

BENCHMARKING FOR HEALTHY STORES

PROJECT NEWSLETTER 7 – DECEMBER 2024



HI THERE!

Presenting our 7th edition of the Benchmarking for Healthy Stores Project Newsletter - we've now completed our final Benchmarking reports. Find out what else has happened below!

PROJECT PROGRESS

2024 BENCHMARKING REPORTS

Our final lot of Benchmarking feedback reports were released to both strategy and control stores and the nutritionists working with them, in October this year. Successfully getting double the number of reports out this year was another huge effort from our research team, data scientists, business analyst and graphic designer. Store Nutritionists and Public Health Nutritionists from our partner organisations are now having meetings to co-design action plans with store directors and/or managers with the aim to continue to strengthen healthy store practices across the remote stores.

Here's a snapshot of a mock report 'dashboard' for 2024:



2024 TASK GROUPS WRAP UP

Our 2024 task groups, mentioned in the previous newsletter, have wrapped up for the year, advancing our dissemination of Benchmarking results to our participating stores and communities. The Global Rating task group and the Community Feedback task group have guided the development of co-designed materials to share the achievements of our stores with their communities. Thank you to everyone who has contributed to a task group. Your time and expertise are essential in keeping Benchmarking going strong.

HEALTHY STORE RATING

This year saw the first Healthy Store Ratings completed for the stores participating in Benchmarking, and here are their results for 2024:



Mock-up of certificate created by our talented graphic designer Jordan Lovegrove (Karko Designs)



Gold Healthy Store: No stores



Silver Healthy Store: 18 stores



Bronze Healthy Store: 4 stores

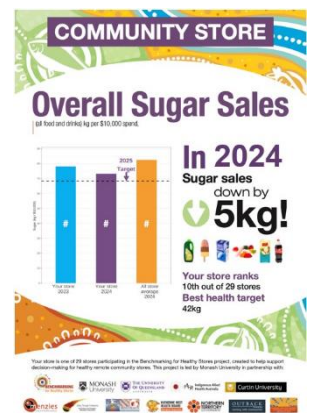


Striving for Bronze: 7 stores

Stores now have the opportunity to showcase their achievements to their communities by displaying their certificates in store.

COMMUNITY FEEDBACK POSTERS

Development is underway for the Community Feedback posters for all Benchmarking stores, as requested by Store Directors. These posters will help convey Benchmarking results to communities where Store Directors aim to share this information more extensively. Look out for the posters going out to participating stores soon.



Mock-up of poster by Jordan Lovegrove (Karko Designs)

RESEARCH DISSEMINATION & TRANSLATION

BENCHMARKING MODEL PRESENTATIONS

Over the past few months, the Monash team has had the privilege of presenting the Benchmarking model several times to key policymakers. These include the National Indigenous Australians Agency (NIAA) Food Security Policy section, the Aboriginal Medical Services Alliance NT (AMSANT), and the NT Government's NT Remote Stores Program. This exposure has ensured that the Benchmarking model remains a central consideration in developing future strategies to enhance remote food retail and community food security.

COMING UP...

BEST WISHES

We are excited to announce that our project coordinator Amanda, has started her parental leave as of December. This is a special time for Amanda and her family, and we couldn't be happier for them. We wish Amanda all the joy, love, and precious moments as she welcomes her little one. While we will miss her, we look forward to hearing about her new adventures when she returns! In the meantime, Emma van Burgel will be acting Benchmarking project coordinator, with big shoes to fill!

SEASON'S GREETINGS

We are incredibly grateful for your invaluable contributions and unwavering support for the Benchmarking for Healthy Stores project this year. Your dedication has made a tremendous impact!

As we wrap up 2024, the Monash Team wishes everyone a joyous and safe holiday season. We can't wait to continue our collaborations in 2025.

Happy Holidays and see you in the New Year!



END OF PROJECT WORKSHOP 2025

Planning is underway for our end of project workshop, being held in Darwin on the 25th of March 2025. The workshop will present findings from the project and gather input from our partners and stores on how to expand, sustain and improve Benchmarking for remote community stores, with Indigenous governance at the forefront.

Email invites are currently being sent out, and the project team will be in touch with partner organisations in early 2025 to request nominations for 2 key remote representatives who have been involved with the project to invite for their input into the workshop.

UPCOMING PROJECT DATES

| Activity | Date | Location |
|--|-------------------|-----------|
| Benchmarking Co-Design Committee Meeting | February 27, 2025 | Zoom |
| Benchmarking Final Workshop | March 25, 2025 | Darwin NT |
| Benchmarking Co-Design Committee Meeting | April 17, 2025 | Zoom |

ACKNOWLEDGEMENTS

Thanks to our: Monash Project Team- Prof Julie Brimblecombe (Project Lead), Ms Amanda Hill (Project Co-ordinator), Dr Meaghan Christian, Dr Asnake Irenso, Ms Emma van Burgel and Ms Molly Fairweather.

Partner organisations- Arnhem Land Progress Aboriginal Corporation, Katherine West Health Board Aboriginal Corporation, Miwatj Health Aboriginal Corporation, Sunrise Health Service Aboriginal Corporation, NT Health – Barkly, Big Rivers, Central Australia & Top End regions, and Outback Stores Pty Ltd.

