

POLYGLOT

News from the NSW Multicultural Health Communication Service

better health through better communication

Summer 2014 Edition

Director's Message

The NSW Multicultural Health Communication Service Team (MHCS) is pleased to present the Summer Edition of Polyglot, our final newsletter this year.

I would like to thank you all for your outstanding support throughout 2014.

MHCS has had an incredible year filled with achievements and innovation. We want to be able to do the same in 2015 and much more.

Of course we can only succeed with our plans if we have your support – you (community workers, leaders, health professionals and services across the local health districts) are our inspiring partners in our mission to meet the health communication needs of multicultural communities in NSW.

On behalf of the MHCS family, I wish you all a relaxing well deserved break with your loved ones and a happy festive season.

Best wishes,
Peter Todaro, MHCS Director



Peter with guest speakers, community leaders and MHCS team members at the Pink Sari Project Free Breast Screen Information Session held in November

Multilingual Health Stakeholders Forum



Human versus machine translation Looks like the best option is somewhere in-between

On 3 December 2014, national and international experts brought to the table the latest trends and research related to human and machine translation. These were discussed and debated by over 60 stakeholders from health services, academia, non-government organisations, translation agencies and independent translators and interpreters.

Some of the highlights included:

- Dr Anne Turner from the University of Washington indicated cost, time and quality benefits of machine translation with post-editing checks.
- Helen Slatyer from Macquarie University stated that a range of options exist to improve the efficiency of health translations. The feasibility of these need to be evaluated through research.
- Interestingly Melissa McMahon from AUSIT NSW highlighted a proz.com (world's largest translator network) poll that indicated 37.1% of respondents used machine translation tools in 2013 (up from 15% in 2009), and that 67% say they do not accept assignments to post-edit machine translations.

From these discussions, three priorities emerged for the next two years:

1. More Australian-based research on machine translation
2. Convert existing resources to build translation memory of health terms, and trial machine translation in a specific health topic
3. Enhance professional skills of health translators in machine translation and computer assisted technologies

Copies of all the presentations are available at:

<http://www.mhcs.health.nsw.gov.au/media-centre/stakeholders-forum>

Photos from the Stakeholders' Forum



Intersectoral collaboration brings fruitful recommendations on the way forward



National and international translation experts take questions from the floor



Forum participants brainstorm the research agenda for machine translation over the next 2 years

Indian Community in Western Sydney tackles Diabetes

Over 100 participants were screened for diabetes by Western Sydney Medicare Local (Wentwest) at the health expo held at BAPS Shri Swaminarayan Mandir at Rosehill / Harris Park on November 15. Those screened were also referred to their SHAPE healthy lifestyle modification program.

Wentwest and BAPS worked in partnership for this event for the local Indian community to tackle a variety of health issues, in particular Type 2 Diabetes.

The rates of Type 2 Diabetes is higher in communities from the sub-continent than most communities from culturally and linguistically diverse backgrounds in NSW. Action is needed to prevent diabetes by assisting those who may be at risk.

Health Promotion Officers from Western Sydney Local Health District (WSLHD) and GPs worked in tandem to promote good nutrition and active lifestyle information and coaching provided by the NSW Get Healthy Information and Coaching Service (GHS) www.gethealthynsw.com.au. A total of 55 members of the community successfully signed up to the GHS via fax referrals.

Contact Anastasia Hourdas from Wentwest on **02 8811 7100** for more information.



Pradeep Jobanputra BAPS, Andi Andronicos (Healthy Eating and Active Living Co-ordinator - WSLHD), Sara Tejani (Wentwest), Janine Dawson (Diabetes Prevention Manager - Wentwest), Kim Carlson (Stroke Foundation), Michelle Nolan (Healthy Children's Initiative - WSLHD), Megan Stow (Health Promotion - WSLHD)

South Eastern Sydney Local Health District's Implementation Plan for Multicultural Communities

The South Eastern Sydney Local Health District (SESLHD) has some of the most culturally and linguistically diverse communities in their local government areas. Strategies to address the health and wellbeing needs of their multicultural groups have been identified in the district's 2014 – 2016 Implementation Plan for Healthy Culturally Diverse Communities.

The Plan was launched by Dr Greg Stewart, Director of Operations and Primary and Ambulatory Health Care. Attendees at the launch included representatives from across the SESLHD, Ministry of Health staff, and community partners such as Medicare Locals, Local Migrant Resource Centres, and Multicultural Health and Interpreter Services, and other key community partners.

SESLHD is focused on facilitating increased access to professional health care interpreters to improve clinical service delivery and patient outcomes. The Plan also aims to build the capacity of the workforce to identify and meet the needs of culturally and linguistically diverse consumers and communities.

For more information contact Milica Mihajlovic, SESLHD Multicultural Health Service on T. **02 9382 8673** (Mon-Thurs) or E. milica.mihajlovic@sesiahs.health.nsw.gov.au

To download a copy visit: www.seslhd.health.nsw.gov.au/Multicultural_Health/



Sri Lankan and Indian GPs and health experts embrace the Pink Sari Project cause



Indian and Sri Lankan community members and Pink Sari Project organisers at the Breast Screen Information Forum

In a bid to increase breast screening rates among women in their communities, Sri Lankan and Indian GPs and health experts in NSW have committed their time and effort in running education programs to spread the messages of the Pink Sari Project.

