

2022: Semester 1 Report

University of Queensland Health Promotion Project



CREATE CHANGE



University of Queensland Health Promotion Project

Culturally and Linguistically Diverse Communities (CALD)

This report highlights the achievements from Semester 1 2022 for the UQ Wellbeing project. The project's Semester Reports are available to **download at the UQ Wellbeing website**.

The Health Promotion Project's objective is to improve the health outcomes for students from Culturally and Linguistically Diverse backgrounds (CALD). By working in partnership with students and established programs the project aligns with UQ's values by supporting our people and contributes to the long-term objectives of the UQ strategy by strengthening and supporting our diverse community.



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 for supporting this project.



2022: Semester 1 Objectives & highlights

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.

Following on from the key partnerships that have been strongly forged in 2020/2021, key project collaborations for Semester 1 2022 are listed below:

1. Stakeholder Collaborations

UQ Respect

Formally formed a Health Promotion Team in Student Services including UQ Respect. Fortnightly meetings regarding student needs and trends. Collaboration on Welcome Weeks, College training on consent and healthy relationships, Student-led Wellbeing Clinics, Uni Mental Health Day and International Women's Day.

UQ Mental Health

Formally formed a Health Promotion Team in Student Services including UQ Mental Health. Fortnightly meetings regarding student needs and trends. Collaboration on Welcome Weeks, U18's sexual health workshops, Student-led Wellbeing Clinics, Uni Mental Health Day, International Women's Day and attendance at student advisory committee meetings.

UQ Healthcare

Regular dialogue on student needs and trends. Received feedback on the new Sexual and Reproductive Health website.

Allianz Care

Key collaboration this semester included promotion at Welcome Weeks health and wellbeing stalls and attendance at the fortnightly student-led Wellbeing Clinics to provide information and awareness of Allianz health insurance and supports.

UQ School of Nursing and Midwifery

Collaborated with social work and counselling placements students delivering wellbeing engagement activities and promoting health and support services at the student-led wellbeing clinic (further details below).

UQ Student Union

Regular dialogue regarding student needs and co-promotion of activities. Key project partnerships this semester included National Condom Day, UQU Toga Party and RAPID STI Testing Service (further details below).

UQ Union International Collective

Regular dialogue regarding student needs and co-promotion of activities. Key collaborations included student advisory group selection and attendance at meetings.

UQ Counselling Team

Continued dialogue regarding student needs and trends. Key partnership this semester was the student-led wellbeing clinic with an art therapy placement student delivering fortnightly workshops (further details below).

UQ Student Experience and Engagement Teams

Regular dialogue and collaboration on a range of student events including Welcome Weeks, International Women's Day, Uni Mental Health Day, Jamie's Ministry of Food Cooking Classes and Winter in Queensland.

UQ Residence - Kev Carmody House

A new UQ student accommodation residence opened this semester housing 600 students. In collaboration with UQ Respect and UQ Mental Health we delivered a series of three sexual health workshops through the U18's program. Supported UQ Sustainability to deliver three zero-waste cooking classes to residents.

2. Working Groups and Networks

- Attended two meetings of the UQ English as an Additional Language / Culturally and Linguistically Diverse Working Party.
- Attended two meetings of the ANZSSA Connecting Conversation Series with Health Promoters. Themes included the National Student Safety Survey and 'Stress-less' activities.
- Attended a Refugee Week Panel event organised by the UQ Cultural Inclusion Council.



2022: Semester 1 Objectives & highlights

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 project activities in Semester 1 2022. Meetings were held in hybrid mode both in person and online, with regular communication via email and social media. The following tasks were completed by the group in Semester 1 2022:

- Four Advisory group meetings held this Semester.
- Recruited and inducted two new members to the group.
- Conducted user-testing and provided feedback for the new sexual and reproductive health website.
- Created a poster for instructions on accessing your Individual Healthcare Identifier and linking overseas vaccinations. Now promoted within the UQ Medical Centre.
- Provided recommendations and advice on the following health promotion activities: Welcome Weeks and transitioning international students back to campus, access to COVID-19 information, reproductive health campaign, new student mental health module and the student-led wellbeing clinics.

