



Training packages for health professionals to improve access and quality of health services for migrants and ethnic minorities, including the Roma

MODULE 4: KNOWLEDGE APPLICATION

Unit 3: Public Health, Health Prevention and Promotion from Multidisciplinary Perspectives

ONE WAY

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Outline of the session

- Presentation: Public Health, Health Prevention and Promotion from Multidisciplinary Perspective
- Activity: Health Prevention and Promotion

Health Prevention and Promotion Oriented towards Cultural and Ethnic Diversity: Conceptual Model

Public Health
Surveillance
Screening

Right of Everyone to the Highest
Attainable Standard of Health

WHO Definition of Health

Right to Non-
Discrimination

Sensitivity to
Cultural and
Ethnic Diversity

Health Prevention
Health Promotion
Attention to Social
Determinants of Health
Reduction of Social
Inequalities in Health
Promotion of Culture-
specific Healthy Habits
Public Health
Surveillance

Health Prevention Oriented towards Cultural and Ethnic Diversity: Relevant Aspects and Strategies

- Importance of improving **health literacy** in migrants and ethnic minority populations
- Observation of a lower access to **health prevention services** for **migrants** than general population.
- Lack of frequency in demanding **preventive services** in **Roma population**, associated with a conceptualization of health as an absence of diseases.

- ⇒ Importance of knowing the needs and health habits of migrants and ethnic minorities, in order to guide prevention strategies.
- ⇒ Participative approaches.
- ⇒ Use of innovative techniques.

Health Prevention Oriented towards Cultural and Ethnic Diversity: Example HIV

- HIV Prevalence

- ✓ Increase of the total number of new HIV infections 2007 – 2011.
- ✓ Decrease in migrant population.

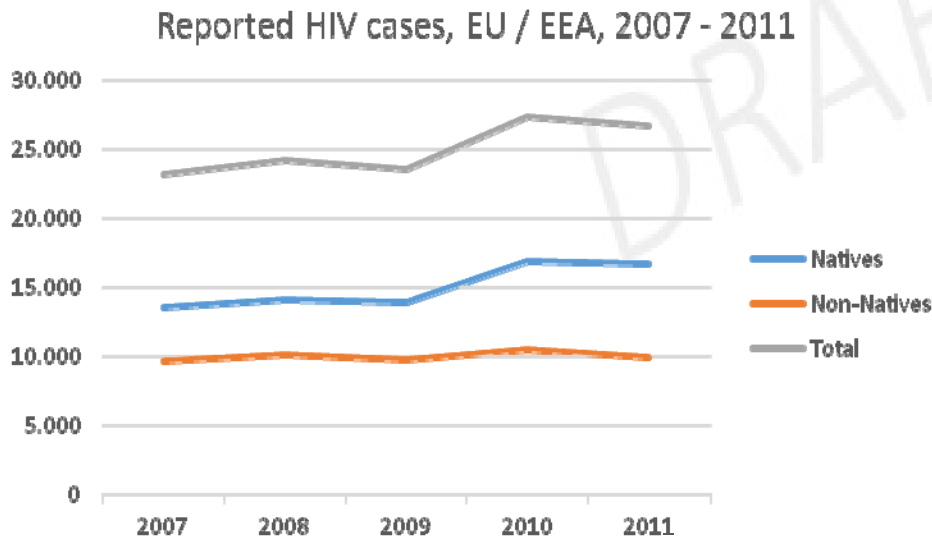
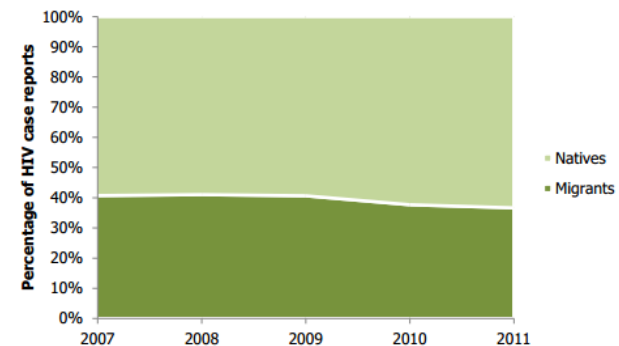


