



# News from Multicultural Health Communication

making health communication easier

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## NSW Multicultural Health Week 2009

Multicultural Health Week runs from 27 July to 2 August 2009 and the week's activities, co-ordinated by the NSW Multicultural Health Communication Service, kick off with a launch at the Welcome Wall at Sydney's Maritime Museum, Darling Harbour on Monday, July 27.

In this issue of *Polyglot* you'll find a Multicultural Health Week poster. You can visit our website [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au) for a range of resources to promote the week in your area, together with guidelines on multicultural health communication and multilingual resources.

The NSW Multicultural Health Communication Awards will also be announced during Multicultural Health Week. These awards recognise the production of multilingual health resources, especially the efficacy of the resource, the quality of translation and the potential benefits for the Culturally and Linguistically Diverse (CALD) communities they target. The judges also take into account how well the resources are distributed.

As in previous years, the standard of submissions is outstanding and, along with choosing the winners, the judges have highly commended many of the entries.

The 2009 awards will be presented in the Jubilee Room of the NSW State Parliament House on Macquarie Street Sydney, on Wednesday 29th July from 10.00am until noon. The Honourable Peter Primrose, President of the Legislative Council, will host the event.

## The Ethnic Cook Off – showcasing healthy cuisine from the Chinese, Filipino, Italian, Samoan and Sri Lankan communities

It's a delicious way to promote healthy eating among communities with a high risk of diabetes – a contest for the best recipes incorporating vegetables and fruit.

MHCS was commissioned by the Australian Better Health Initiative (ABHI) to support the Measure Up Campaign – the national program to reduce risk factors for chronic diseases like heart disease, type 2 diabetes and cancer. The result was the Healthy and Tasty Challenge 2009 Recipe Competition campaign targeting Chinese (both Cantonese and Mandarin speakers), Filipino, Italian, Samoan, Sri Lankan (Sinhalese and Tamil) and Tongan language groups.

The competition encouraged people from these communities to submit recipes relevant to their culture and using healthy food tips from an information pack supplied by the contest organisers, MHCS, working in partnership with the Chinese Australian Services Society (CASS), Philippine-Australian Community Services Inc (PACSI), Italian Association of Assistance (Co.As.It), Samoan Council NSW, Sri Lanka Association of NSW (SLANSW),.

The aim was to increase awareness of the '2 + 5' campaign – to eat two serves of fruit and five serves of vegetables daily to reduce the risk of chronic disease.

On Saturday 4<sup>th</sup> July the winners showcased their sumptuous dishes, chosen from 200 recipe entries, at an Ethnic Cook Off at the Roselea Community Centre at Carlingford.

The 'Master Chefs' from each community were announced last month after battling off with other top contestants from their language group. The judging panel consisted of dietitians, top Sydney chefs and five members from each targeted community.

## The Healthy and Tasty Recipe Competition Winners are:

Language	Winner	Recipe
Filipino	Ma Neria Nidea Soliman	Adobo Supreme
Italian	Manuela Di Giovanni	Italian Capsicum Stew
Samoan	Talia McKinlay	Fish (Salmon) in Coconut Milk with avocado, papaya & rockmelon salad
Chinese	Le Sheng Liang	King Prawn Salad
Sri Lankan Sinhalese	Roshani Abeywickrema Recipe by Indra Abeywickrema	Southern Salad with Chicken and Walnut
Sri Lankan Tamil	Seetha Santiago	Carrot and Cabbage Salad

The winning recipes will be published in a cookbook in English, with the top four finalist dishes from each community group published in both English and the language of the relevant community. The cookbook will be distributed to the communities later this year.

Congratulations to the MHCS Team for making the Healthy & Tasty Challenge 2009 so successful.

Risk factors such as a high incidence of diabetes were used to identify the six communities (eight language groups).

In Australia, the 2002-2005 NSW Population Health Survey reported the prevalence of diabetes or high blood glucose levels in Australian residents from these communities as seen in the table.