The strategy is working effectively. Community members from the Sri Lankan and Indian communities in Sydney took time out from their busy weekend duties to listen to health experts speak about the importance of mammograms at two breast screen information sessions (Nov 16 at Ermington Community Centre and Dec 6 at the Yaarl Function Centre in Wentworthville).

Research shows that Sri Lankan and Indian women in NSW aged 50 – 74 have one of the lowest rates of participation in the Breast Screen NSW program. MHCS partnered with the NSW Refugee Health Service with funding from Cancer Institute NSW to address this issue through the Pink Sari Project, a campaign to encourage Sri Lankan and Indian women to say yes to mammograms.

The Free Breast Screen Information Forum held in November 16th at the Ermington Community Centre, organised with the support of Dr Yadu Singh (emcee), leading cardiologist and community leader in the Indian community in Sydney, had a clear message, that breast screening can save lives of women against breast cancer.

Speakers included A/Professor Nirmala Pathmanathan, Service Director at Westmead Breast Cancer and Mr Mathivanan Sakthivel, Director of Breast Screen in South East Sydney and Illawarra Shoalhaven Local Health Districts and Dr Palu Malaowalla, a GP and breast cancer survivor.

 [thepinksariproject](https://www.facebook.com/thepinksariproject) [pinksariproject.org](https://www.pinksariproject.org)

On December 6, over 80 Sri Lankan Tamil doctors and health professionals came together to learn more about breast screening and how they can encourage their patients to book for a mammogram.

The Australian Medical Aid Foundation (AMAF) successfully organised a continuing professional development health education forum in support of the Pink Sari Project. The event, coordinated by Dr Chitra Harinesan, included a panel of experts who presented updates on the advances and current evidence based approach to the diagnosis and management of breast cancer.

The Pink Sari Project (www.pinksariproject.org) is a means of bringing everyone together to support a common cause – increasing breast screening (and thus breast cancer survival) in women from Indian and Sri Lankan groups.

These communities play a major part in the implementation of all the strategic approaches to ensure their members benefit and lives are saved.



Organisers and participants at the AMAF Breast Screen Education Forum for Sri Lankan Tamil GPs and health professionals

Decreasing liver cancer due to hepatitis B in the Vietnamese community



The Fairfield Migrant Interagency is a dynamic forum where over 30 community workers share information and collaborate on projects in the Fairfield City Council area.

Nidia Raya Martinez and Sam Shen, our MHCS project staff joined the group to talk about our planned hepatitis B project in 2015. Ideas were exchanged on how to increase hepatitis B testing amongst the Vietnamese community in Cabramatta, including the formation of a community coalition of action, and a localised social marketing campaign.

If you want to work with us on this project, or want more information, contact Nidia Raya Martinez or Sam Shen on **02 9816 0348** or visit us at the Tet Festival on 27-29 February 2015 at Fairfield Showground. We will be there!

NSW Multicultural Health Communication Awards is coming up in September 2015

Outstanding multilingual health resources will be recognised once again at the NSW Multicultural Health Communication Awards to be held in September 2015.

The Awards was established by MHCS in 2003 to recognise the services and multilingual resources produced for culturally and linguistically diverse (CALD) by individuals and teams that work for the NSW Ministry of Health, Local Health Districts, Hospital networks, Justice Health & Forensic Health Network, Multicultural offices, Diversity Health Coordinator, State-wide Services and NGOs funded by NSW Health.

More information on the categories and date of submission for nominations for the Awards will be announced on our next Polyglot in early 2015.

Presentation of winners will be held at the NSW Parliament House as part the key activities for Multicultural Health Week 2015 in September.

Please contact MHCS for further enquiries on **02 9816 0347** or mhcs@sesiahs.health.nsw.gov.au.



What's new on the MHCS Website

NEW PUBLICATIONS

Breastfeeding in the First Week

Caring for your Cannula

LANGUAGES

[Arabic](#), [Bengali](#), [Chinese Simplified](#), [Chinese Traditional](#), [English](#), [Indonesian](#), [Japanese](#), [Korean](#), [Nepalese](#), [Vietnamese](#)

[Arabic](#), [Chinese Simplified](#), [Chinese Traditional](#), [English](#), [Greek](#), [Indonesian](#), [Italian](#), [Macedonian](#), [Russian](#), [Spanish](#)

For more information, contact MHCS Systems Manager, Rajan Manickarajah on **02 9816 0309** or email rajan.manickarajah@sesiahs.health.nsw.gov.au.

If you have stories, ideas and images promoting health issues to multicultural communities, and would like to share them on Polyglot or on our Facebook page, please contact our Media Manager Jesusa Helaratne on **02 9816 0306** or email jesusa.helaratne@sesiahs.health.nsw.gov.au