14. Butler, R Tapsell, L & Lyons-Wall, P 2011, 'Trends in purchasing patterns of sugar-sweetened water-based beverages in a remote Aboriginal community store following the implementation of a community-developed store nutrition policy', Nutrition and Dietetics, vol. 68, pp. 115-119. DOI: 10.1111/j.1747-