Empowerment Through Culturally Appropriate Health Education in Type 2 Diabetes

20 YEARS EXPERIENCE OF CULTURAL APPROPRIATNES

NSW Diabetes Forum #nswdf17

Spanish Speaking Diabetes & Heart Association of Australia, Inc.-Asociación de Habla Hispana para la Diabetes y el Corazón, Inc.

Gladys Hitchen, Accredited Practising Dietitian, MPH, Credentialed Diabetes Educator - Fairfield, NSW 2165
One of the most challenging health conditions of the 21\textsuperscript{st} century, and is also one of the most costly diseases in the world.
Management of type 2 diabetes

- Can be highly successful if cultural factors of lifestyle such as food and social interaction are considered.

“it is very well known that the immigrants can give up their language and lifestyle, but never their autochthonous food customs”.

Miriam Lowenberg, RD (1970) “Food & Man”, USA
## SPANISH DEMOGRAPHICS

### Language - Top 10 NSW LGAs ranked by size

<table>
<thead>
<tr>
<th>Language - Spanish</th>
<th>2011</th>
<th>Spanish %</th>
<th>Number</th>
<th>Spanish %</th>
<th>2006 to 2011</th>
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</thead>
<tbody>
<tr>
<td>Fairfield City</td>
<td>7,163</td>
<td>3.8</td>
<td>7,785</td>
<td>4.3</td>
<td>-622</td>
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<tr>
<td>Botany Bay City</td>
<td>1,242</td>
<td>3.2</td>
<td>1,377</td>
<td>3.8</td>
<td>-135</td>
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<td>Liverpool City</td>
<td>5,055</td>
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<td>5,062</td>
<td>3.1</td>
<td>-7</td>
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<td>Rockdale City</td>
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<td>1.9</td>
<td>+212</td>
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<td>Campbelltown City</td>
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<td>1.7</td>
<td>2,479</td>
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<td>+66</td>
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<td>Marrickville Council</td>
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<td>1.6</td>
<td>959</td>
<td>1.3</td>
<td>+236</td>
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<tr>
<td>Randwick City</td>
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<td>Ashfield Council</td>
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<td>596</td>
<td>1.5</td>
<td>+11</td>
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<tr>
<td>Sydney City</td>
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<td>1.0</td>
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<tr>
<td>Shellharbour City</td>
<td>833</td>
<td>1.3</td>
<td>853</td>
<td>1.4</td>
<td>-20</td>
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<tr>
<td>Greater Sydney</td>
<td>49,829</td>
<td>1.1</td>
<td>44,568</td>
<td>1.1</td>
<td>+5,261</td>
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<tr>
<td>Regional NSW</td>
<td>5,698</td>
<td>0.2</td>
<td>4,894</td>
<td>0.2</td>
<td>+804</td>
</tr>
<tr>
<td>New South Wales</td>
<td>55,623</td>
<td>0.8</td>
<td>49,560</td>
<td>0.8</td>
<td>+6,063</td>
</tr>
</tbody>
</table>

In 2011 there were 55,623 people in New South Wales who spoke Spanish.

There was a 12.2% increase in the number of people who spoke Spanish since 2006 (from 49,560).

11.1% of the population who spoke Spanish arrived between 2006 and August 2011.

There were fewer men who spoke Spanish (26,213) than women (29,409).

16.4% of the population who spoke Spanish were children (under 19 years of age), 40.7% were young adults (aged 20 to 44 years), and 42.9% were older adults (aged 45 years and over).
SPANISH POPULATION DISTRIBUTION IN NSW
1995-1997 – The Fairfield Division of General Practice in liaison with the Multicultural Department of the South Western Sydney Area Health Service (Liverpool Hospital), developed and conducted the Spanish Speaking Diabetes Pilot Project managed by a General Practitioner and piloted by a bilingual clinical dietitian-diabetes educator.
The Target Population

- People with diabetes from more than 23 Spanish speaking countries were referred to this service by their GPs.
The Enhancement of the Project

- **1996** – Considering that diabetes causes a great impact on the emotional status of the patient, the dietitian, added a monthly group educational session to the project.

- Apart from reinforcing diabetes knowledge, this would play act as a support group.
The Reaction of the System

- This initiative was not supported by the system at the time, as a hospital support group without group education was preferred.

