

# UQ Wellbeing

Health Promotion Project Report

Semester 2, 2023

Allianz  Care



CREATE CHANGE



# UQ Wellbeing

health. culture. connections.

*UQ Wellbeing is The University of Queensland's Health Promotion Program dedicated to improving the health outcomes of students from Culturally and Linguistically Diverse Communities (CALD).*

This report highlights the key outcomes from the UQ Wellbeing program in Semester 2, 2023. All previous **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 through evidence-based initiatives and community consultation. Activities within UQ Wellbeing are guided by health promotion and community development frameworks.



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
- Sexual and Reproductive Health
- Nutritional and Physical Health
- Community and Cultural Connections

**Acknowledgement:** UQ Wellbeing proudly acknowledges Allianz Care Australia for funding this health promotion project for culturally and linguistically diverse students.

UQ Wellbeing would also like to acknowledge the UQ Health Promotion Unit, UQ Student Experience Team, UQ Get Involved Team and the UQ Union for their support and openness to collaborations throughout Semester 2, 2023.



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# UQ Wellbeing Semester 2, 2023 in Review

## Key Health Promotion Actions

UQ Wellbeing recognises that “health is created and lived by people within the settings of their everyday life: where they learn, work, play and love”.<sup>1</sup> UQ Wellbeing is guided by key health promotion activities as detailed in the [Okanagan Charter](#), which includes actions to: create supportive campus environments, support personal development and health literacy, embed health in all campus activities, and re-orient campus services.

To enhance and support the long-term mental health and wellbeing of students from Culturally and Linguistically Diverse (CALD) communities, UQ Wellbeing is dedicated to providing culturally sensitive health promotion programs and activities that address a wide-variety of health topics, encourage early access to healthcare, and embed a strengths-based approach to health. This is primarily achieved through student engagement (events), training, and social media. All activities are underpinned by core health promotion principles, student consultation through the *UQ Wellbeing Advisory Group*, community collaborations/partnerships, and an intersectional lens to ensure inclusive and equitable access to health promotion messaging.

This program is also guided by key findings and trends that have continued to emerge from stakeholder engagement:



### Low health literacy (Australian context)

the Australian health and education systems are unfamiliar for many CALD communities creating barriers for health access and skill

### Cultural sensitivity

activities must be developed in consultation with CALD communities at UQ with reflexive practice underpinning all processes.

### Long term support

a long term support strategy is needed to achieve health & wellbeing improvements

### Sense of belonging

sense of belonging and loneliness heavily impacts CALD students' mental health



### Language barriers

the high level of English required to communicate mental health and wellbeing needs mediates support access

### Racism & Violence

racism, discrimination, and domestic, family & sexual violence are key issues which impact the overall health and wellbeing of this cohort

### Stigma and taboo

mental health & sexual, reproductive health stigmas are barriers for accessing support

### Other

other barriers include confidentiality, visa status impacts, cost and shame related to accessing health support

## Summary

In Semester 2, 2023, UQ Wellbeing reached 6030 students through its health promotion activities and initiatives, events, training, and social media. Collaboration, student consultation and an intersectional lens guided the core actions of the UQ Wellbeing program in Semester 1, 2023.



**6030**

Engagements through events, training and social media



**99%**

Of respondents to surveys (n=223) agreed UQ Wellbeing activities increased their sense of belonging and connection to UQ

## Engagement breakdown



**4288**

Engagements through events and activities.



**1025**

Social media engagements\* with education posts encompassing mental health and sexual health.



**692**

Students engaged through training including nutrition, sexual, reproductive health and orientation.

## Key achievements and impact

- UQ Wellbeing worked with students in a [Student Staff Partnership](#) focussed on exploring students' health access experiences at UQ's Gatton campus. There were 139 respondents to the extensive survey. Questions spanned health literacy, service awareness, student access experiences, service perceptions, communications and recommendations for the future. This findings of the survey will guide future service improvements at UQ Gatton.
- UQ Wellbeing presented at the Australian & New Zealand Student Services Association Conference 2023 about the core work of the Student Advisory Group to centre and empower student voice in university settings.
- A total of 692 students were engaged through training and workshops spanning healthy relationships, sexual health, reproductive health and nutritional health.

