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.

Increased intake of soft drink is contributing to obesity and is associated with type 2 diabetes.

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.

76% of people living in Aboriginal communities rely on a bore for the provision of their water.
Soft drink consumption in Aboriginal communities

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

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.

References: