

# Chronic Health issues

- **As a community development worker and multicultural healthy worker for Sudanese community and refugee communities, conducted consultation meetings and chronic disease education sessions and issues identified are: -**
- **Lack of knowledge on chronic disease causes, risk factor, prevention measures and management.**
- **Lack of knowledge on the importance of healthy lifestyle and healthy system.**

# *Chronic health problems the communities are facing*

- **Diabetes**
- **Hypertension**
- **Mental health problems i.e. depression, stress due to cultural shock**
- **Chronic abdominal pain**
- **Asthma**
- **Back pain**
- **Arthritis**

# *Who are they going to for help and are they getting early help?*

- **Medical Centres and Hospitals**
- **In most cases they don't get early help because they lack of knowledge about the healthy system procedures i.e. medications, treatment etc and practitioner's lack of knowledge about their cultural background and health conditions.**
- **Ignorance about health conditions i.e. not seeking medical attention when feeling unwell and not following up doctor's instructions accordingly**

*Most important issues identified by communities in relation to accessing service providers and primary health care workers?*

- **Lack of cultural background or appropriate cultural practise by the health workers.**
- **Difficulties to locate healthy care centres when referred.**
- **Lack of knowledge about Australian Healthy System**
- **In addition ; communication barriers, interpreters and discrimination**
- **Example case study 1 and 2**