

2024/2025 Graduate Scholarship Recipient

Kirsty Mullane

North Metropolitan Health Service



About me

I recently graduated from Curtin University with a Bachelor of Science in Health Promotion and a Bachelor of Science in Nutrition. My passion for health stems from my upbringing in the small country town of Carnarvon, 900 km north of Perth. Physical activity and access to healthy fresh food were integral to my lifestyle from an early age. When I moved to Perth and considered my career options, I realised I wanted to help individuals and communities enhance their health and lead healthy, fulfilling lives. Eager to apply the knowledge and skills I acquired during my studies, I volunteered with various health promotion organisations. From program implementation to data collection and analysis, my responsibilities as a volunteer varied between organisations and were crucial in shaping the qualities, values, skills, and knowledge I now possess as a graduate Health Promotion Officer. My commitment to enabling change and advocating for health through volunteer work within the Health Promotion Service at North Metropolitan Health Service inspired me to apply for the AHPA scholarship.

About the project

The overarching goal of my project is to facilitate local solutions to food insecurity for Aboriginal and Torres Strait Islander people living in the north metropolitan catchment of Perth. I will be working within the Health Promotion Service at the North Metropolitan Health Service, in collaboration with Aboriginal Community Controlled Organisations, to plan, implement and evaluate a culturally appropriate and culturally safe health promotion intervention. The project's first stage will involve conducting a scoping and intelligence review to identify barriers and enablers of food security specific to Aboriginal and Torres Strait Islander people. This stage of the project will also involve stakeholder mapping and stakeholder engagement, to inform the development of recommendations for short, mid and long-term food security interventions. Drawing on the findings from the scoping and intelligence review, the second stage of the project will entail developing a detailed project plan. Community development principles such as co-design will be used to action localised, sustainable and culturally safe intervention/s with Aboriginal and Torres Strait Islander people. An advisory and working group will be established in the early stages of the project to ensure cultural guidance is provided and the project is designed in collaboration with the target group.