“My feedback on this group is very positive.

I enjoyed my experience so much. Examples of the things that I liked includes: how everyone respects others within the group, freedom and variety of topics that we can bring up, the flexibility in scheduling times for our meetings, and finally having productive meetings where we were heard, especially when we see that so many ideas were come to life by organising amazing events”.

– UQ Wellbeing Student Advisory Group Member

THE UNIVERSITY OF QUEENSLAND AUSTRALIA
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Get your Individual Healthcare Identifier (IHI)

- 1. Create a MyGov account**
 - Visit my.gov.au
 - Accept terms and conditions
 - Provide a valid email address and Australian phone number
- 2. Link your IHI**
 - Navigate to MyGov Home page
 - Under *Your Services* click on *Link your first service*
 - Select *Individual Healthcare Identifier (IHI)*
 - You will need:
 - Your passport, with a valid Australian Visa or your Australian Driver's License
 - A valid Australian address
- 3. Link your overseas vaccinations**
 - Book an appointment with your GP or check with your local Pharmacy (remember UQ Health Care can assist)
 - On the day of your appointment, ensure you have:
 - Your 16 digit IHI number
 - All relevant (overseas) vaccination records
 - Your passport and visa documents
 - The GP or Pharmacist will help you record your vaccination history
- 4. Link to Check In Qld app**
 - Click *View immunisation history* then *Share with Check In app*
 - You can now link your certificate to the *Check In Qld* app

Developed by Felicia Ang
An initiative by UQ Wellbeing

2022: Semester 1 Objectives & highlights

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: After the success of the student-led wellbeing clinic in 2021, we extended this initiative to run fortnightly at Student Central this semester. We had a multi-disciplinary team of 56 placements students and volunteers from Counselling, Social Work, Art Therapy, Respect Ambassadors and Wellbeing student representatives that provided a range of wellbeing engagement activities, information and support to normalise speaking about health and accessing support services. The themes for this semester included flood support, sexual health, being physically active, Denim Day, mental health and exam stress. Over the six sessions we reached a total of 742 student engagements.

56

Placement students and volunteers

742

Students engagements



Wellbeing Clinic stall holders

Art therapy workshop



International Women's Day: On Tuesday 22 March we partnered with UQ Respect and UQ Mental Health to run a student panel discussion for International Women's Day on the theme of 'Breaking the Bias'. With a diverse panel, topics of discussion included living with a disability, lived experiences of sexual harassment and sexual assault, navigating mental health services and migrating and living in Brisbane as an international student. The discussion was followed by a networking lunch to continue the conversations. This event was attended by 18 people.



Left to right: Student panel discussion on International Women's Day, Herston terrarium making, St Lucia Wellbeing stall

Uni Mental Health Day: Worked in partnership with UQ Mental Health to provide support to Uni Mental Health Day (UMHD) on 4 May 2022. This event brings focus to the unique mental health and wellbeing needs of students attending tertiary education settings. UQ Wellbeing specific activities included a Wellbeing information stall providing resources and support for CALD students and support for a Bob Ross Art Therapy workshop. Other activities on the day included 'Coffee and Conversation' with counselling students, terrarium-making, mindful colouring and an online self-care competition. There was a total of 254 student engagements on the day across the three campuses and online.

Who we Are Art Workshop: As part of the SWOTVAC activities this semester, UQ Wellbeing hosted a 'Who We Are' art workshop where students were guided through an afternoon of mindful painting and provided with an opportunity to relax, express their culture and values, connect with other students and have a break from their studies before exams. This workshop was delivered by an Art Therapist and was attended by 12 students. Findings from a survey revealed that 100% of participants felt the workshop helped them express what they wanted to say and allowed them to feel supported, confident and have a better understanding of themselves.



Students with their art canvas at the 'Who We Are' workshop

"This was a really therapeutic session, good for wellbeing."

"Gave me space to understand and reconcile with myself during an important time in my life."

