

# 2022: Semester 2 Report

University of Queensland Health Promotion Project





# University of Queensland Health Promotion Project

## Culturally and Linguistically Diverse Communities (CALD)

This report highlights the achievements from Semester 2, 2022 for the UQ Wellbeing project. The previous **2022 UQ Wellbeing Semester Reports** are available to download on the [UQ Wellbeing website](#).

The objective of the **UQ Wellbeing Health Promotion Project** is to improve the health outcomes of students from Culturally and Linguistically Diverse (CALD) backgrounds. This project advances the **UQ values** of *Respect and inclusivity* through collaboration with students and existing programs, and contributes to the *Learning and student experience* by fostering a sense of belonging and wellbeing for all learners.

### Project outcomes:

- Students from CALD backgrounds are aware of and engage with health promotion activities and services on campus
- A vibrant campus that is inclusive and celebrates the diversity of all students

### The project has four focus Areas:

- Mental Health
- Healthy Relationships and Reproductive Health
- Nutrition and Physical Health
- Community and Cultural Connections

**Acknowledgement:** UQ acknowledges and thanks Allianz Care Australia for funding this project.

UQ Wellbeing would also like to acknowledge the support provided by UQ Life, UQ Mental Health, UQ Union, and UQ Get Involved throughout 2022.



### Report Overview

This report is guided by the five (5) key objectives which guide activities in the UQ Wellbeing Health Promotion Project:

1. Engaging & collaborating with stakeholders
2. Setting up a student advisory group
3. Developing resources and workshops
4. Communicating Initiatives
5. Enhancing community sense of belonging

### Table of contents

Engaging & collaborating with stakeholders	p. 3
Setting up a student advisory group	p. 4
Developing resources and workshops	p. 4-6
Communicating initiatives	p. 7
Enhancing community sense of belonging	p. 7-8
Social media and online engagements	p. 9



# UQ Wellbeing Semester 2, 2022 Report: Objective 1

## Objective 1: Engaging & collaborating with stakeholders

Existing health promotion activities that engage the whole of the student cohort will be supported to be inclusive, culturally sensitive and/or appropriate for students from a CALD background.

### 1. Stakeholder Collaborations

Following on from the key partnerships that have been strongly forged since the projects inception, key project collaborations for Semester 2 2022 are listed below:

**Table 2: UQ Wellbeing Student Affairs collaborations in Semester 2, 2022**

Stakeholder	Description
<b>UQ Respect</b>	UQ Wellbeing collaborated with UQ Respect for: UQ's Welcome Weeks, Student-led Wellbeing Clinics, Women's Health Week, and Sexual Violence Awareness Month. A Boundary-Setting Workshop was developed in collaboration across these projects.
<b>UQ Mental Health</b>	UQ Wellbeing collaborated with UQ Mental Health for: UQ's Welcome Weeks, Student-led Wellbeing Clinics, Women's Health Week, R U OK? Day, and Queensland Mental Health Week. Workshop collaborations included the Under 18s health and wellbeing workshops, and boundary-setting workshop.
<b>UQ Student Experience and Engagement Teams (UQ SET)</b>	UQ Wellbeing collaborated with UQ SET on a range of events including UQ's Welcome Weeks, Women's Health Week, R U OK? Day, Student-led Wellbeing Clinics, Liptember and Diwali.
<b>UQ Get Involved Team</b>	The Get Involved Team supported UQ Wellbeing through the provision and co-ordination of student volunteers for a number of health promotion initiatives, including UQ's Welcome Weeks, RU OK Day, Student-led Wellbeing Clinics and Diwali.
<b>UQ Counselling Team</b>	UQ Wellbeing worked with UQ Counselling for the Student-led Wellbeing Clinics, Women's Health Week, and R U OK? Day. UQ Wellbeing raised awareness of UQ's Counselling services and received in-kind counselling support at events, including art therapy activities and crisis response support.
<b>UQ Student-Staff Partnerships (SSP)</b>	This semester the health promotion coordinator collaborated with CALD students on an SSP project focused on creating resources to improve international students' access to GPs.

In Semester 1, 2022 Student Services formally unified three health promotion projects— UQ Wellbeing, UQ Respect and UQ Mental Health— to form UQ's first Health Promotion Unit. The formation of this team allowed for increased student engagement and created opportunities for creative prevention work across UQ Wellbeing's key focus areas.

**Table 3: UQ Wellbeing external stakeholder collaborations in Semester 2, 2022**

Stakeholder	Description
<b>Allianz Care Australia</b>	UQ Wellbeing collaborated with Allianz Care Australia across UQ's Welcome Weeks and Student-led Wellbeing Clinics. Collaboration involved the promotion of Allianz Care health insurance and associated services, providing assistance to students about their Overseas Student Health Cover (OSHC), and the development of resources for CALD students.
<b>UQ School of Public Health</b>	In Semester 2, 2022, UQ Wellbeing hosted two Master of Public Health placement students. The key project for the placement was the Reproductive Health Campaign, involving the production of a literature review, conduction of focus group interviews, and a final report on key findings.
<b>UQ Residence - Kev Carmody and International House</b>	UQ Wellbeing collaborated with the Under 18's Program Co-ordinator to deliver a cooking and nutrition workshop to students at Kev Carmody House. Focus groups were also facilitated with CALD students at both residences for the Reproductive Health Campaign.
<b>UQ Health Care</b>	Collaboration with UQ Health Care involved regular meetings regarding student health needs and consultation regarding UQ Wellbeing's Reproductive Health Campaign. The primary concerns raised by UQ Health Care, pertinent to UQ Wellbeing, were mental health and sexual health.
<b>UQ School of Nursing, Midwifery and Social Work (NMSW)</b>	UQ Wellbeing collaborated with NMSW for the Student-Led Wellbeing Clinics, involving the engagement of social work and nursing placement students for activities to address key student wellbeing concerns, including homesickness, physical health and mental health.
<b>UQ Union International Collective</b>	Collaboration with the UQU International Collective included involvement in the selection of student advisory group members and consultation about the reproductive health campaign.
<b>UQ Student Clubs and Societies</b>	UQ Wellbeing collaborated with more Clubs and Societies in Semester 2 through Student-led Wellbeing Clinics and key initiatives. Collaborations included UQ Ladies in Technology, International Students Society, Handcraft and Art Club, UQ Taiko, UQ Chinese Painting and Calligraphy Society, UQ South Pacific Islander Association, UQ Street Groove, UQ Indian Student Club and the UQ Gatton International Student Association.

### 2. Working Groups and Networks

- Attended two meetings of the UQ English as an Additional Language / Culturally and Linguistically Diverse Working Party (UQ EAL/CALD Working Party)
- Attended an online showcase: "Let your story talk; mental health support toolkit for international students"
- Attended an Australian Health Promoting Universities Network meeting

# UQ Wellbeing Semester 2, 2022 Report: Objectives 2 & 3

## Objective 2: Setting up a student advisory group

**A student advisory group will be formed and consulted with prior to any new health promotion activity.**

The UQ Wellbeing Student Advisory group continued to guide UQ Wellbeing project activities in Semester 2, 2022. Key outcomes from the Student Advisory Group in Semester 2, 2022 included:

- High meeting attendance rate, with a >70% *attendance* of members over the semester.
- Provided recommendations and advice on the following health promotion activities: Welcome Weeks, Student-led Wellbeing Clinics, Women's Health Week, R U OK? Day, Wellbeing Festival, issues arising about students health on unpaid placements, and resources to support international students accessing GPs in QLD.
- Conducted focus groups to inform the reproductive health campaign.
- Conducted an end of year review with student representatives and thank you celebration.
- Recruited and inducted four new members to the group, including two Gatton students.

### Key feedback from the End-of-Year review are as below:

- Student advisory group members were highly satisfied with the overall coordination of the group.
- Students in particular enjoyed the sharing of ideas, respectful conversations and coming together.

*"A respectful and safe space to voice our thoughts."*

*"This group embraces different ideas and thoughts, and there is always follow-ups on the events/programs we have contributed our ideas on."*

*"I enjoyed sharing ideas and being heard in this group. I also enjoyed meeting new students within the group and in the events."*

*"Meeting people from different degrees and coming together to make a positive impact on CALD Students at UQ"*



Left: Student engaging with other student volunteers at a Student-led Wellbeing Clinic.



## Objective 3: Developing resources and workshops

**A range of education resources and workshops will be developed centred around mental health, sexual and reproductive health and nutrition and healthy eating.**

### 1. Mental Health

**Student-led Wellbeing Clinic:** In Semester 2, 2022, the Student-led Wellbeing Clinics were run monthly to align with national health promotion initiatives. Key outcomes from the Student-led Wellbeing Clinics in Semester 2, 2022 included:

- Over the four clinics we reached a total of *693 student engagements*.
- Successfully run clinics across three different University locations and days of the week to make the clinics more accessible and to capture different student cohorts at UQ.
- Collaborated with a *multi-disciplinary team of 55 placements students* from various Schools (Public Health, Social Work, Art Therapy, Counselling, Nursing) and seven (7) external organisations and UQ student societies.
- Themed clinics on the following topics: homesickness, Women's Health Week, Liptember (women's mental health), safety and healthy relationships and Queensland Mental Health Week.

**Liptember:** Liptember is a health advocacy campaign that provides a light-hearted way to raise awareness and vital funds for women's mental health programs, initiatives, support services and research. Key outcomes from Liptember in Semester 2, 2022 included:

- Successfully distributed mental health resources, the provision of free health check-ups, and the distribution of lipsticks in-line with the initiative.
- Ran a successful online competition engaging students about their wellbeing, which received *194 entries* for the competition with two students winning Liptember prize packs.



Monthly Wellbeing Clinic - Theme: Liptember

Placement students at the UQ Wellbeing stall.



# UQ Wellbeing Semester 2, 2022 Report: Objective 3

## Objective 3: Developing resources and workshops

**R U OK Day:** As part of the R U OK Day events at Gatton and St Lucia campuses, UQ Wellbeing worked in partnership with UQ Mental Health, the Gatton International Student Society and the UQ Ladies in Technology (LIT) societies to offer engagement activities, letter writing home, art therapy and a 4km fun run.

**1077**  
students engaged with R U OK? Day activities.



Left to right: R U OK Day team, UQ LIT 4km Fun Run, Letter writing home.

**Wellbeing Festival:** As part of Queensland Mental Health Week, UQ Wellbeing partnered with UQ Mental Health and the UQ Health, Safety and Wellness Team to provide student wellbeing activities at UQ's first Wellbeing Festival. Inspired by the Wheel of Wellbeing, the festival encouraged reflection on the many facets of our lives, including our physical, emotional, social, spiritual, environmental and financial wellbeing.

- Over 3500 students, staff, and community members attended the Festival in October
- The UQ Wellbeing activities included our health and wellbeing stall providing mental and sexual health resources, a world map activity celebrating the diversity of students within the UQ community and a Dance Revolution Arcade machine for fun and physical activity.



Left: World Map Activity at the Wellbeing Festival.



Right: Students enjoying Bike N' Blend

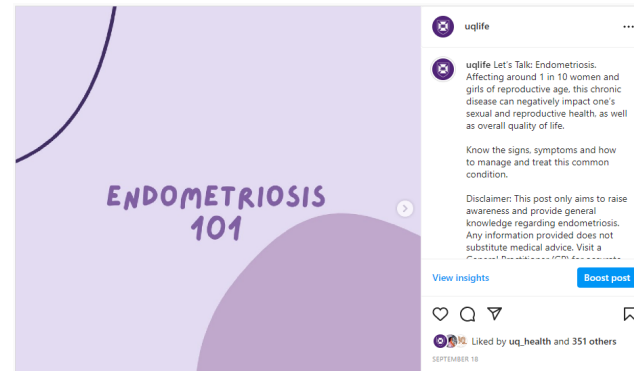
## 2. Reproductive Health and Healthy Relationships

### Reproductive Health Campaign:

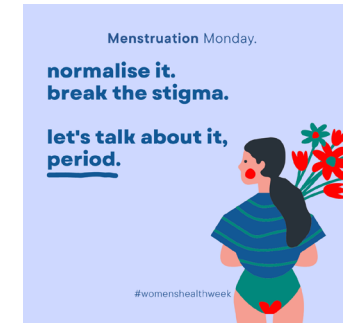
UQ Wellbeing worked with two Master of Public Health placement students to create a reproductive health campaign for CALD students. The project included conducting a literature review, scan of other university and community websites and resources, and five focus groups with a total of 25 students. Findings from data collection and literature appraisal included:

- Utilising social media channels to relay the campaign
- Normalising discussions about sexual and reproductive health
- Providing information on accessing reproductive health care (via OSHC)
- Assisting in decision-making around contraception, and associated considerations

The student focus groups also highlighted the need to promote existing UQ services, including the UQ Sexual and Reproductive Health Website.