Country/Area	Prevalence in home country (%)	Prevalence in Australia (%) +
China	4 %	4.4 % (Aust) 2.6 % (NSW)
Hong Kong	9.8 %	2.8 %
Singapore	20 %	17.1 %
Philippines	10 %	7.4 % (NSW)
Italy	6.6 %	8.1 %
Samoa	22 %	
Sri Lanka	5 %	9.31 %
Tonga	15 %	

For more information on the Healthy and Tasty Challenge 2009 Campaign, please contact the following:

Jess Helaratne	02 9816 0306	<a href="mailto:jesusa.helaratne@sesiahs.health.nsw.gov.au">jesusa.helaratne@sesiahs.health.nsw.gov.au</a>	Filipino, Sri Lankan Sinhalese & Tamil
Germana Morassi	02 9816 0303	<a href="mailto:germana.morassi@sesiahs.health.nsw.gov.au">germana.morassi@sesiahs.health.nsw.gov.au</a>	Italian
Chris Gollan	02 9816 0545	<a href="mailto:chris.gollan@sesiahs.health.nsw.gov.au">chris.gollan@sesiahs.health.nsw.gov.au</a>	Samoan
Sam Shen	02 9816 0310	<a href="mailto:Fang.shen@sesiahs.health.nsw.gov.au">Fang.shen@sesiahs.health.nsw.gov.au</a>	Chinese

## Having a Baby in Australia? We Speak your Language - Multilingual CDs now available

Having a Baby in Australia? We Speak your Language is an educational audio CD in eight languages for use by health professionals caring for pregnant women from (CALD) communities.

The CD, developed by the Sydney West Area Health Service's (SWAHS) Multicultural Health Network and the Women's Health Clinic, Westmead Hospital, aims to give women more information about childbirth, build their confidence and minimise the fear and anxiety caused by a lack of knowledge of childbirth.

Having a Baby in Australia? We Speak your Language is 17 minutes long and available in Arabic, Persian, Tamil, Hindi, Cantonese, Mandarin, Korean and English.

The CD was designed for use during the antenatal period, as well as on admission to the hospital's birth unit to reinforce learning. As well as targeting pregnant women themselves, it also helps their supporters to provide them with appropriate guidance during labour and birth.

Initial research into the need for this resource involved input from 238 CALD women at Westmead Hospital. Between them they represented more than 50 different countries and spoke more than 40 different languages at home. Twenty percent of the participants had low English proficiency or spoke no English at all. Surveys conducted with midwives and mothers attending maternity services at Westmead Hospital showed significant communication barriers between health staff and women with poor English proficiency. The women's level of knowledge of birthing procedures was low, and levels of obstetric complications such as emergency caesarean sections were higher than for Australian born women.

An evaluation of the CD's effectiveness showed that it significantly improved knowledge of birthing processes and procedures, especially among women with poor English proficiency.

There appeared to be a positive impact on the birth outcomes for CALD women who listened to the CD too - with an increase in the number of normal vaginal births and a corresponding decrease in the number of emergency caesarean sections. But more research is needed - the study's numbers were small (257) and several variables were not controlled. The rates for normal vaginal births and emergency caesarean sections in the study group also compared favourably with NSW rates as reported in NSW Mothers and Babies 2005

This project shows how the development of low cost, culturally appropriate multilingual resources can significantly improve the birthing experience and outcomes for CALD women and babies.

The CD, which includes a booklet of the script, will be sold nationally through the Medical Society Bookshop for \$44 per CD/language. Buy copies online at [www.medsocbookshop.com.au](http://www.medsocbookshop.com.au)



## CALD Turkey. Third Edition published.

CALD Turkey is a tri-annual e-newsletter published by the NSW Multicultural Tobacco Control Network.

