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**Congress stream: No. 1 Aboriginal health - closing the Gap / opening the connections**

**Alternate stream:** No. 4 Partnership and integrated care- connecting rural people and services

**Abstract title:** Let’s Talk Tucker: Nutrition Resource Manual for Aboriginal Health Education Officers

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**Background:**

Let’s Talk Tucker (LTT) Nutrition Resource Manual empowers Aboriginal health education officers (AHEO’s) to deliver nutrition information to their communities. Aboriginal People experience a disproportionately higher burden of chronic conditions, with nutrition a modifiable risk factor. AHEO’s are well placed to impart vital health messages. Within HNELHD rural clusters it is unrealistic for Dietitians to be sole providers of nutrition information due to geographical barriers and staffing. The AHEO workforce is 6 times greater. Edition 1 of LTT occurred in 1995. In 2012 Aboriginal health and Dietetics partnered to determine relevance of a revision in our current environment.

**Approach:**

A collaborative group of AHEOs and Dietitian governed development, including cultural considerations such as language and design. Needs assessment determined 100% of AHEO’s would find a nutrition resource manual useful; and a resource should include AHEO professional development (95.8%), client handouts (95.8%) and small group activity ideas (95.8%). Content requests ranged from chronic disease to maternal, infant and childhood health as 70.8% of respondents work with more than one age group.

**Outcome/results:**

A 19 topic reference manual including professional development, handouts and activities was developed. Artwork inspired by bush tucker provides cultural association with the region. The manual was launched in 2015 with accompanying nutrition workshops for AHEO’s. Aboriginal Health Coordinators have a LTT portfolio committed to sustaining ongoing evaluation of this initiative.

**Take home message:**

Within rural areas, cross service health collaborations improve reach to community. This partnership acts as a workforce capacity building strategy, with flow on to enhancing individual learning. LTT supports close the gap and aims to keep Aboriginal people healthy in communities by targeting nutrition risk factors before chronic disease or deficiency occurs.