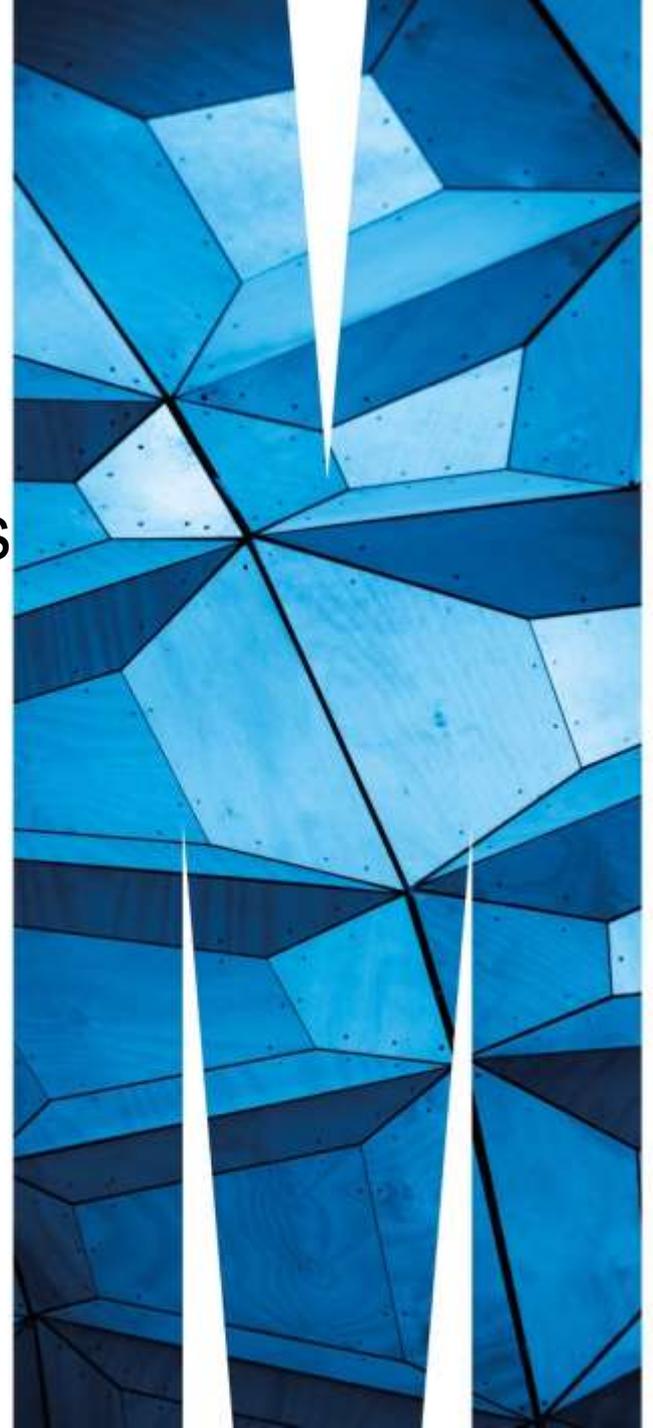


# Finding the balance between two food systems through supporting Indigenous decision-making

High level expert seminar on Indigenous food systems:  
Building on traditional food knowledge to achieve zero hunger  
7-9 November, 2018. FAO, Rome

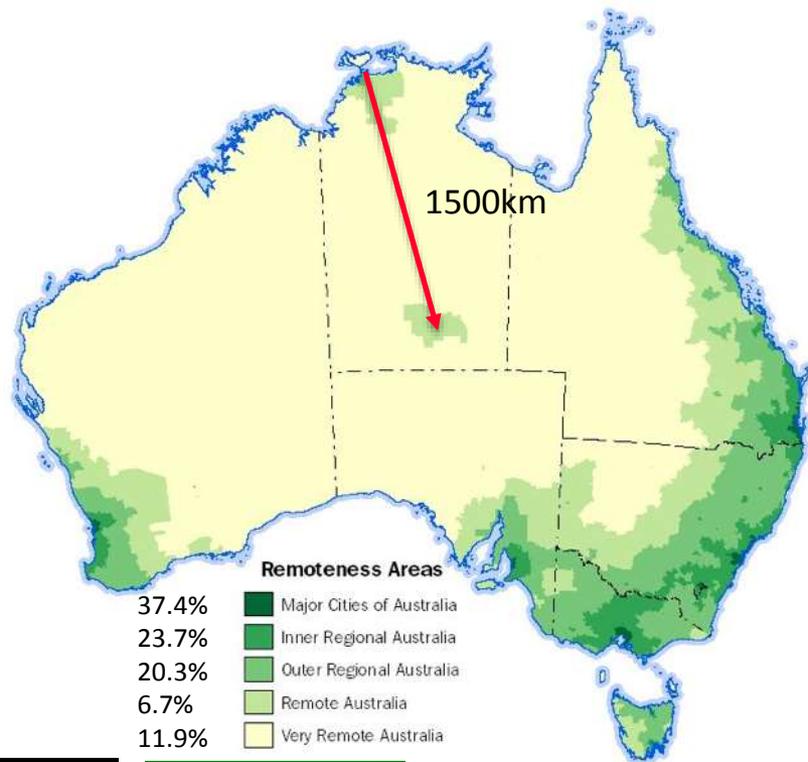
Julie Brimblecombe



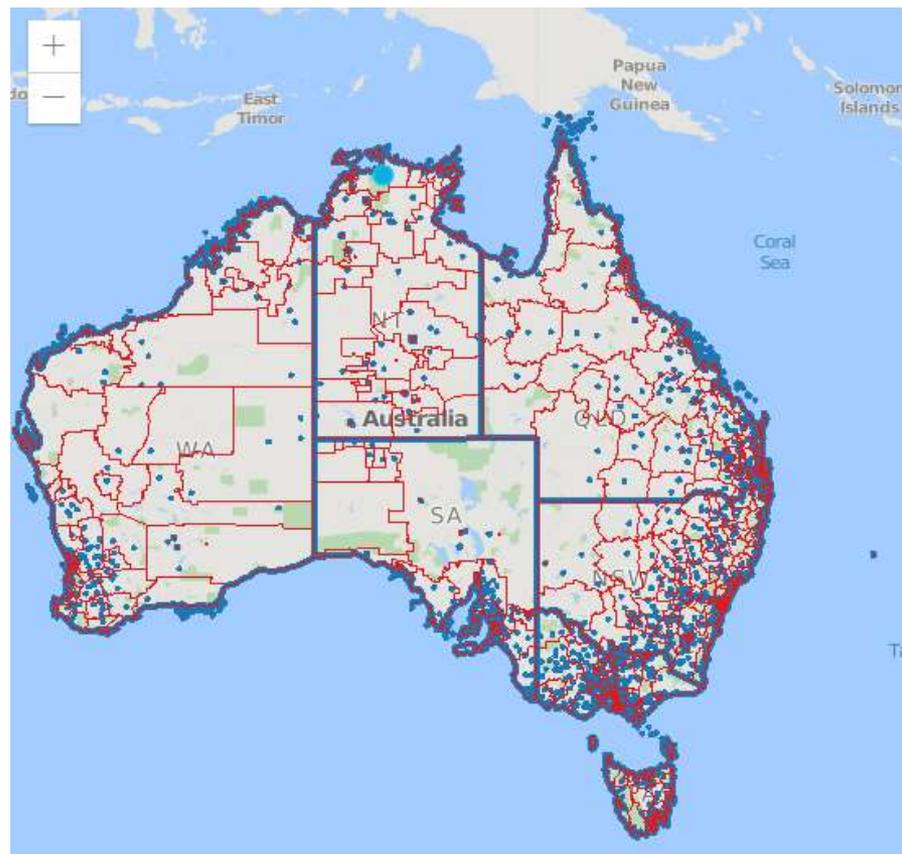
# Aboriginal and Torres Strait Islander communities

## Map of remoteness areas for Australia, 2016

798,400 Aboriginal and Torres Strait Islander people  
3.3% of the Australian population