The third edition (Vol 2 Issue 2) is available at (Rajan will enter the link)  
Or by clicking on the CALD Turkey name on the front page of our website  
[www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)

Subjects covered in this new edition include:

Community Talks on smoking issues

Results of smoking cessation campaigns

New legislation regarding smoking in cars and display of tobacco products

The John Tung Health Foundation, Taiwan, and its work with super-star Jacky Chan

## Recognising the health needs for men from CALD communities

The Andrology Australia MATeS<sup>1</sup> study found that reproductive health problems are common among men and that those from non-English speaking backgrounds were less likely to seek help for male-specific health disorders. This highlighted the need for men from (CALD) backgrounds to have access to accurate health information in different languages to help them make informed decisions about their health.

But providing health information to men from CALD communities takes more than simple translation – especially when it comes to sensitive personal issues where the need to be respectful of customs and cultural beliefs is so important.

In 2005, Andrology Australia supported a project coordinated by NSW Multicultural Health Communication Service and Family Planning NSW to develop and focus test men's health information. As a result, the *User's guide: what every man needs to know* brochure is available in 12 different languages in fact sheet format via the websites of both Andrology Australia [www.andrologyaustralia.org](http://www.andrologyaustralia.org) and the NSW Multicultural Health Communication Service [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au) websites.

Building on this project, Andrology Australia is working with the NSW Multicultural Health Communication Service to establish a reference committee to identify the priority education needs of CALD men, and the best approaches for disseminating health information to both men and health professionals from CALD communities.

Called the Culturally and Linguistically Diverse (CALD) Reference Committee, it's made up of members from the NSW Multicultural Health Communication Service, the Australian Multicultural Foundation, NSW Health, the Ethnic Communities Council of Queensland (ECCQ) and the Federation of Ethnic Communities Councils of Australia (FECCA).

Andrology Australia thanks all committee members for giving their time to help support men and health professionals from CALD communities.

### New Publications and audio visual resources

DOH - 8545 Smoking with kids in the car is now illegal	Information about the law against smoking in the car with children	Arabic, Chinese, English, Greek, Italian, Vietnamese
AHS - 8535 Healthy Swimming	Information about hygiene for swimmers, including parents with small children	Arabic, Chinese, English, Korean, Turkish, Vietnamese
DOH - 8530 Statewide eyesight preschooler screening	Information about the statewide eyesight preschooler screening program	Arabic, Chinese, Dinka, English, Filipino, Indonesian, Japanese, Khmer, Korean, Lao, Thai, Turkish, Vietnamese
OTH – 8520 Powerpoint on safe medicine use	Powerpoint presentation on safe use of medicines	Chinese, English, Italian
Radio interview spokesperson	Details of the National Prescribing Service (NPS) and Federation of Ethnic Communities' Councils of Australia (FECCA) 2008 campaign on Quality Use of Medicine (QUM) with Chinese and Italian speaking seniors. Includes details on this campaign and possible questions and answers (Q&A's) for radio interviews on this topic.	Chinese, English, Italian
OTH – 8510 Questions to Ask	A list of useful questions for consumers to ask their doctor or pharmacist about their medication.	Chinese, English, Italian
OTH – 8500 Get to know your medicines	Information to help consumers learn more about their medication, including questions to ask their doctor, how to use the medication wisely, and how to reduce the risk of side effects.	Chinese, English, Greek, Italian, Macedonian, Vietnamese
OTH – 8505 Medicines list	A list for consumers to use to record details of their medication such as its name, the prescribed dose and the date of beginning the medication.	Chinese, English, Greek, Italian, Vietnamese
AHS – 8485 how to use eye drops	A guide for using eye drops or ointment	English, Macedonian, Turkish
AHS – 8490 Advice to patients leaving hospital after glaucoma surgery	Advice for patients leaving hospital after glaucoma surgery, including what to expect after the surgery.	English, Macedonian, Turkish
AHS – 8480 Advice to patients leaving hospital after retinal surgery	Advice to patients leaving hospital after retinal surgery	English, Macedonian, Turkish
AHS – 8475 Instructions for eye patients after leaving the hospital	Instructions for eye patients after leaving hospital	English, Macedonian, Turkish
OTH – 8460 Living well with chronic heart failure	A guide to helping people with chronic heart failure to manage their condition and lead a healthier life.	Arabic, Chinese, Croatian, English, Greek, Italian, Korean, Macedonian, Maltese, Polish, Portuguese, Russian, Serbian, Spanish, Turkish, Vietnamese
AHS – 8465 Bone Marrow Biopsy	Information for patients who have had a bone marrow biopsy	Arabic, Chinese, English, Greek, Italian, Vietnamese
AHS – 8300 Parents and carers asthma information pack	Information pack to help parents and carers successfully manage a child's asthma	Arabic, Chinese, English
AHS - 8450 Your Medicines List	Medicines list and information about medication for patients leaving hospital.	Arabic, Chinese, English, Greek, Italian, Macedonian, Russian, Spanish, Turkish, Vietnamese
AHS – 8455 Communication development pyramid	Set of fact sheets for parents of young children includes information on: the development of 'pretend play', and how to encourage it; communicating with young children, including bilingual communication.	Chinese, English
DOH – 8425 Rotavirus infection	Fact sheet on rotavirus, a common cause of severe gastroenteritis in young children, including prevention and treatment of the condition and information about immunisation against rotavirus	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8435 Typhoid	Fact sheet on typhoid including, symptoms, causes, treatment, prevention, and vaccination. Includes information for contacts of people with typhoid.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese

<sup>1</sup> Holden CA et al. Men in Australia Telephone Survey (MATeS): a national survey of the reproductive health and concerns of middle-aged men. *Lancet* 2005; 218-24

DOH – 8430 Rubella	Fact sheet on rubella, a common infection which can cause serious problems for unborn babies. Includes information about prevention including immunisation.	Arabic, Chinese, English, Farsi, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8440 Yellow Fever	Fact sheet on yellow fever, a potentially fatal viral disease transmitted by mosquitoes in parts of South America and Africa. Includes information on immunisation.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8420 Pneumococcal Disease	Fact sheet on pneumococcal disease, including information about immunisation.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8415 Mumps	Fact sheet on mumps, including information about immunisation.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
OTH – 8410 What is Tourette Syndrome?	Fact sheet on Tourette syndrome and services to help people with the condition.	Arabic, Chinese, English, Vietnamese
DOH – 8380 Hepatitis A	Fact sheet on hepatitis A, including information about prevention and immunisation.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8385 Hepatitis B	Fact sheet about hepatitis B, including prevention and immunisation.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8390 Hepatitis C	Fact sheet on hepatitis C, including prevention.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8395 Measles information for contacts	Information for people who have been in contact with someone who has measles.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8400 Measles	Fact sheet on measles including information on immunisation	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8405 Meningococcal information for contacts	Information on ciprofloxacin, an antibiotic for people who have been in contact with someone who has meningococcal infection	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8370 Chickenpox and Shingles	Fact sheet on chickenpox and shingles, including information about immunisation.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
DOH – 8375 Haemophilus Influenzae Type b Disease	Fact sheet on Haemophilus Influenzae Type b disease, including information on immunisation.	Arabic, Chinese, English, Farsi, Indonesian, Khmer, Korean, Lao, Macedonian, Punjabi, Serbian, Spanish, Thai, Turkish, Vietnamese
AHS – 8350 Compression stocking	Information about the use of compression stockings to prevent venous leg ulcers from returning	Arabic, Chinese, Croatian, English, Greek, Italian, Macedonian, Serbian, Spanish
AHS – 8355 Brain Injury Service	Information on brain injury and the Illawarra Brain Injury Service	Arabic, English, Serbian, Turkish, Vietnamese
AHS – 8360 Chop Chop Tobacco Fact Sheet	Fact Sheet on the health effects of chop chop tobacco	Arabic, English
AHS – 8320 Tubes Care and Management	Fact sheet on tubes care and management for Home Enteral Nutrition	Arabic, Chinese, English, Greek, Italian, Spanish, Vietnamese
AHS – 8325 Organising ongoing supplies	Fact sheet on organising ongoing supplies for Home Enteral Nutrition	Arabic, Chinese, English, Greek, Italian, Spanish, Vietnamese
