



Perth Community Update

Connecting to Country for Healthy Eating

Community Update 2024

Welcome to the Community update of the **Connecting to Country for Healthy Eating** project.






This project was known as the Bush Tucker, Safe Sun Exposure and Vitamin D project. However, Community asked, "Why just look for vitamin D? What other vitamins and nutrients are in traditional foods and why are they good for us?"

The research team listened to the voice of Community and, in 2024, the project name was changed to Connecting to Country for Healthy Eating, allowing researchers to work with Community to:

- See what vitamins and nutrients (goodness) is in the fish, bush fruits, land and sea animals that Community hunts, gathers and eats
- Find out from Community what is the best time (season) and way to hunt and collect traditional foods so that land and sea animals are fat and bush fruit is ripe
- Collect stories from Community members about how traditional foods have been hunted, gathered and cooked in the past and present
- Find out what helps, and what makes it harder for, Community to eat traditional foods in season
- Work with Community to design, develop and share resources to promote connection with Country for healthy eating

The project will continue until 2025.

Activities completed since last community update in 2022:

-  Community engagement was undertaken early in the project and engagement activities continued early in 2024. Researchers visited Community organisations such as the Langford Aboriginal Organisation, Northside Whadjuk, and Yahnging Aboriginal Corporation. We also held one-on-one yarns with Elders and Community members
-  An Elder Community engagement event and yarning session was held on 10th April 2024. It was attended by 25 Elders to discuss traditional foods and was led by Aunty Dale Tilbrook.
-  Samples of 16 types of bush tucker were collected, which have been measured for vitamin D and fat. We have also measured protein, sugars and other key nutrients in some samples
-  Cindy Prior presented the project at the Research Rumble that was held at Curtin University in May 2024. The event *Guiding Voices: Co-designing pathways to success in Indigenous health research*, was well attended by over 100 people, including academics, industry professionals, and Community members. The session was a great opportunity to showcase our work and develop collaborations for future projects
-  Regular meetings have been held with Aunty Dale Tilbrook and Uncle Noel Nannup, who are the Elders guiding the project





Elder Researcher Aunty Dale Tilbrook



Elder Researcher Dr Noel Nannup

What we are doing next:

-  More one-on-one yarns with Elders and Community members, allowing for individual voices and perspectives to be captured while acknowledging the diversity and depth of their experiences. This method means that the research includes everyone's views, respects the culture, and covers all aspects. This will give a better understanding of bush tucker traditions and practices in the Nyungar Community
-  Co-designing bush tucker and healthy eating resources with Community will be done through one-on-one and group yarns. These yarns will help identify the Community's needs, preferences, and suggestions, ensuring that resources are relevant, culturally appropriate, and useful to the Community

New staff:

Cindy Prior is a Ballardong Whadjuk Nyungar woman. She joined the team in December 2023 as Aboriginal Researcher. She comes from work background in higher education sector, Federal government and ACCHOs and interests are in Indigenous studies incorporating and promoting Indigenous peoples' experiences through rebalancing historical imbalance through an Indigenous lens.

Key Perth team contacts:



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Elder Community engagement yarning session, 10th April 2024, Perth:

