



News from Multicultural Health Communication

making health communication easier

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Supporting healthy multicultural communities - NSW Multicultural Health Week

For the second consecutive year, the NSW Multicultural Health Communication Service (MHCS) coordinated the promotion of Multicultural Health Week from July 26 to August 1. The event, celebrated through activities by Area Health Services, local councils and media, signified caring for the health of multicultural communities in NSW.



Focusing on this year's theme, *It's all about you: supporting healthy multicultural communities*, - Multicultural Health Week highlighted a range of health services in NSW available to culturally and linguistically diverse (CALD) communities, including language specific health information phone lines, a multicultural health services booklet, and *Languages of the World* a resource that identifies the languages spoken in NSW.

The Arabic, Chinese, Dari, Korean and Vietnamese phone services which ran during Multicultural Health Week enabled callers to speak to bilingual health workers and order information kits in their language, including multilingual fact sheets from the MHCS website.

"Multicultural Health Week created an awareness of health information that many people didn't know was available to them", said Peter Todaro, Director of MHCS. Throughout the week the bilingual phone lines had many calls from the targeted communities, including more than 150 Chinese and 100 Vietnamese requests. Because of the popularity of these two lines, MHCS has extended these phone services throughout September.

For information please visit www.multiculturalhealthweek.com or call us on 02 9816 0347. For copies of *Multicultural Health Services Directory*, or *Languages of the World*, email mhcs@sesiahs.health.nsw.gov.au or call 02 9816 0347.

Key events organised by MHCS during Multicultural Health Week 2010

Multicultural Health Week Launch – 26th July, SBS Atrium, Artarmon

Presentations by Peter Todaro, Director of MHCS, Pino Migliorino, Chair of the Federation of Ethnic Communities Councils of Australia, Shaun Brown, Managing Director SBS, Clarissa Mulas, Director of the Multicultural Health Network, Cr Genia McCaffery, President of the Local Government and Shires Associations, and Dr Wen Qing Liu representing the Chinese community.

Viewing of award-winning documentary *Unnatural Causes: Is Inequality making us sick?*

Preview and discussion of three episodes of this seven-part documentary series exploring racial and socio-economic inequalities in health were shown at Nepean Hospital, Nepean; SBS, Artarmon; St. George Hospital, Kogarah and Arab Council Australia, Bankstown. Each viewing included a discussion from representatives from local community workers, health workers and multicultural organisations. The three episodes include:

- **Place matters. Can your postcode and street address predict your health?** We know that eating well and staying fit is important for health, but in fact, our economic and social environments are even bigger influences on health. Is health the main responsibility of individuals and those working in the health sector? What role do community and local government have in influencing the health of its residents? How do you make an unhealthy neighbourhood healthy?
- **In Sickness and in wealth. What are the connections between healthy bodies, healthy bank accounts and skin color?** Is there a scientific link between exposure to racism and health status? In this episode, the lives of a CEO, a lab supervisor, a janitor, and an unemployed mother illustrate how class shapes opportunities for good health.
- **The Healthy Migrant Paradox.** Most migrants coming to Australia and the US have better health than the majority of the population at the time of migration. But in time their health deteriorates – a phenomenon called the Healthy Migrant paradox. This segment explores case studies in the US, asking: why do recent Mexican immigrants to the United States, though typically poorer, have better health than the average American? What conditions in America erode their health advantages over time? How can social connections impact on health of migrants?

Volunteering in the Italian and Chinese Communities in Australia

What motivates people in the Italian and Chinese communities to volunteer – and what are the barriers that get in the way? MHCS and the Council on the Ageing NSW are working with the University of NSW on a research project which aims to find out.

MHCS and the Council on the Ageing are organising focus groups with older members of the Italian and Chinese communities in a study by Dr Lee-Fay Low, Chief Researcher, Dementia Collaborative Research Centre, UNSW, to help increase the number of older volunteers from these backgrounds.

The Italian groups in Sydney will be organised with the help of the Italian Association of Assistance (Co.As.It.) There will also be focus groups held in Griffith, NSW, which has a large Italian community.

The Chinese Australian Services Society (CASS) is helping with focus groups in Campsie to be held in both Cantonese and Mandarin.

Macedonian Healthy and Tasty Master Chefs 2010 winners announced in Wollongong

The food was so good that the judges of the Macedonian Healthy and Tasty Recipe Competition 2010 had to announce two winners instead of one after judging the dishes of five finalists at the Sun Lounge Function and Reception Centre in Wollongong.

The event was held in June when five finalists Blaguna Nikolovska, Milica Ivanovska, Vesela Mitrevski, Zorka Tomovska and Fila Tasevska, presented their mouth watering dishes for the judges to sample.

The dishes from all five finalists were outstanding, but Wollongong's Fila Taveska and Vesela Mitrevski both won the contest with their recipes for veal casserole and stuffed capsicum. Each won a trophy and a \$500 Coles gift card and were hailed as Macedonian Healthy and Tasty Master Chefs 2010.

Meagan Winter, dietitian with the Diabetes Centre in Wollongong and Venera Trajcevska, Chef from the Macedonian Welfare Association at Port Kembla and owner of Two Trays Catering lead the judging panel, together with Macedonian community members Angela Mitic, a mental health worker with the Adult Mental Health Service, Steve Jovanov, Chef with Warilla Sports Club and Verica Sajdovska, formerly of the Macedonian Welfare Association.

The NSW Multicultural Health Communication Service (MHCS) and the Australian Better Health Initiative (ABHI) launched the Macedonian Health and Tasty Recipe Competition 2010 in partnership with the Macedonian Welfare Association (MWA) in February to help combat the prevalence of diabetes and obesity in the community by promoting traditional Macedonian dishes featuring fruit and vegetables. The campaign aimed to promote the message of eating two serves of fruit and five serves of vegetables each day to help avoid chronic diseases.

CALD Dementia Research Project

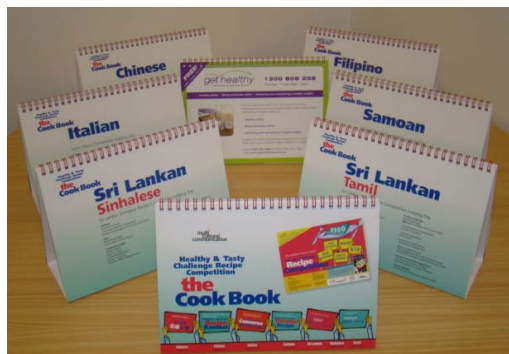
This project is conducted by the Aged Care Research Unit (Liverpool Hospital) in collaboration with the University of Queensland. The study is funded by the National Health and Medical Research Council (NHMRC) Dementia Research Program and is titled: *Family care-giving for culturally and linguistically diverse (CALD) people living with dementia: the perspectives of family carers and health service providers*. The project focuses on Arabic, Chinese, Italian and Spanish speaking communities.

Family caregivers participated in focus groups. Feedback sessions for each community are being held which cover findings from focus groups along with addressing questions raised by each community.

The sessions are free but registration essential for catering purposes. Please RSVP to Dr Desiree Boughtwood 02 96120649 or Desiree.Boughtwood@sswahs.nsw.gov.au

Community	Date and Location	RSVP
Spanish	Thursday 28 th October 2010, 10am -1pm Fairfield RSL (The Horsley Room) 14 Anzac Avenue, Fairfield NSW	14 th October 2010
Arabic	Wednesday 13 October 2010 11am - 2pm Australian National Sports 577 Punchbowl Road, Punchbowl (the Large Burgundy building at Parry Park)	5 th October 2010
Italian	Friday 15 th October 2010, 5pm - 8pm Club Marconi (downstairs), Marconi Plaza, Prairievale Road, Bossley Park	1 st October 2010
Chinese	Wednesday, 20 th October, 2010 10am – 1pm Fairfield RSL (The Horsley Room) 14 Anzac Avenue, Fairfield NSW	14 th October, 2010

Order your free copy of the *Healthy and Tasty Challenge Recipe Competition Cook Book*



This multilingual cook book is produced by MHCS following the success of the earlier Chinese, Filipino, Italian, Samoan, Sri Lankan Sinhalese and Tamil Healthy and Tasty Challenge Recipe Competitions Campaign funded by the Australian Better Health Initiative (ABHI).

The *Healthy and Tasty Challenge Recipe Competition Cook Book* is a collection of recipes from the winners and finalists and provides a new tool for encouraging people from multicultural communities to increase their fruit and vegetable intake. MHCS is distributing this resource to all multicultural communities in NSW. Call 02 9816 0347 or email, mhcs@sesiahs.health.nsw.gov.au to request your free copy.

Problem gambling - raising awareness among the Arabic, Chinese, Greek, Italian and Vietnamese communities

The Responsible Gambling Fund (RGF) and MHCS launched a series of problem gambling awareness campaigns in June targeting the Arabic, Chinese, Greek, Italian and Vietnamese communities in NSW, as part of a \$2.4 million, three-year strategy established by the NSW Government in 2009.

Gaming and Racing Minister Kevin Greene announced at the launch of the Chinese campaign in Chinatown that the campaign's focus would be on early intervention, prevention and community engagement.

"We are working to ensure this campaign connects with the beliefs, views and issues unique to each individual community," he said. "The campaigns also benefit from the help of community ambassadors for each of the five language groups and counselling services."

The problem gambling CALD Awareness Campaign Community Ambassadors are:

- **Chinese Ambassador - Ms Le Lam:** Councillor, Deputy Mayor and Mayor, Auburn Council over the past 18 years,
- **Arabic Ambassador - Dr Jamai Rifi:** General Practitioner and active community volunteer,
- **Greek Ambassador - John Mangos:** Anchorman with Sky News Australia, a regular guest on the Seven Network's Sunrise program and regular afternoon host on radio station 2UE.
- **Italian Ambassador - Charlie Pollicina:** Psychologist and member of Co.As.It.
- **Vietnamese Ambassador - Mr Hien Le:** Vice-President (Planning) of the Vietnamese Community in Australia- NSW Chapter (VCA/NSW).

The **Gambling Help** counselling services include:

- Auburn Asian Welfare Centre Sydney Chinese Counselling Service - 02 9646 3695
- Greek Orthodox Archdiocese of Australia Greek Welfare Centre - 02 9516 2188
- Italian Association of Assistance (Co.As.It) – 02 9564 0744
- Vietnamese Community in Australia NSW Chapter Inc – 02 9727 5599
- Arab Council Australia (ACA) - 02 9709 4333


New resources on problem gambling (Z-Cards, Posters and DVDs) in the five languages are now available from the counselling services.

New Publications on our Website

Title	Summary	Languages
Early Pregnancy Care - planning a pregnancy and becoming pregnant: DOH - 8685	A brochure with simple, factual information on preparing for pregnancy and staying healthy while pregnant.	Arabic, Chinese Traditional, English, Indonesian, Japanese, Khmer, Korean, Lao, Thai, Turkish, Vietnamese
Early Pregnancy Care - when things go wrong: DOH - 8690	Early pregnancy – when things go wrong: A booklet for women having complications in early pregnancy, including what to do if you are having a miscarriage, types of miscarriage and support services available.	Arabic, Chinese Traditional, English, Indonesian, Japanese, Khmer, Korean, Thai, Turkish, Vietnamese
NSW Pap Test Register; Information for Women: OTH - 8680	Purpose of the Pap Test Register. How to join the Register. What Information is recorded on the Register. Why you should have a Pap Test. How to contact the Pap Test Register.	Arabic, Chinese Traditional, English, Vietnamese
Patient menu: AHS - 8670	A checklist issued by nutrition and dietetic staff to enable a patient to identify their food preferences	Arabic, Chinese Traditional, English, Greek, Italian, Macedonian
Primary and secondary school. From My First Health Record (the 'Blue Book'): DOH-8030	Information for parents on health checks for children in the primary and secondary school years	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese

Before your child's 1-4 week check: DOH-7990	What to check before your child's 1-4 week health check	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Before your child's 6 to 8 weeks health check: DOH - 7995	Questions for parents to answer before their child's 6 to 8 week health check	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Before your child's 6 month health check: DOH - 8000	Information for parents from My First Health Record (the 'Blue Book') on what to check before your child's 6 month health check	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Before your child's 12 months health check: DOH - 8005	What to check before your child's 12 months health check	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Before your child's 18 months health check: DOH - 8010	Questions for parents to answer before their child's 18 months health check	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Before your child's 2 year health check: DOH - 8015	Questions for parents to answer before their child's 2 year health check.	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Before your child's 3 year health check: DOH - 8020	Questions for parents to answer before their child's 3 year health check.	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Before your child's 4 year health check: DOH - 8025	Questions for parents to answer before their child's 4 year health check	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Early Childhood Health Services: DOH - 7980	A guide to early childhood services for babies and young children (from My First Health Record)	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Information for Parents: DOH-7975	Information for parents about how to use My First Health Record (the 'Blue Book'), to keep important details of their child's health, growth and development.	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Immunisation information: DOH-8035	Information for parents on immunisation. From My First Health Record (the 'Blue Book').	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Monitoring your child's growth and development: DOH-7985	Information for parents from My First Health Record (the 'Blue Book')	Arabic, Chinese Traditional, Dinka, English, Indonesian, Japanese, Khmer, Korean, Lao, Somali, Tamil, Thai, Turkish, Vietnamese
Tobacco retailer factsheets: DOH-8665	Information to tobacco retailers about the ban on displaying tobacco products, non-tobacco smoking products and smoking accessories in retail outlets.	Arabic, Chinese Traditional, Chinese Simplified, English, Greek, Italian, Korean, Spanish, Vietnamese

Audio/Visual Resources on website

Resource & Author	Summary	Languages
Tobacco display ban - audio recordings: Centre for Health Advancement	An overview of the tobacco display ban which commences for small retailers on 1 July 2010.	English, Arabic, Cantonese, Mandarin, Italian, Greek, Korean, Spanish, Vietnamese.
Down There 2nd Edition DVD: Family Planning NSW	For initiating discussions on issues such as women's bodies; preventive health; going to a doctor or health clinic; women and their periods; getting pregnant; choosing contraception; men's role in contraception; sexually transmissible infections (STIs) and safer sex. Includes a pamphlet with key points and questions for discussion.	English, Mandarin, Farsi, Arabic To Order Full version of DVD - Visit http://www.fpns.org/products/Down-There-DVD.html
Winter Flu Campaign: NSW Health	How to prevent the spread of flu	Arabic, Burmese, Cantonese, Farsi, Korean, Lao, Mandarin, Thai, Turkish, Vietnamese, Dari
Communicating with patients from culturally and linguistically diverse backgrounds. Case study: Ms Shu Fen Chen: SESIAHS Multicultural Health Service	This e-learning program is designed to enhance health care professionals' ability to communicate with culturally and linguistically diverse patients. Good communication skills and the ability to tailor health care delivery to the specific needs of patients are essential for health care professionals. This interactive learning program uses text, audio and video to develop these skills. The program uses a scenario of a patient, an Australian citizen born in Mainland China, told from a nurse's perspective.	 <p>This CD ROM has been endorsed by Royal College of Nursing, Australia, according to approved criteria. Completion attracts 1 RCN Continuing Nurse Education (CNE) point as part of RCNA's Life Long Learning Program (3LP)</p> <p>To order a copy of CD Call the Multicultural Health Service on 02 9383 3309</p>

Deadline for next edition: 26th Oct, 2010	Polyglot is published by NSW Multicultural Health Communication. Articles for inclusion in the next issue can be sent to Cecilia George, NSW MHC, LMB 5003, Gladesville, NSW 2111, or email: cecilia.george@sesiahs.health.nsw.gov.au .
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