Chief Investigators- Prof Julie Brimblecombe (Monash University), Dr Emma McMahon (Menzies School of Health Research), Dr Leisa McCarthy (Menzies School of Health Research), A/Prof Megan Ferguson (The University of Queensland), Prof Bronwyn Fredericks (The University of Queensland), Ms. Nicole Turner (Indigenous Allied Health Australia), Emeritus Prof Amanda Lee (The University of Queensland), Prof Joanna Batstone (Monash University), Assoc Prof Christina Pollard (Curtin University), Prof Louise Maple-Brown (Menzies School of Health Research).

Associate Investigators- Ms. Khia De Silva (Arnhem Land Progress Aboriginal Corporation), Dr. Simone Nalatu (Health and Wellbeing Queensland), Mr. Adam Barnes (NT Department of Health), Mr. Eddie Miles (Menzies School of Health Research), Prof Ross Bailie (University of Sydney), Prof Anna Peeters (Deakin University), Assoc Prof Gary Sacks (Deakin University).

INTRODUCING...

BRIANNA SANDERSON – PUBLIC HEALTH NUTRITIONIST, NT HEALTH



Brianna has been working as a PHN with NT Health Primary Health Care Outreach on Groote Eylandt for over 3 and a half years and previously worked as Nutritionist for Outback Stores. She enjoys living on a remote island and close to the communities she services as it has enabled her to make strong relationships with families and stakeholders as well as continuously learning the unique Wamindilyakwa culture. Brianna is originally from Alice Springs where her Aboriginal heritage through her mother is with the central Arrernte people and continues to have ties to her heritage and family in Central Australia. Outside of work she is chasing around a wild nearly 3-year-old son and adventuring as a family across the recreation sites on the Eylandt.

What's your hidden talent? I caught the longest Golden Snapper in last year's Groote Eylandt Ladies Fishing Comp. I otherwise don't really have any other talent just love being creative like painting and crocheting when I have the time as a busy mum (which is never!!).

What's your career highlight? I have loved having students in my previous role being able to support and take them along with me on remote adventures is definitely a highlight for me.

What's your most memorable meal? You're asking me to choose one! Well, I guess maybe fresh Coffin Bay Oysters with a squeeze of lemon on a work trip in Ceduna on the way to a remote store or the first ripe Mango of the wet season.

KATE HINCHCLIFFE – PUBLIC HEALTH NUTRITIONIST, SUNRISE HEALTH SERVICE

Kate grew up in remote NT, across the harbour of Darwin before moving to Melbourne for study. After completing an undergraduate degree in Biomedicine at Melbourne University, and a Masters Nutrition and Dietetics at Swinburne University, Kate moved back to the tropics to start role as the dietitian of Sunrise Health. She has now been working with Sunrise for 8 months, where she services 9 First Nations communities across the East of the Big Rivers Region.



What's your hidden talent? Jump rope! I have been skipping since I was 12, and competitive skipping since I was 13. I've since competed in 9 national competitions, have competed in Worlds in Shanghai, virtual Worlds in 2020 and qualified for Colorado in 2022. Less competitive now, but still love to coach and integrate my sport into community health promotion events

What's your career highlight? Anytime I get to work in schools is a career highlight! Recently completed a series of Iron Talks across Bulman, Minyerri, Ngukurr and Jilkminggan due to the growing rates of anaemia. I've been working with kids since I was 14 and continuing that in my health promotion work is an absolute joy.

What's your most memorable meal? During a van trip along the great ocean road, I stopped on the edge of a giant cliff with a fantastic viewpoint of the sea. Prepped cup noodles in my van, and sat on the ledge of the cliff wall, dangling my feet, and enjoying hot noodles in the cold wind. Swear I saw a whale!

TARA FRASER – PUBLIC HEALTH NUTRITIONIST, MALA'LA HEALTH SERVICE ABORIGINAL CORPORATION



Tara at Mt Kosciusko, in one of her favourite National Parks

Tara completed her studies at the University of Wollongong and then made the journey up to the NT where she dreamed of getting the job she has now. She has been the Public Health Dietitian for West Arnhem Land for one year and enjoys the challenges and opportunities of travelling to remote communities. She enjoys assisting with research projects (such as this one!), collaborating with stakeholders such as FoodBank and OzHarvest, other clinicians and services like Families as First Teachers to help improve the outcomes of the communities.

What's your hidden talent? I really like to embroider. It's a relatively new activity that keeps me busy during my trips and helps me to unwind after the day. The finished product is very satisfying! I'm currently working on a flower and bee embroidery.

What's your career highlight? I think this job is my career highlight. I am relatively early career, and I dreamed about this job since before I got into my Master's degree. I still can't believe I have it some days. It can be really hard work for sure but the experience and connection to the people is just so special to me. I am also very lucky to visit some beautiful country with waterfalls and crocs about!

What's your most memorable meal? This is a very hard question to ask dietitians! I used to love going to this little place in Newtown called "Lentils as Anything". It has sadly closed but it represented my newfound freedom of being old enough to go into the city with my friends and had such simple tasty food. It was great as well because we could pay what we could afford which was not much in those days.