Screenshot of the top performing @uqlife post - Topic: Endometriosis



Social tile for 'Menstruation Monday' during the Women's Health Week social media campaign.

### Boundary Setting Workshops:

The Health Promotion Unit, including UQ Wellbeing, UQ Respect and UQ Mental Health, worked together to deliver two boundary setting workshops as part of Women's Health Week and within the U18's program. This workshop focused on identifying what boundaries are, their importance for healthy relationships, identifying feelings (via the Wheel of Emotions), and strategies to empower students to assert their boundaries and respect others' boundaries.



**21**  
students attended both Boundary Setting workshops

# UQ Wellbeing Semester 2, 2022 Report: Objective 3

## 3. Nutrition and Physical Health

### Nutritional Workshops:

As part of welcome weeks, UQ Wellbeing continued to work in partnership with the Student Advisors to deliver two nutrition workshops introducing new students to some tips and resources for food preparation and healthy, simple recipes on a budget.



63

students attended the Nutritional Workshops.



100%

students felt more prepared to navigate their local supermarket

### Supermarket Tours:

This semester UQ Wellbeing partnered with the Community Development Program to pilot two supermarket tours to introduce new students to local Brisbane supermarkets.

- Students were guided by our International Student Ambassadors in engaging race-style activities to familiarise them with local produce and identify ingredients for simple, budget-friendly recipes
- Students received a free goodie bag filled with healthy snacks, recipes, and some nutritional tips for how to shop smart in Australia.
- From the attendees, *100% reported feeling more prepared to navigate their local supermarket* and found the tour useful to assist with their weekly shopping and food preparation.
- Whilst both tours were sold out, only 11 out of 40 students attended the tours on the day.

### U18's 'From A to Zinc' Workshop and Cooking Class:

The workshop included a presentation with easy-to-understand nutritional information, tips for planning meals, easy and budget friendly meal options, followed by an interactive cooking class where students had the opportunity to prepare, cook, and eat a nutritious meal.

- At the end of the workshop students received a pamphlet with some simple, healthy meal ideas that they took home with them.
- The class was attended by *14 students from the Under 18s Program* with all students reporting that the workshop was interesting and useful.
- Students also reported that they would like to try more recipes.

## 4. Australian Healthcare System

### Student Staff Partnership Project— Improving access to GPs for International Students:

In semester 2, the Health Promotion Coordinator was part of a Student-Staff Partnership with four students studying social work. The aim of the project was to create resources, including videos and infographics to improve access to GPs for international students, providing tips on some of the key barriers identified by international students. These included: 1) privacy and knowing your rights, 2) how to use your health insurance, 3) cost of healthcare, 4) language barriers and 5) knowing what services a GP can offer in Queensland. The resources were developed into a suite of UQ Wellbeing branded resources and subsequently distributed during Welcome Weeks in 2023.



Pictured: The suite of UQ Wellbeing branded resources, students engaging with the resources at a stall.



# UQ Wellbeing Semester 2, 2022 Report: Objectives 4 & 5

## Objective 4: Communicating Initiatives

Health promotion activities are promoted to all students throughout the semester via a number of methods including social media, websites, EDMs and faculty communication channels.

In collaboration with the student engagement team, information about UQ Wellbeing and health promotion activities and services were disseminated across the semester.

**The UQ Health and Wellbeing Stall:** As part of welcome activities the stall aimed to promote student supports available at UQ to support and enhance students' health and wellbeing during their studies. This was also an opportunity for students to meet Student Services staff and student leaders.

- Student engagement activities included sharing a welcome message in their preferred language and sharing what respect means to them.
- The stall was held across all 3 campuses during the Orientation and Connect Weeks, Faculty Expos, Welcome BBQ's and Gatton Market Day. The stall was coordinated in partnership with UQ Respect, UQ Mental Health and the Student and Learning Advisor teams in Student Services.



Left, right and below: Students engaging with the UQ Health and Wellbeing stalls.

1198

Students engaged with the UQ Health and Wellbeing stalls.

300+

Students attended the International Student Welcome Breakfast.

## Objective 5: Enhancing community sense of belonging

To enhance the campus community and a sense of belonging to the University's existing religious and cultural events on campus and support new events that celebrate UQ's CALD student community.


In collaboration with the student engagement team, information about UQ Wellbeing and health promotion activities and services were disseminated across the semester.

### International Student Welcome Breakfast:


This semester UQ Wellbeing welcomed new international students to UQ St Lucia by hosting the highly popular International Student Welcome Breakfast event.

- Students were provided with a free breakfast and music performances from UQ Jams
- Stallholders included: UQ Library, UQ Student Union and International Officers, Learning Advisors, Student Advisors, Get Involved, Allianz Care Australia, and the Health Promotion Unit.

We collected feedback from 79 attendees, who reported:

 **95%** agreed or strongly agreed this event made them feel welcome to the UQ community.

 **81%** agreed or strongly agreed this event made them to feel more aware of the available health and wellbeing supports available at UQ.

 **94%** agreed or strongly agreed this event helped them to meet new students.



Top and bottom: Students who attended the International Student Welcome Breakfast, Semester 2 2022.

# UQ Wellbeing Semester 2, 2022 Report: Objective 5

**JALI - A comedic performer sharing his refugee story:** To celebrate Refugee Week and welcome new students back to campus during Welcome Week 2022, UQ Wellbeing brought together 21 students to attend a story-telling performance by Oliver Twist at the Queensland Performing Arts Centre. Using personal anecdotes, drama and humour, Oliver used his story-telling abilities to reflect on his time as a refugee and to unpack his life now in Australia.

**Women's Health Week Cultural Picnic:** For Women's Health Week in 2022, UQ Wellbeing hosted a number of events to celebrate the cultural diversity of women and gender diverse people at UQ. This initiative involved:

- Cultural performances and workshops from UQ student societies including the UQ Japanese Drumming Society, UQ South Pacific Islander Association, UQ Street Groove, UQ Indian Student Club and the UQ Chinese Painting and Calligraphy Society.
- Cultural food trucks and Women's Health Week goodie bags including mental, sexual and reproductive health resources.

**696**

Student engagements were recorded at the Cultural Picnic



Left to right: UQ Chinese Painting and Calligraphy Society, UQ Japanese Drumming Society, UQ South Pacific Islander Association.



Left to right: 2022 UQ's St. Lucia Diwali Celebration

## Diwali (Deepavali, Dipavali, Dewali, Deepawal) Celebration:

In November 2022, UQ Wellbeing coordinated the third annual Diwali Celebration at UQ St Lucia in partnership with the UQ Indian Student Club and UQ Life. The Indian Festival of Lights has many names, including Deepavali, Dipavali, Dewali, and Deepawali. In Sanskrit, the word Deepavali translates to 'a row of lights', and this is a term more commonly used by South Indians to refer to the Festival. In contrast, the North Indians use the modified 'Diwali'.

The celebration included live entertainment, henna art tattoos, traditional Indian food and a Rangoli Art piece which was illuminated by attendees.

The majority of attendees were UQ students. 120 attendees provided feedback on the event, below are keys highlight form the feedback received.

**700+**

People attended Diwali. 598 registered in advance.



**75%**

of respondents were International students.



**87%**

of respondents said the event created a sense of belonging and celebration of diversity.

UQ Wellbeing's annual Diwali event has grown significantly since its inception in 2020, becoming a core cultural event on UQ's student calendar. The event in 2022 drew large crowds and has quickly become the largest event hosted by UQ Wellbeing. With the growing awareness of, and attendance at, Diwali at UQ, additional partnerships will be required to ensure the continued success of this key cultural celebration at UQ.

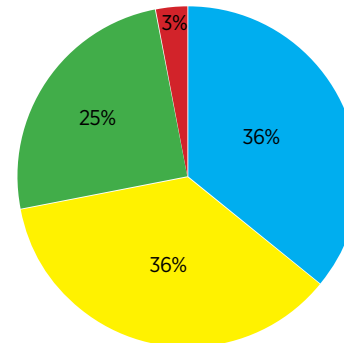


Fig. 1: Overall satisfaction with the event

- Excellent
- Very Good
- Good
- Average
- Poor



"I found unity in diversity at UQ, thus I love this university."

"The way they [UQ] are making students to feel belonging is awesome."

"Felt like being in India"



# UQ Wellbeing Semester 2, 2022 Report: Social media

The following data and statistics reflect the period of June to December 2022.

**UQ Wellbeing was included in a number of campaigns across the following platforms:**

## Social media

Social media was used to promote Health Promotion activities across campus.

## Facebook

- 23 posts - 51.54k reach, 176 engagements.

## Instagram

- 40 posts - 131.45k reach, 3930 engagements.
- 37 stories - 87.4k reach.

## UQLife newsletter

June

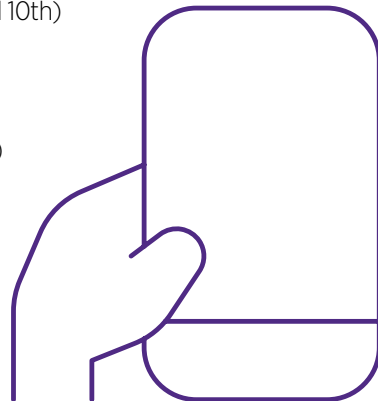
- EDM sent to, and opened by, 18983 students
- [Men's Health Week](#) article: 19 total clicks (ranked 12th)

September

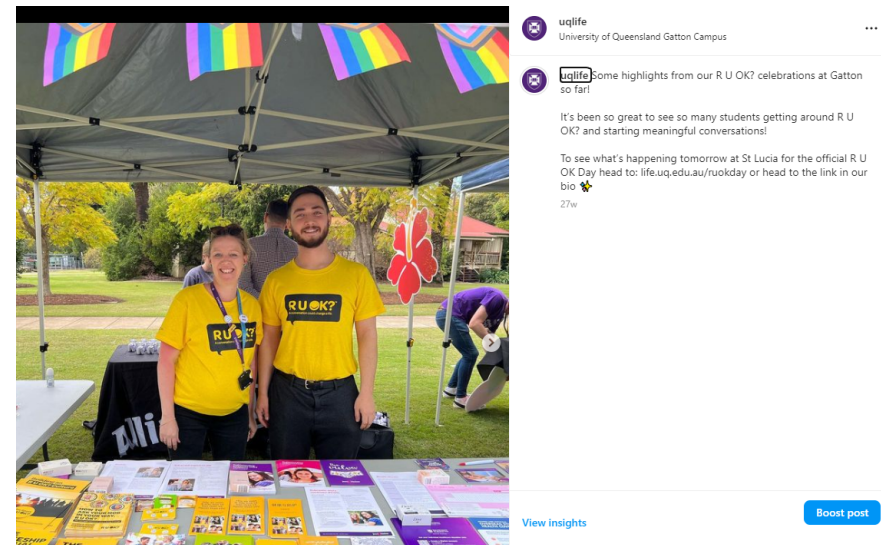
- EDM sent to, and opened by, 21002 students
- Women's Health Week article: 167 total clicks (ranked 1st)
- R U OK? Day article: 82 total clicks (ranked 5th)
- UQ Wellbeing website article: 46 total clicks (ranked 10th)

October

- EDM sent to, and opened by, 20031 students
- UQ's Wellbeing Festival: 130 total clicks (ranked 4th)



## Instagram posts about UQ Wellbeing events/activities in Semester 2





THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

CREATE CHANGE

CRICOS Provider 00025B

## Contact

**Katsu Shike (he/they) and Pamela Doherty (she/her)**  
Health Promotion Coordinators (UQ Wellbeing)

**E** [healthpromotioncald@uq.edu.au](mailto:healthpromotioncald@uq.edu.au)

**T** +61 7 3443 2725

**W** [life.uq.edu.au/uqwellbeing](http://life.uq.edu.au/uqwellbeing)

Health Promotion Unit, Student Services  
The University of Queensland  
St Lucia QLD 4072