- The dietitian was advised to stop the group sessions.
Empowerment

■ Defined by the World Health Organisation as:

“the process by which people gain control over the factors and decisions that shape their lives”.
Empowerment

- As in the case of this part of the Spanish community with diabetes, this concept is linked with:

  Social, cultural, political and economic determinants that underpin health, seeking to build partnerships with other sectors to reach their main objectives.
Empowerment

- The patients, already organised and **empowered as a group**, invited the dietitian to continue providing them with group educational sessions in conjunction with their regular individual sessions.

- This invitation was accepted by the dietitian as **an initiative** from the community members, and not related to the pilot project.
The Association is born

■ Working with their leaders, the dietitian published an open letter to the Spanish community in a local paper, inviting them to discuss the future of the cultural services provided to people with diabetes.

■ More than 100 patients and their families responded to the invitation, and the Association was founded on the 5th April 1996.
1997: End of Project

■ One year later, the funding for the successful project was terminated.

■ The association continued providing these patients and their families with a culturally appropriate service.
The Association: a different Model of Care

- A non-profit organisation

- **Main aim:** To provide a non-hospital based, holistic health and diabetes education service.

- **Includes:** diabetes management and education for the prevention of possible complications, within a cultural frame.
Year 2000

- The Association’s scope of services was extended to **people with Heart Disease** responding to multiple requests from the community.

- Aimed at reducing chronic diseases associated with **lifestyle**.
The Association promotes a holistic approach to health

- Free access to a culturally appropriate health educational service.
- Direct participation of members in the management of their own health in liaison with their GPs.
- Participation of qualified health professionals and community workers as guest speakers.
Cultural and Educational Services

- Monthly educational sessions
- The production of educational resources in Spanish
- A monthly free of charge 12 page educational magazine in Spanish.
- Social interaction of the members and their families/friends.
- Celebration of cultural and religious events.
SERVING LUNCH AFTER THE EDUCATIONAL SESSION
The Association’s Health Promotion Activities

These are based on NSW or National Health Promotion Campaigns such as:

- The Heart Foundation – “Heart Week”
- Diabetes Australia and Australian Diabetes Council – Australian Diabetes Management Guidelines - Diabetes Week
- Cancer Council – Cancer prevention and/or management support
- Osteoporosis awareness
HEALTH PROMOTION

■ HEART WEEK
ACTIVIDAD FÍSICA
WALKING ACTIVITIES
The Association’s Health Promotion Activities

- Arthritis Australia
- Dietitians Association of Australia - Healthy Weight Week
- Diabetes and Mental Health - TMHC
- Gastro-Intestinal Health
- Oral Health
- Women and Men ‘s health
- Heart Foundation - Heart Week
Partnerships

- Fairfield City Council – Community involvement, hiring of venue
- Transcultural Mental Health Centre – Individual referrals
- General Practitioners – Their referrals
- Spanish speaking health professionals – voluntary talks
- Community Police – safety issues: walks
## OUR ACHIEVEMENTS IN 20 YEARS

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registrations</td>
<td>Active: 332</td>
</tr>
<tr>
<td></td>
<td>Involvement with the Association: 1000 fams.</td>
</tr>
<tr>
<td>Consultations &amp; Reviews</td>
<td>2,800</td>
</tr>
<tr>
<td>Attendance to monthly talks</td>
<td>10,000/20 years</td>
</tr>
<tr>
<td>Clinical talks</td>
<td>279</td>
</tr>
<tr>
<td>Mental Health- TMHC</td>
<td>94</td>
</tr>
<tr>
<td>Physical &amp; Cultural activities</td>
<td>200</td>
</tr>
<tr>
<td>Forums &amp; workshops</td>
<td>2 y 22 respectively</td>
</tr>
<tr>
<td>Educational broadcasting</td>
<td>255 hours</td>
</tr>
</tbody>
</table>
HOW DO WE SUSTAIN THE ASSOCIATION?

- Monthly raffles

- A central year’s fundraising to cover: cost of hiring Council’s venues, food, insurance and printing material.

- Personal and small commercial donations
Celebrating 20 years of continuous work for health
SOCIAL ACTIVITY
Our 20 years: serving the community
CHRISTMAS CELEBRATIONS
THE FUTURE ... ?

- If we, seriously, want to address culture and health, the encouragement for leadership and voluntary work amongst community members is paramount.
Voluntary Work

- A promising future in the management of diabetes and other chronic health conditions for all populations, is more realistic, if we work towards the empowerment of our communities.

- Embracing the great Australian example of community voluntary work, seems to be a strong strategy for empowerment.
... and never forget that our approach to health will not be holistic, if we don’t include the culture and tradition of the person.

Thank you