# UQ Wellbeing Semester 2, 2023 in Review

## Events

Student engagement and events are a central activity within UQ Wellbeing to effectively reach international student cohorts and foster a sense of belonging. In Semester 2, 2023, UQ Wellbeing engaged over 4288 students during events. Event focuses spanned: orientation, cultural and community connection, and mental and physical health. Overall 262 students provided formal feedback with 86% of respondents stating that the events increased their sense of belonging and connection to UQ.



**4288**

Engagements through events and activities



**86%**

Of survey respondents reported positive satisfaction with UQ Wellbeing events (n=166)

### Orientation Events

UQ Wellbeing had a strong presence during UQ's Semester 2, 2023 Orientation program including the International Student Welcome Breakfast across three (3) campuses. These events enabled the delivery of crucial information to incoming international students regarding support services, overseas student health cover (OSHC), mental health, and sexual health. This semester, beach safety was also highlighted with a visit from Surf Life Saving Queensland.



**89%**

Of respondents (n=47) agreed that the event fostered connection with new friends and community



**100%**

Of respondents stated the event made it easier for them to learn about supports at UQ (n=47)



Pictured: Students connecting at the International Student Welcome Breakfast



### Community and Cultural Connection Events

In Semester 2, 2023, UQ Wellbeing worked with the UQ Union, UQ Life, UQ International Collective, UQ International Students Collective and UQ Indian Student Club to host the annual Diwali Celebration. **This cultural event was attended by over 850 people.**



#### Event feedback

"It was great to see so many individuals from the same community at the same time, celebrating the same event. Felt like how it used to be back at home."



#### Recommendations

"Maybe next year, instead of live music you could get a DJ so that the singer wont just sing hindi songs and we can dance as much as we want with our favourite songs."

### Mental and Physical Health Events

UQ Wellbeing's student-led wellbeing clinics focussed on supporting and enhancing students' mental health and physical health. Events included: Women's Health Week, Body Image and Eating Disorders Awareness Week, R U OK? Day and Queensland Mental Health Week across four (4) campuses. Over 2795 students were engaged across fourteen (14) unique mental health events. 120 students submitted feedback.



#### Feedback from Queensland Mental Health Week

"I did [terrarium making] and had lot n lot fun at photobooth. Best one :) I was so happy as if I hadn't been in a while and literally realised that why UQ do mental health week. Have kept those pics at my working desk to motivate and relive the moment."

### Gatton

UQ Wellbeing co-ordinated four (4) events at Gatton in Semester 2, 2023, including Women's Health Week, Body Image & Eating Disorders Awareness Week, R U OK? Day, Queensland Mental Health Week and Diwali.



**418**

Students engaged at Gatton in Semester 2, 2023

### Diversity and Inclusion

UQ Wellbeing worked towards spotlighting diversity and inclusion at UQ through the co-ordination of UQ's Equity, Diversity and Inclusion UnConference (SSP) and organising UQ's 'For Crying Out Loud' Drag Trivia Launch with UQ Respect.



Pictured: Drag Trivia Event

# UQ Wellbeing Semester 2, 2023 in Review

## Training and Workshops

UQ Wellbeing conducts and co-ordinates training and workshops on topics spanning: mental health, sexual and reproductive health, healthy relationships and nutritional health. The UQ Wellbeing co-ordinators bring expertise in public health and community development to enhance education through training. Overall, UQ Wellbeing delivered to 692 students in Semester 2, 2023.



**692**

Students engaged through training



**13**

Unique training workshops were conducted during Semester 2, 2023

### Workshop topics

UQ Wellbeing facilitated eight (8) unique sessions while five (5) sessions were delivered by external partners including: True Relationships and Reproductive Health, Mental Health First Aid Australia and Pelvic Pain Foundation of Australia. Key highlights from the training included:



**56**

International Students engaged across two Nutrition Workshops at Kev Carmody House



**500**

Students engaged during Orientation workshops



**33**

Under 18s students attended workshops about sexual and reproductive health



**19**

Gatton students engaged for Mental Health First Aid Training

## Social Media

UQ Wellbeing posted a total of 24 social media posts across Instagram and Facebook via @uqlife in Semester 2, 2023. Ten (10) posts focussed on education while fourteen (14) posts aimed to increase awareness of upcoming UQ Wellbeing initiatives. Social media metrics showed high engagement, with a total of 1025 online engagements\* from the education and awareness posts. Information was evidence-based, utilising the most recent health promotion information on topics spanning:

- Mental Health
- Sense of belonging
- Women's Health
- Reproductive Health



**1025**

Social media engagements\* with education posts



**351**

Engagements with the R U OK? Day check-in post

\*Engagements = Likes/Reactions + Comments + Shares + Saves

## Campaigns

In 2023, UQ Wellbeing continued extensive consultation with students and key services around the UQ Wellbeing Reproductive Health Campaign, to be launched in Semester 1, 2024. The campaign titled '*No taboo, there is support for you*' is a primary prevention campaign which aims to increase timely access to reproductive health information and services for culturally and linguistically diverse communities at the University of Queensland by:

- Addressing the cultural taboos attached to help-seeking
- Increase students' knowledge of services, rights and credible sources of information
- Increase students' self-efficacy/confidence to seek help

UQ Wellbeing was also a key contributor towards the planning and implementation of UQ's '*For Crying Out Loud*' LGBTQIA+ Sexual Violence Prevention Campaign aiming to address domestic, family and sexual violence experienced by LGBTQIA+ communities at university through education and information.



### Qualitative Feedback (Workshops)

"THE ATMOSPHERE THANKS TO THE SESSION LEADERS"

### Student wanted to know more about

Sex and sexual health. How values interact with boundaries.



# UQ Wellbeing Semester 2, 2023 in Review


## Additional activities


### UQ Wellbeing Student Advisory Group


The UQ Wellbeing Student Advisory Group is a key stakeholder for the UQ Wellbeing program. The Advisory Group champions student voice for CALD communities and is consulted for feedback on all UQ Wellbeing activities.

In Semester 2, 2023, The Advisory Group met four (4) times with a total attendance rate of 83%. The Advisory Group also met for an end-of-year Celebration to connect and recognise the many achievements of the group in 2023. Through extensive reflection and consultation with students, it is clear for the need to invest in community voice at UQ and provide remuneration for students' time, lived experience and expertise. Key Advisory Group achievements in Semester 2, 2023 include:

 **70%**  
Meeting attendance rate across four (4) two-hour meetings

 **Guiding UQ Wellbeing**  
Students provided feedback on 2023 UQ Wellbeing activities and the 2024 proposal in an interactive two-hour workshop

 **Student Voice**  
Students provided feedback for over five (5) UQ-based services and campaigns.

 **Embedding a cultural lens**  
Students workshoped the UQ Wellbeing Reproductive Health Campaign, True Contraceptive Resource and Student Guides.



Pictured: UQ Wellbeing SAG members contributing to UQ Wellbeing activities




### Community collaborations and partnership


Community engagement and development are core focuses of UQ Wellbeing. The primary aim is to enable CALD communities greater access to culturally appropriate and tailored services and work towards a more connected community. In Semester 2, 2023, UQ Wellbeing worked with over 24 external community organisations (ie. True Relationships and Reproductive Health, World Wellness Group, Pelvic Pain Foundation) and over 20 internal UQ groups (i.e. UQ Counselling, UQ Union, Get Involved, UQ Library, UQ Union). Engagement with community spanned invitations to stalls, consultation and collaboration, partnerships, and promotion of services.


 **24+**  
External community organisations engaged during Semester 2, 2023.

 **10+**  
Internal UQ groups engaged during Semester 2, 2023

### Information and resources

 **Contraception website partnership**  
UQ Wellbeing established a partnership with True Relationships and Reproductive Health to publish an interactive online contraceptive resource for culturally and linguistically diverse communities to simplify decision-making around contraceptive choice. This resource will be launched in 2024.

 **UQ Wellbeing website update**  
With the assistance of the Student Affairs Marketing team, UQ Wellbeing underwent a drastic website update to improve access to information.

 **Peer facilitator training**  
UQ Wellbeing, lead by a Health Science placement student, conducted a scoping review of literature regarding university peer-facilitator health education programs to guide key objectives and activities in 2024.



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