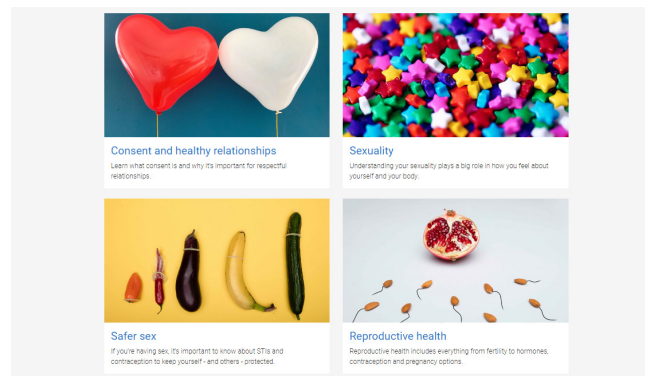
"This released my stress before exam week."

- UQ Students

2022: Semester 1 Objectives & highlights

2. Sexual and Reproductive Health

Launch of the UQ Sexual and Reproductive Health website: This semester, a significant achievement was the launch of the Sexual and Reproductive Health website on a central UQ page. User-testing was conducted with members from the Wellbeing Student Advisory Group and additional feedback received from UQ Health Care, Ally Network and the UQ Union. Final edits were implemented, and the website was launched in February 2022 to promote to new students during Welcome Weeks. The website has received 771 pageviews. The priority in semester 2, 2022 will be to further promote the website as a resource for students and continue to develop the reproductive health content through a reproductive health campaign.



Sexual and reproductive health website



National Condom Day stall with the Women's Collective



Health Promotion Team at the UQU Toga party

National Condom Day: Partnered with the UQU Women's Collective to distribute condoms and sexual health information to 250 students at the health and wellbeing stall during Orientation week.

UQU Toga Party: In collaboration with UQ Respect and UQ Mental Health we dressed in STI costumes and distributed condoms and sexual health information to approx. 2500 students.

U18's Sexual Health Workshop Series: Delivered three workshops to under 18 residents at the new UQ residence, Kev Carmody House. The first workshop covered healthy relationships and consent and was attended by 14 students. The second and third workshops covered safer sex including information about STI's, contraception and pregnancy options attended by 13 students. Feedback revealed that learning about sexual consent and condoms was the most useful and interesting topics.

RAPID Testing: Continued partnership with UQ Union and RAPID Testing to provide a free drop in STI testing service at St Lucia campus.

3. Nutrition and Physical Health

Cooking Demonstrations: As part of the Summer in QLD program, UQ Wellbeing partnered with Multicultural Australia and the UQ Cooking and Food Culture Exchange Student Club to deliver a program of cooking demonstrations. The program focused on simple nutritional meals on a budget. In January an additional five cooking classes were held, including two dumpling making classes celebrating Lunar New Year. In total the five classes were attended by 56 students.

Feedback found that:

- 86% of participants were from a CALD background.
- 84% found the recipe easy and affordable.
- 82% found the cooking demo useful or very useful.
- 98% were very satisfied with the cooking class.



Students during Lunar New Year making dumplings

"The facilitators were very friendly. It was fun to participate in an activity related to my ethnicity/celebrations now that I am away from home."

"It was very chill and fun. And the recipe wasn't hard, so its easy to repeat at home."

"Loved how easy, safe and friendly the set up was. Yummy dumplings!"

- UQ Students

2022: Semester 1 Objectives & highlights

“There’s More to Life Than 2 Minute Noodles” Workshops: Over the semester we held three workshops that focus on learning how to meal plan and cook healthy, cheap and simple meals on a student friendly budget. There was a total of 89 participants for the workshops.

“It was really useful to get meal planning methods and apps, other sources for cooking easy and healthy meals.”

“I enjoyed it when she shared places to shop for groceries or her favourite markets and recipes that has given me more of an idea of what to cook while I adapt to life in Brisbane.”

Jamie’s Ministry of Food Online Cooking Program: Partnered with Jamie’s Ministry of Food to run a 5 week online cooking program focused on improving basic cooking skills, nutritional knowledge and overall attitude towards food. Throughout the program there was a total of 486 engagements.

486 engagements

“The cooking classes were well run, informative and I found them very helpful.”

“I absolutely loved this program. The recipes were delicious, easy to follow and the staff were really friendly and engaging. I loved how they suggested more cost-effective ways to recreate the recipes as well for those on a budget.”

