



Chronic Disease Program for Culturally and Linguistically Diverse (CALD) Communities

*The Ethnic Communities Council of
Queensland*

Focus



“ **empowering** and **supporting** CALD individuals to manage their health and healthcare by developing and supporting models that support the population’s needs”

Main areas:



- Research
- Advocacy
- Resource development
- Health promotion and prevention

Research



- Queensland Health, Bond University Research, “Quantitative and Qualitative Analysis of Chronic Conditions and access to health services among CALD Population”
- Queensland Health Central Population Health Services, World-wide Literature Review, “Multicultural Health Workers and culturally tailored Chronic Disease Self-Management Programs for CALD Population”
- Connecting Health in the Community, Gold Coast Partnership Council, “Health Needs Assessment for Maori Community”
- Measure up, piloted and evaluated culturally-tailored sessions

Advocacy



- Relevant multicultural workforce (MHW)
- Creating Culturally-tailored chronic disease prevention and self-management resources for CALD populations
- Equal access to chronic diseases related services for CALD populations

Resources:

- Chronic Disease Health Education Facilitator Manuals: “Healthy lifestyle, better life”
- Nutrition: “Culturally-tailored healthy eating facilitator manuals ” for each targeted CALD communities
- Physical Activity Manual: Physical activity education session and Engaging CALD people in Physical activity

Healthy lifestyle, better life

- Basic information on Cardiovascular diseases, Chronic respiratory diseases, Diabetes type 2 and Chronic renal disease
- Australian and Queensland healthcare system, people rights and responsibilities

Example of a CDHE session

- Session: Australian and Queensland Health system
- Introduction: session objectives and participants expectations
- What health services are provided by state, federal government
- How to get access to those services (GPs, hospitals, ambulances, community health,..)
- Fees and payments (Medicare, Bulk billing, etc.)
- Q&A
- Recap
- Post session evaluation

Culturally-tailored healthy eating facilitator manual

- Communities: Vietnamese, Sudanese, Bosnian, Filipino, Indian, Samoan, Spanish Speaking
- Sessions responded to specific community needs

Example of a Sudanese healthy eating session:

- session 1: basic nutrition
- introduction: session objective & participants expectation
- exercise 1: food group (traffic light)
- different food groups, nutrients and portions
- exercise 2: food group – reflection
- recap & key message
- post-session evaluation

Health Education and Promotion

- 10 trained Multicultural Community Health Workers
- Group **community** sessions (1-2 hrs, community hall, club, etc.), community language
- Individual and group **patient** sessions (1-2 hrs, at GP clinics), community language

CROSS CULTURAL HEALTHY LIFESTYLE PARTNERSHIPS

- Funded by QH
- Key partners: Queensland Health Population Health Services, GP Divisions, GPs, Community Health and ECCQ CD
- Project site: Brisbane Northside and Southside

Main Objectives:

- Enhanced knowledge of targeted CALD community members on nutrition and physical activities
- Improved capacity of Multicultural Community Health Workers (MCHW) and GPs, and allied health professionals in delivering Culturally appropriate programs
- Strengthened professional and community capacity to sustain processes employed in the developed model.

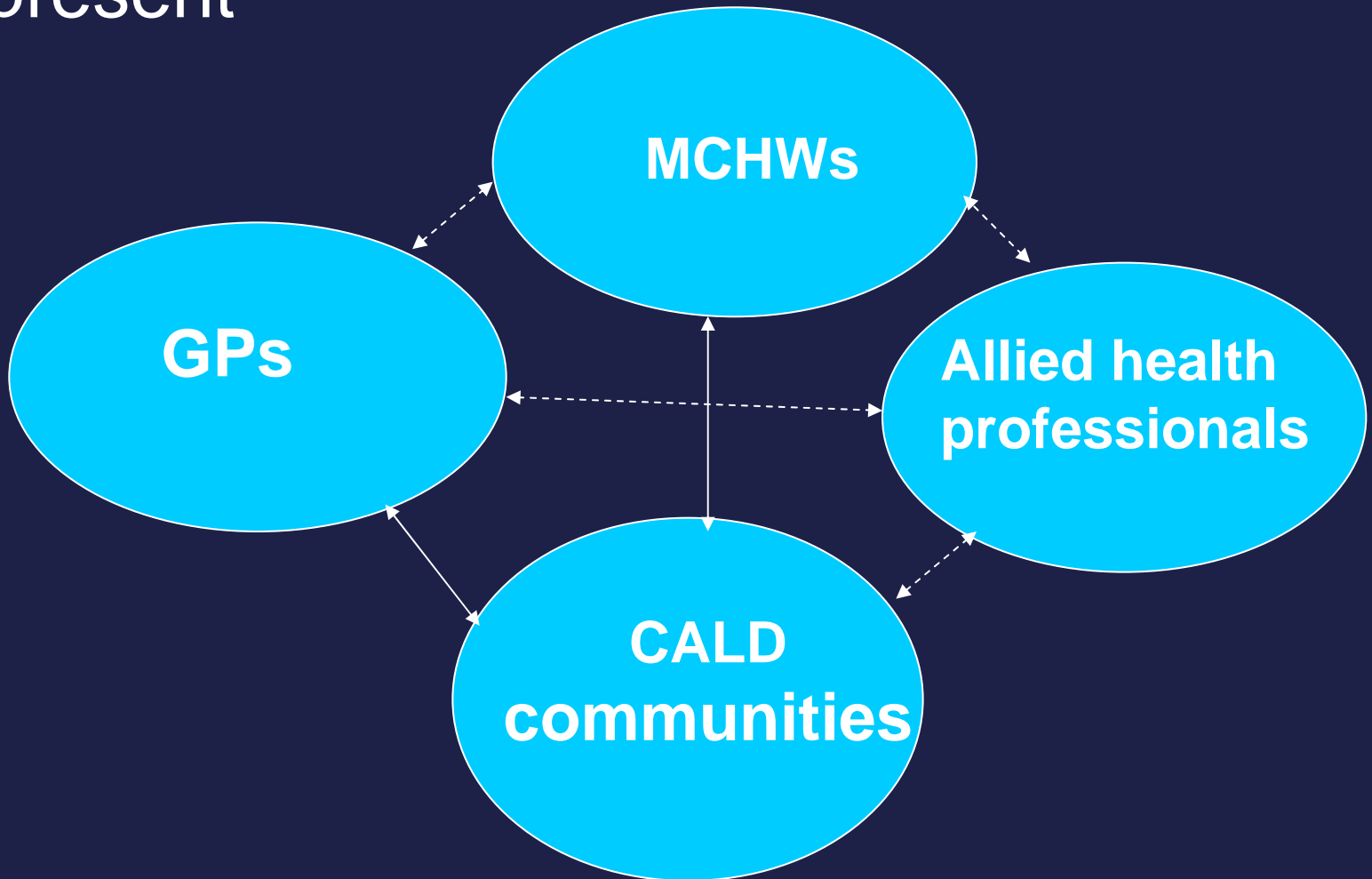
Key strategies:



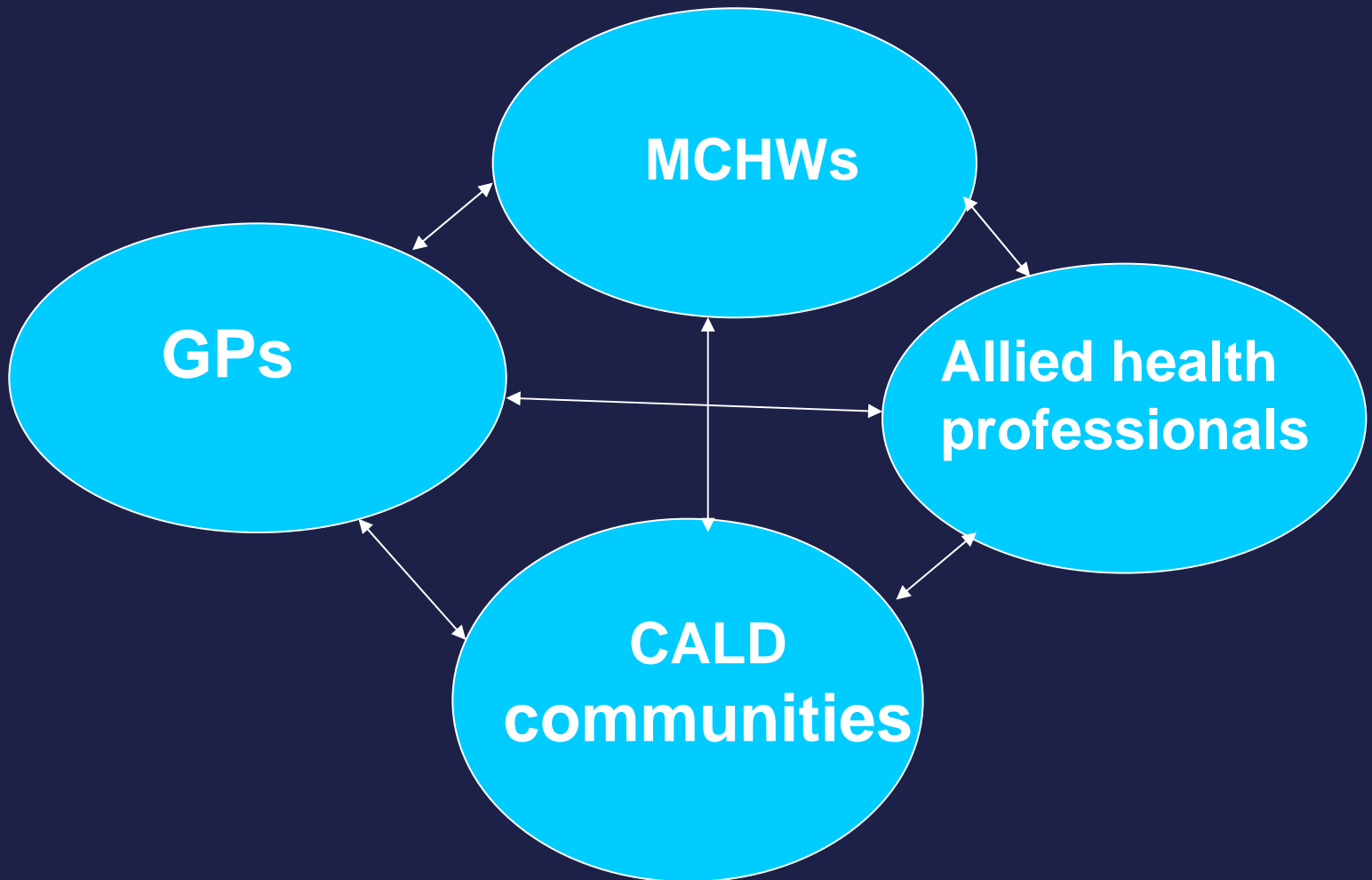
- Develop a collaborative partnership
- Identify barriers and challenges
- Develop, test and deliver a model using Multicultural health workers working with GPs/practice staffs and allied health professionals in supporting CALD patients with chronic conditions or at risk of developing one.

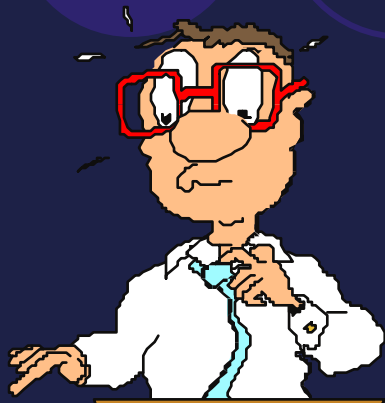
Why?

At present



After intervention





Questions????



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THANK YOU



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