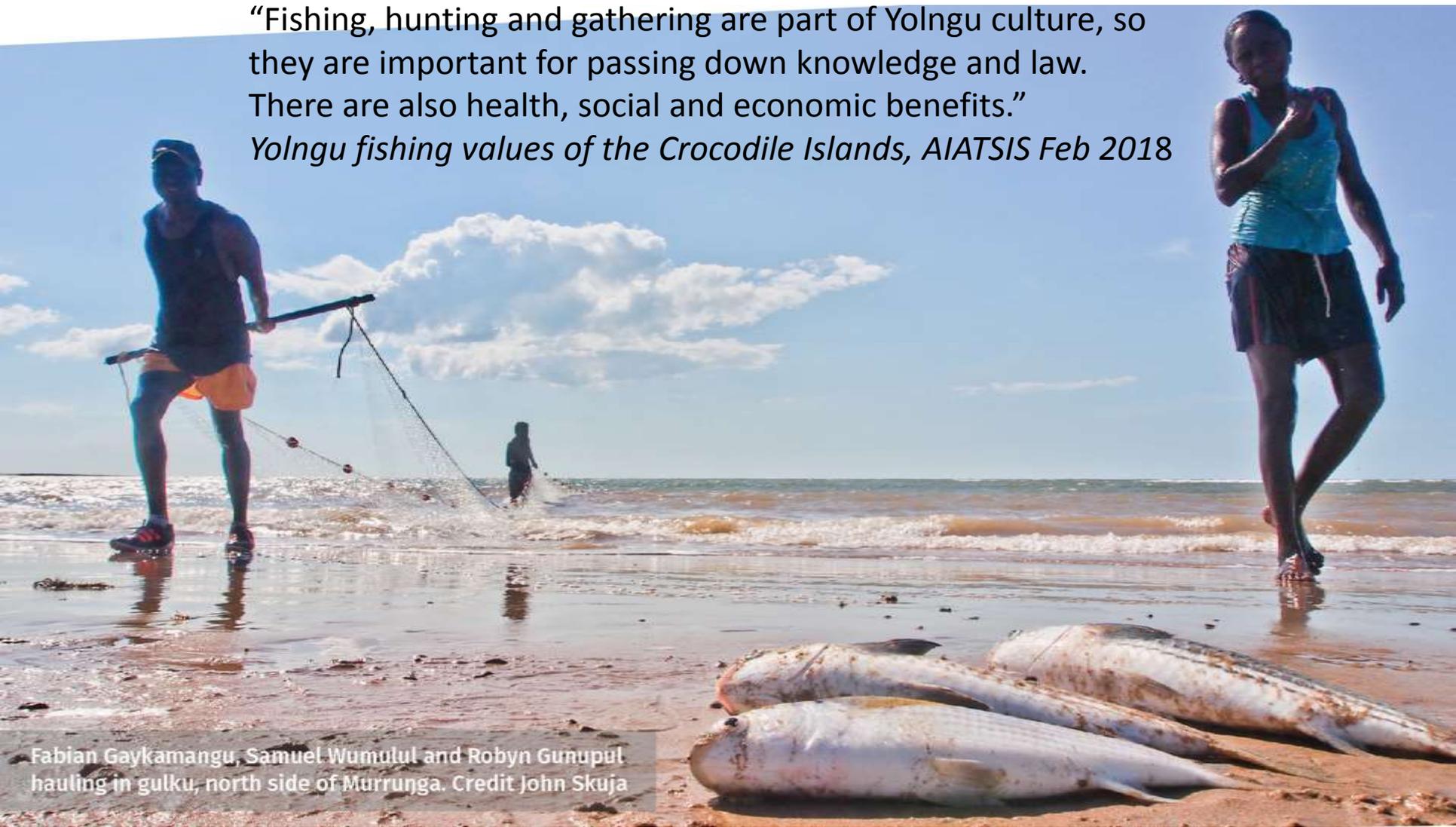
## Indigenous Locations and Urban Centres & Localities



Source: <http://www.abs.gov.au/websitedbs/d3310114.nsf/home/remoteness+structure>

Source: <http://stat.abs.gov.au/itt/r.jsp?ABSMaps>

“Fishing, hunting and gathering are part of Yolngu culture, so they are important for passing down knowledge and law. There are also health, social and economic benefits.”  
*Yolngu fishing values of the Crocodile Islands, AIATSIS Feb 2018*



