



## Unity Through Enterprise

### The Arnhem Land Progress Aboriginal Corporation

Owned by the Yolngu residents of Minjilang, Milingimbi, Ramingining, Galiwin'ku and Gapuwiyak Communities NT

## HEALTHY MESSAGES IN YOLNGU MATHA IS A RADIO SUCCESS

(Embargoed until November 22<sup>nd</sup> 2018 12am)

'The Yolngu Radio Nutrition Project' is collaborating with four Arnhem Land communities; Ramingining, Lake Evella, Milingimbi, and Galiwin'ku to promote healthy lifestyle choices on the radio, airing today.

The project kicked off last month and to date, 11 radio messages have been recorded in Yolngu Matha and English. The messages focus on slowing down on salt, drinking more water and consuming less sugary drinks. Yolngu Radio will broadcast the messages to over 21 communities over the next six months.



ALPA Nutritionist and Project Lead Khia De Silva in Lake Evella

The Arnhem Land Progress Aboriginal Corporation (ALPA) developed the initiative so communities could create key messages that were culturally appropriate and locally engaging. Four nutrition education workshops have been held so far in Ramingining and Lake Evella to create the message.

"The groups we've worked with so far have been really engaged with the project. Participants have developed really unique message around healthy eating", says ALPA Nutritionist and Project Leader, Khia De Silva.

"Projects like this gives community ownership over what they want to say and who they want to share it with".



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ALPA has partnered with Top End Health Service to deliver this project. It's been a great opportunity to work together to improve health outcomes in Arnhem Land.

Public Health Nutritionist, Genevieve Stawarz, from the Top End Health Service says, "Community champions developing and portraying key messages about improving nutrition and health in their own region, is the key to empowerment and the perfect example of taking a client centred approach".

The messages will air on Yolngu Radio until July 2019 and Khia De Silva believes this initiative could become a permanent way to promote healthy lifestyle choices.

"Supporting our customers to identify healthy options is an important part of the ALPA Health and Nutrition Policy. This project will help us achieve this."



Genevieve Stawarz from Top End Health Service with our ALPA team members.

#### For Media Interviews:

Audio copies of the key messages can be made available upon request for news purposes only. Photographs of the project can also be made available upon request for publishing purposes.

Contact Charmaine Ingram [media@alpa.asn.au](mailto:media@alpa.asn.au)

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