

# 2020: Semester 1 Report

University of Queensland Health Promotion Project



CREATE CHANGE



# University of Queensland Health Promotion Project

## Culturally and Linguistically Diverse Communities

This year saw the launch of UQ's first ever health promotion project of this kind

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 on campus
- A vibrant campus that is inclusive and celebrates the diversity of all students

### The project has 4 focus Areas:

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

**Acknowledgement:** UQ acknowledges and thanks Allianz Global Assistance for supporting this project



# 2020, Semester 1 Objectives & highlights

## Objective 1: Engaging 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.

Identification and engagement with key stakeholders who support CALD Students at the University of Queensland and external entities.



68

individual stakeholders engaged in the project

44

areas across UQ engaged in the project



32

internal UQ stakeholder engaged in the project

12

external stakeholders engaged in the project

## Key findings and trends that emerged from stakeholder engagement

A number of key trends emerged from engagement with stakeholders reinforcing common mental health issues and barriers experienced by CALD students seeking support.



### COVID-19

the pandemic's impact on mental health on this cohort is significant



### Sense of belonging

their sense of belonging heavily impacts their mental health

### Language barriers

low levels of English impact CALD students from accessing support particularly related to health issues

### Low health literacy

basic nutrition, physical health, sleeping, life balance and routine are more prominent in CALD students

### Cultural sensitivity

activities must be delivered sensitively with cultural appropriateness in mind

### Racism & Violence

racism, domestic violence & sexual violence is an issue this cohort

### Long term support

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

### Other

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

### Stigmas

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



*"Coming from overseas, I felt lonely in the beginning. So I don't want other students to feel the same, as I want to help as much as I can"*  
- Member, Student Advisory Group

# 2020, 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



**82**  
applications for the  
CALD student advisory  
group



**12**  
students were  
appointed to the  
Advisory Group

*"I want to give back to the UQ community with my own student experiences and feedback, and I am hoping to make a positive difference to this project!"*

*- Member Student Advisory Group*

## Objective 3: Developing resources and workshops

A range of education resources and workshops will be developed centred around healthy relationships, reproductive health, nutrition advice and healthy eating programs.

**Health and Wellbeing Walks:** designed to get students active while meeting other students and learning about health and well-being services at UQ. Two walks were held in semester 1, and 15 international students attended. The walks resulted in an increase in ability and comfort to access services.

**Reviewed the Under 18 Sexual and Reproductive Health program:** Reviewed the international student supervision program 'Sexual and Reproductive Health' and developed a new three session program to be implemented in semester 2.

**Presented at the UQU International COVID-19 online workshop:** Provided public health advice and resources in different languages to 22 CALD students.

**Presentations to stakeholders about the project:** Presented to the School of Psychology's International Committee and the Campus Activation Community of Practice.

**Resource development:** Supported the development of the UQ respect online guidelines to inform students on how to behave and respect each other in an online environment.

## Objective 4: Communicating initiatives

Health promotion activities are aimed at all students throughout the semester via a number of methods including social media, EDM's and faculty communication channels

### Social media

Social media was used to promote the Student Advisory group opportunity which reached over 4,616 people and had over 21 reactions and 4 shares.

It was also used to launch the Welcome to UQ post that featured over 20 different languages. This post reached 5,761 people and had over 95 reactions and 6 shares.

### UQLife newsletter

The UQLife newsletter promoted the Student Advisory group opportunity receiving 30 click throughs. The newsletter was sent to 46,300 students.

### Health Promotion Website

The Health Promotion website has been active from May 1 2020 - 26 August and has had 201 page views.

### Orientation website

The Health and Wellbeing walks were promoted on the Orientation website on the lead up to start of semester 2. The page had 237 page views.

## Objective 5: Enhancing community sense of belonging

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



**120**  
welcome signs in 20  
different languages  
displayed across UQ  
campuses



**2**  
welcome decals in 20  
different languages  
displayed on St Lucia  
campus entrances  
(see cover photo)





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## Contact

Pamela Doherty  
Health Promotion Project Coordinator

**E** [healthpromotioncald@uq.edu.au](mailto:healthpromotioncald@uq.edu.au)  
**W** [life.uq.edu.au/health-promotion-project](http://life.uq.edu.au/health-promotion-project)

The University of Queensland  
St Lucia QLD 4072