Fabian Gaykamangu, Samuel Wumulul and Robyn Gunupul hauling in gulku, north side of Murrunga. Credit John Skuja

# Health benefits of a traditional lifestyle

Impact of 7 weeks temporary reversion to hunter gatherer lifestyle on Type 2 diabetes and CVD risk factors in middle aged Aboriginal people

Improvements in:

- Weight
- Fasting glucose
- Fasting insulin
- Glucose tolerance
- Dyslipidemia
- Blood pressure



O'Dea, Diabetes, 33:596-603, 1984

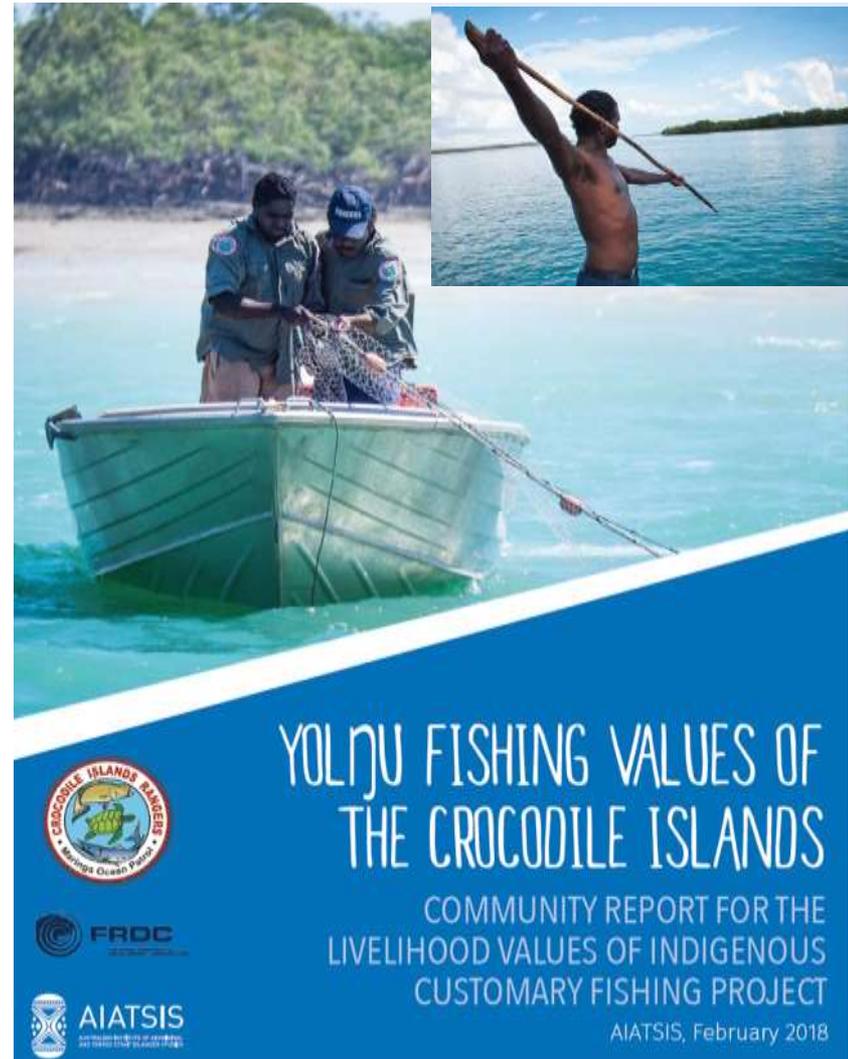
# Traditional food connects people to culture and country



# What can be done?



Board of Directors, Arnhem Land Progress Aboriginal Corporation



Beswick community, Northern Territory



Brianna Sanderson, Nutrition Manager, Outback Stores

## Three take home messages

- Indigenous people continue to be empowered with the information needed to make evidence-informed decisions about their food system, including the availability of non-traditional foods
- Priority be given to developing local traditional food industries that benefit the community and are run by Indigenous people rather than a sole focus on commodification of traditional foods
- Having Indigenous Australians involved in the commercialization of natural food resources will help ensure it is done in a way that is sustainable, respects Aboriginal law and benefits the community (AIATSIS, Feb 2018)