“The course was amazing. I’ve cooked each recipe at least twice at home by myself and served it up to the family - they really are super yummy and crowd pleasing! Having cooked them along with the instructors, I felt confident to cook them again on my own and each time they came out perfectly!!! Thank you!!!!”



Cooking instructors from Jamie’s Ministry of Food

Winter in Queensland: Over the winter break, UQ Wellbeing supported two events for students as part of the Winter in QLD program. This included a trip to the fresh food markets at Rocklea Market Place to introduce students to cheap, fresh fruit and vegetable produce in Brisbane. Whilst this event was sold out, the wet weather resulted in 10 students attending. The second outing was a group shopping trip to Sunnybank Plaza followed by a warming hotpot experience with the winter crew. This experience was attended by 21 students.

Objective 4: Communicating initiatives

Health promotion activities are promoted to all students throughout the semester via a number of methods including social media, websites, EDM’s 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 help them be happy, healthy and safe during their studies. This was also an opportunity to meet some of our student services staff and student leaders. Student engagement activities included sharing a welcome message in their native language and sharing what respect and healthy relationships look like. The stall was held across all 3 campuses during the orientation and connect weeks, faculty expo’s, Welcome BBQ’s and Gatton Market Day. The stall was coordinated in partnership with UQ Respect and UQ Mental Health and engaged with 990 students.

990 engagements



HASS Faculty student expo wellbeing stall

Central health and wellbeing stall held daily during

2022: Semester 1 Objectives & highlights

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

Social media

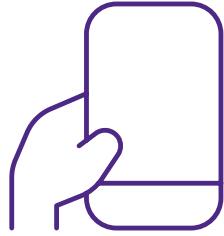
Social media was used to promote Health Promotion activities across campus.

Facebook

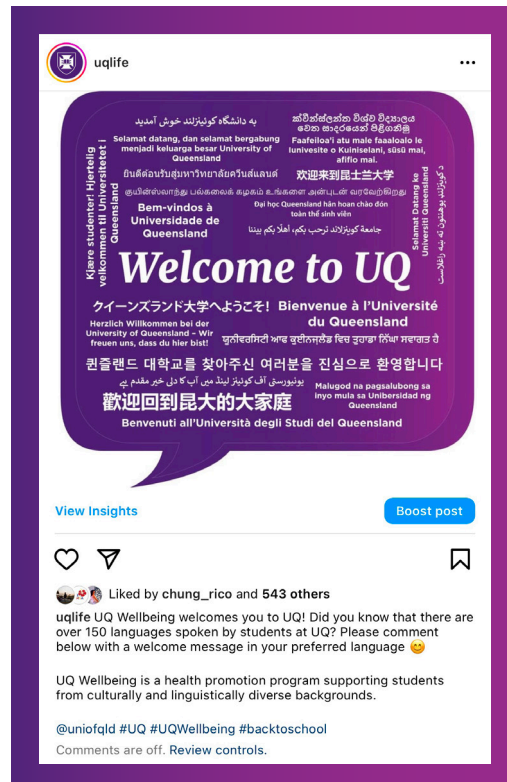
- 18 posts - 29,840 reach, 200 engagements.

Instagram

- 22 posts - 111,951 reach, 5,441 engagements.



Instagram story and post about UQ Wellbeing events/activities in Semester 1



Health Promotion Website

- 619 page views - from 1 February to 30 June 2022.
- 2mins 50 seconds - average time on page.

UQLife newsletter (sent to 80,325 students)

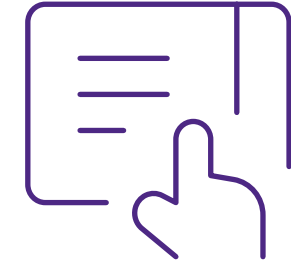
March

- Sexcess article - 312 clicks, 1st click through rank.
- Jamie Oliver - 172 clicks, 3rd click through rank.
- IWD Panel - 42 clicks, 12th click through rank.

April

- Wellbeing clinic - 39 clicks, 10th click through rank.
- Art for Wellbeing - 97 clicks, 6th click through rank.

May and June - n/a



April newsletter features





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