AHS – 8330 Feeding Plan	Feeding plan for Home Enteral Nutrition	Arabic, Chinese, English, Greek, Italian, Spanish, Vietnamese
AHS – 8335 HEN Nutrition Plan	Nutrition plan for Home Enteral Nutrition	Arabic, Chinese, English, Greek, Italian, Spanish, Vietnamese
AHS – 8340 Feeding Tubes Troubleshooting	Information on troubleshooting with feeding tubes - Home Enteral Nutrition	Arabic, Chinese, English, Greek, Italian, Spanish, Vietnamese
AHS – 8345 HEN Troubleshooting	Information on troubleshooting with Home Enteral Nutrition	Arabic, Chinese, English, Greek, Italian, Spanish, Vietnamese
OTH – 8315 Dental Care For Older People	Fact sheet on dental care for older people	Arabic, Chinese, Croatian, English, Greek, Italian, Macedonian, Maltese, Russian, Spanish, Turkish, Vietnamese
DOH – 7970 Lift the Lip- multicultural poster	Information for parents on children's dental care including how to look for early signs of tooth decay	Arabic, Chinese, Dinka, English, Farsi, Hindi, Japanese, Khmer, Korean, Lao, Pushto, Samoan, Somali, Thai, Turkish, Vietnamese
OTH – 8305 Diabetes Booklet	Information on healthy eating for people with diabetes	Arabic, Chinese, English, Greek, Italian, Spanish, Vietnamese
AHS – 8300 Parents and carers asthma information pack	Information pack for parents and carers of children with asthma	Arabic, Chinese, English
Audio information on Achieve Better Health	Information about the risks of becoming overweight, how to prevent it and what to do if you are already overweight	Chinese
OTH – 8295 Achieve Better Health	Information about the risks of becoming overweight, how to prevent it and what to do if you are already overweight	Arabic, Chinese, Croatian, Dari, Dinka, English, Farsi, Greek, Indonesian, Italian, Korean, Macedonian, Maltese, Polish, Samoan, Serbian, Spanish, Turkish, Vietnamese
AHS – 8290 Speech Pathology and Dysphasia	General information for people who have difficulties with understanding and speaking	Croatian, English, Filipino, French, Greek, Hindi, Korean, Polish, Spanish, Vietnamese
DOH – 8285 Code of Conduct	The NSW Health Code of Conduct outlines the standards expected of staff within NSW Health in relation to their conduct in employment	Arabic, Chinese, English, Greek, Indonesian, Italian, Korean, Spanish, Tamil, Thai, Vietnamese
AHS – 8280 Vitamin D Deficiency	Information on Vitamin D and treatment for vitamin D deficiency	Arabic, Burmese, English, French, Kirundi
AHS – 8275 Hepatitis C	Fact sheet on hepatitis C	Arabic, English, French, Kirundi
AHS – 8270 Hepatitis B	Fact sheet on hepatitis B	Arabic, English, French, Kirundi
AHS – 8265 Health checks on arrival	Health checks information on arrival in Australia	Arabic, Burmese, English, French, Kirundi
AHS – 8260 Sickle Cell Disease	Fact sheet about sickle cell disease	Arabic, English, French, Kirundi
AHS – 8255 Strongyloidiasis	Fact sheet about strongyloidiasis, a parasitic infection	Arabic, English, French, Kirundi
AHS – 8250 Schistosomiasis	Information about schistosomiasis (bilharzia), a parasitic infection	Arabic, English, French, Kirundi
AHS – 8235 Waterpipe tobacco fact sheet	Information about the health effects of waterpipe tobacco	Arabic, English
AHS – 8240 Waterpipe tobacco Information for retailers	Information for retailers about displaying waterpipe tobacco	Arabic, English