

2023 Regional Scholarship recipient: Tyara Aung WA Centre for Rural Health (WACRH), Karratha



About me

I am a Public Health graduate who is passionate about health equity and delivering positive outcomes to the community through innovative, relevant, and stakeholder-lead initiatives. In my degree and extracurricular pursuits I have travelled and lived in rural areas of Western Australia. Last year, I had the opportunity to visit Karratha and Roebourne for a unit in my Health Humanities major. I fell in love with the town and was inspired by the stories and strength of health workers and people in the community. These experiences lead me back to Karratha to carry out my project.

About my AHPA scholarship project

The overarching goal of my project is to increase physical activity and improve the food and nutrition environment for Indigenous children and youth living in Roebourne. My project is yet to have a set initiative because efforts to reach this goal should be community driven and culturally safe, rather than predetermined by an outsider. There are four key components to this project, including conducting a community needs analysis and environmental scanning to understand barriers and enablers for health promotion in Roebourne. The second aspect is conducting surveys, focus groups and yarning sessions with the community and stakeholders to understand perceptions of physical activity and nutrition. The third component is collaborating with health professionals and the community to develop a program that builds on existing initiatives in the community. The fourth component is delivering, amending and evaluating this initiative through metrics that are culturally safe and relevant to the community. These project deliverables will be informed by rigorous analysis of research literature and a high level of continual community engagement. This project will serve as a steppingstone to guide frameworks for ongoing research and program development and improvement in Roebourne.