Figure 3.2 Percentage of migrants among all HIV cases reported, 2007–2011, EU/EEA (n=125 225)



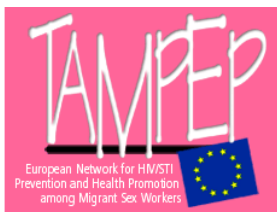
Health Prevention Oriented towards Cultural and Ethnic Diversity: Example HIV

- HIV testing and access to care for migrant population
 - ✓ Legal, administrative cultural and linguistic barriers to testing and access to care.
 - ✓ Limited access to treatment for migrants in an irregularized situation.
- Analysis of prevention habits in migrants and ethnic minorities
 - ✓ Higher testing prevalence in migrants than in general population (Hoyos, et al. 2013).
 - ✓ Differences in sexual risk behavior among specific ethnic minorities groups (Champion, et al. 2013).

⇒ Recommendations of prevention measures adapted to the target group.
⇒ Recommendation of voluntary and confidential character of HIV testing, as well as availability of treatment.

Health Prevention Oriented towards Cultural and Ethnic Diversity: Project Example: TAMPEP Project

- TAMPEP, European Network for HIV / STI Prevention and Health Promotion among Migrant Sex Workers
 - ✓ European networking and intervention project, founded in 1993 and operating in 25 European countries.
 - ✓ Community development and participation project, based on a Human Rights framework.
 - ✓ Objectives: Equitable access to support and services for migrant sex workers.
 - ✓ Activities:
 - Outreach and street work.
 - Involvement of cultural mediators and peer educators.
 - Development of multilingual information and education material for sex workers.



Health Promotion Oriented towards Cultural and Ethnic Diversity: Definition

Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being.

(WHO, Ottawa Charter for Health Promotion 1986: s.n.)

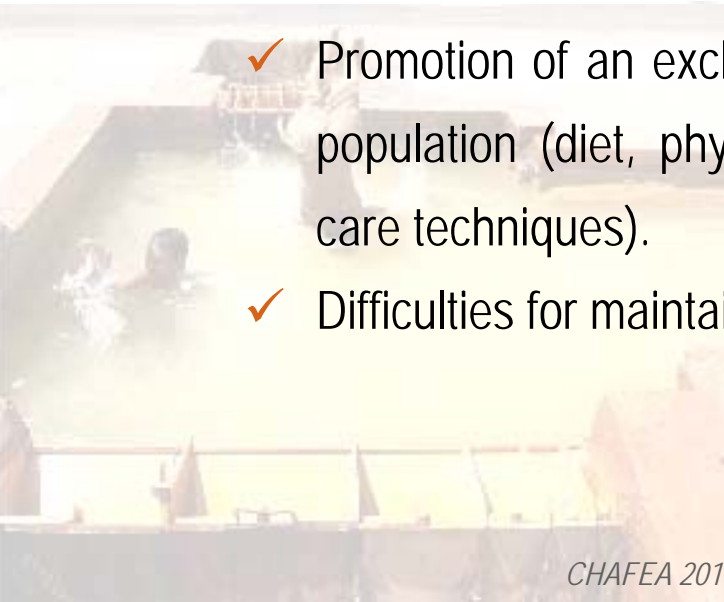
Health Promotion Oriented towards Cultural and Ethnic Diversity: Strategies

- Promotion of **healthy habits** in migrant and ethnic minority population
 - ✓ Diet.
 - ✓ Physical activity.
 - ✓ Sexual and reproductive health.
 - ✓ Healthy lifestyles.
- Relevance of **health promotion programmes** to be **culturally sensitive** and adequately targeted.
- Role of **intercultural mediators** in health promotion oriented towards cultural and ethnic diversity.



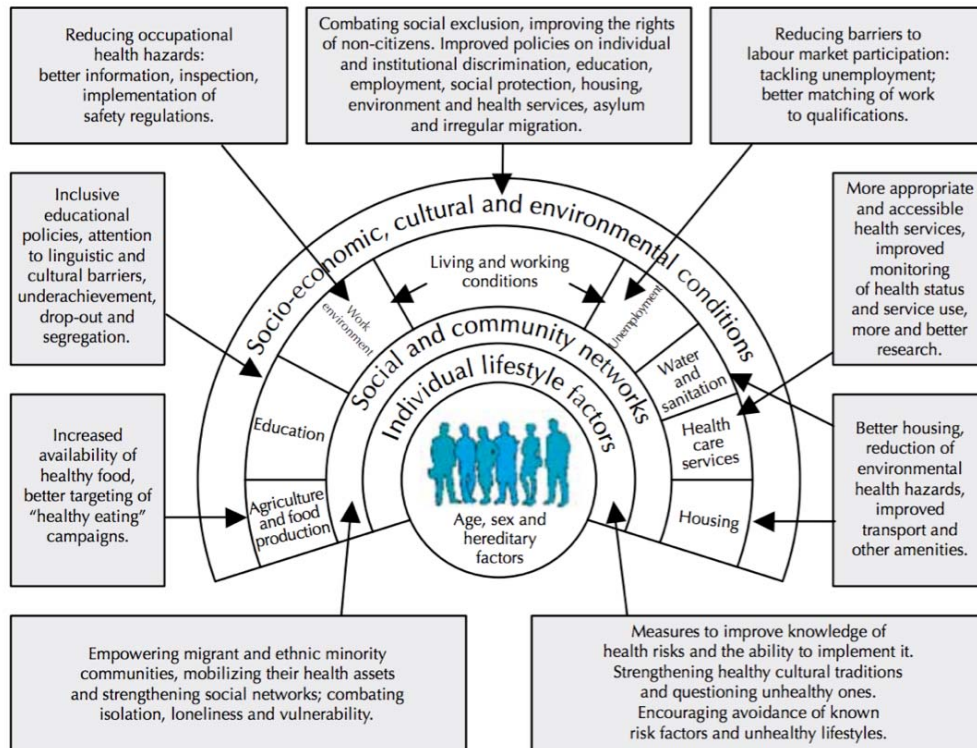
Health Promotion Oriented towards Cultural and Ethnic Diversity: Strategies

- Importance of recognizing and promoting **culture- and ethnic-specific healthy habits**
 - ✓ Identification of healthy habits in migrant and ethnic minority population.
 - ✓ Promotion of an exchange of experiences and knowledge with the general population (diet, physical activity, traditional health prevention and health care techniques).
 - ✓ Difficulties for maintaining healthy habits.



Reduction of Health Inequalities: Strategies and Best Practices

Fig. 1. Policy measures required to tackle the social determinants of health for migrants and ethnic minorities



- Health care based on a social determinants of health model.
- Intersectoral approaches.
- European projects focused on the reduction of health inequalities of population groups in situation of social vulnerability.

Source: The diagram is inspired by a presentation from Dr Nani Nair, TB Regional Advisor, on 15–16 September 2005 at the WHO Regional Office for South East Asia consultation on the social determinants of health, subsequently adapted by Theadora Koller to address determinants of the health of socially excluded migrant populations, and further adapted for the purposes of this policy briefing. The well-known "rainbow" is from Dahlgren & Whitehead (1991).

Health Prevention and Promotion Oriented towards Cultural and Ethnic Diversity: Activity 1 – Health Prevention and Health Promotion

- **In small groups**

- ✓ Identification of positive habits related to health prevention and promotion in migrants and ethnic minorities, difficulties in maintaining these habits and strategies for reinforcing them.
- ✓ Preparation of a role playing representing the identified difficulties and strategies.

- **In the plenary**

- ✓ Role playing
- ✓ Intervention of other participants in the scene, seeking strategies to resolve the difficulties, within a framework of health care oriented towards cultural and ethnic diversity.

- **Group discussion**





Thank you and questions ...

*Pictures: Andalusian Childhood Observatory (OIA, Observatorio de la Infancia de Andalucía) 2014;
Josefa Marín Vega 2014; Redlsir 2014; Morguefile 2014.*

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Migrants & Ethnic Minorities
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