

# 2021: Semester 2 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 2 2021 for the UQ Wellbeing project (formerly Health Promotion Culturally and Linguistically Diverse).

The project's Semester Reports are available to **download on the UQ Wellbeing Website here.**

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. The project launched in Semester 1 2020 and is currently funded until March 2022.

### 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 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



# 2021: Semester 2 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, key project collaborations for Semester 2 2021 are listed below:

### 1. Stakeholder Collaborations

#### UQ Healthcare

Regular dialogue and collaboration on the Wellbeing Hub. Key project partnership this semester, 'Conversations with Dr Rosy'.

#### UQ School of Nursing and Midwifery

Collaboration on the Wellbeing Hub this semester included the student-led wellbeing clinic during Mental Health Week, with nursing, social work and counselling placement students.

#### UQ School of Public Health

Presented at the Equity, Diversity and Inclusion Unconference about the UQ Wellbeing Project. Hosted a Master of Public Health placement student who worked on the research and development of online sexual and reproductive health content.

#### UQ Student Union

Regular dialogue regarding student needs and co-promotion of activities. Key project partnership this semester, RAPID STI testing Service.

#### UQ Cooking and Food Culture Exchange Club

This student society was created after attending the UQ Wellbeing cooking classes in 2020. The key partnership project this semester, cooking classes during Summer in Queensland.

#### UQ Counselling Team

Continued dialogue regarding student needs and trends. Key partnerships this semester, Welcome Week's Wellbeing Stall and RU OK Day.

#### UQ Respect

Regular dialogue regarding student needs and trends. Collaboration on Welcome Weeks, Mental Health Week and Summer in QLD Program.

#### UQ Mental Health

Regular dialogue regarding student needs and trends. Collaboration on Welcome Weeks, Mental Health Week and RU OK Day.

## 2. Working Groups and Networks

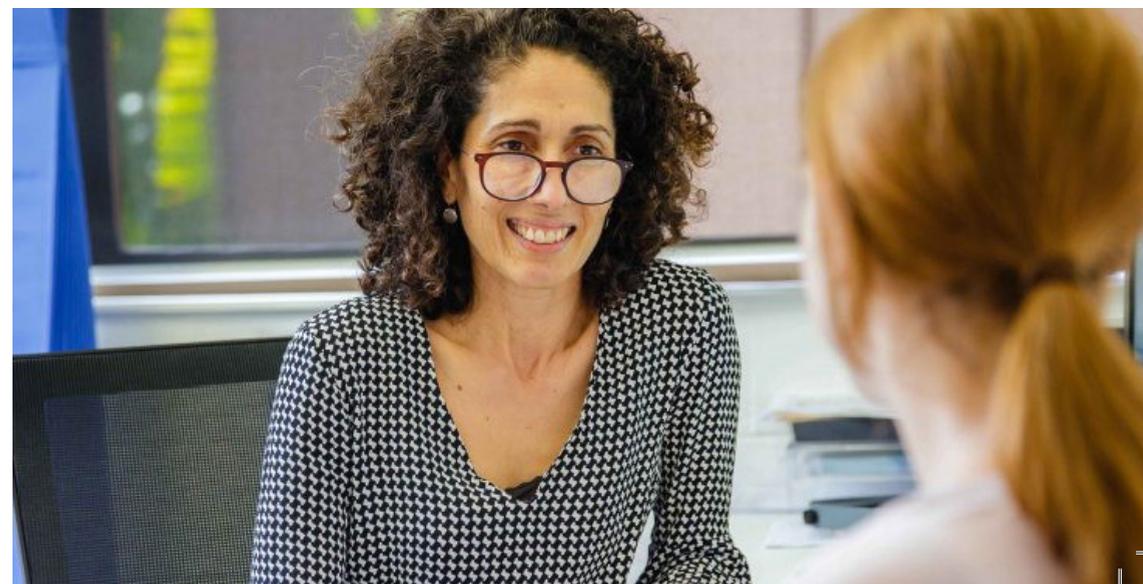
- ANZSSA Connecting Conversation Series with the Health Promoters
- English as an Additional Language / Culturally and Linguistically Diverse Working Party
- Student Services International Student Staff Working Group

## 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 2 2021. Attendance and active participation by group members remained high. 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 2 2021:

- Four Advisory group meetings held this Semester, including a tour of the new Student Central
- Coordinated a student induction workshop for five new members to the group
- Provided recommendations and advice on the following health promotion activities: Mental Health Week, Diwali, Wellbeing Hub including 'Conversations with Dr Rosy' and the student-led clinic, engaging students online, online sexual and reproductive health content and the transition of international and inter-state students back to campus in 2022
- Students supported project activities including student engagement and promotion of health and wellbeing services at the opening of the new Student Central and the Diwali celebration
- Celebrated our key achievements with an end of year celebration.



# 2021: Semester 2 Objectives & highlights

## 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.

### 1. Mental Health RU OK Day

Collaborated with the Counselling, UQ Mental Health and Student Experience Teams to deliver a series of in person and online workshops and conversations centred around compassion and checking in with yourself and others about their mental health and wellbeing. This included card-making, mug painting, guided art for wellbeing and an online webinar providing tips on how to ask your friends "Are they really ok?". Activities were attended by approximately 120 students.

### Conversations with Dr Rosy

In partnership with UQ Healthcare, the Health Promotion Coordinator set up an eight-week program on Wednesday mornings that students could book in via Eventbrite to have a 20-minute casual conversation with Dr Rosy (a GP) about a health topic of their choosing. In order to promote accessibility and confidentiality there was no need for students to provide any identification, Medicare card or insurance to book and attend their session. Over the semester, 17 students booked a session with Dr Rosy, of which 47% were international students. The most common topics for discussion were mental health (41%) followed by sexual and reproductive health (35%).

**47%**

Attendees were International students

**41%**

Topics focused on mental health

**35%**

Topics focused on sexual health

## Student-led Wellbeing Clinic

This year for Mental Health Week, UQ Wellbeing partnered with UQ Mental Health, the School of Nursing, Midwifery and Social Work and UQ Respect to provide a student-led Wellbeing Clinic that aims to provide an innovative and accessible way for students to connect to health care services and education at UQ. The student-led clinic involved a multi-disciplinary team of 19 placement and volunteer students who conducted a range of physical and mental health checks, including blood pressure and temperature checks, self-care assessment activities, grounding techniques and a progressive muscle relaxation exercise. Furthermore, all students engaged in general wellbeing chats and provided information and resources about UQ support services and referrals to other community services when appropriate. The clinic reached approximately 150 students.

35 attendees completed a survey about the initiative of which:

- 41% identified as being from a CALD background
- 97% reported the clinic was beneficial to their health and wellbeing
- 91% felt comfortable having health conversations with placement students
- 85% felt better informed about available support services at UQ
- 97% felt the outdoor setting was suitable for a general wellbeing check

*"I hope more of this goes on"*

*"The attention was amazing, people are really friendly and professional"*

*"I'm glad to see students having more opportunities to put their knowledge to practice!  
Keep the great work up!" - UQ Students*



# 2021: Semester 2 Objectives & highlights

## Mental Health Week (Gatton)

In partnership with UQ Healthcare, UQ Mental Health and the Gatton Student Experience Team, the Health Promotion Coordinator organised for Dr Rosy to attend the Gatton campus during Mental Health Week. Dr Rosy engaged in wellbeing conversations with approximately 15 students that attended a terrarium making workshop.

## Art for Wellbeing (Gatton)

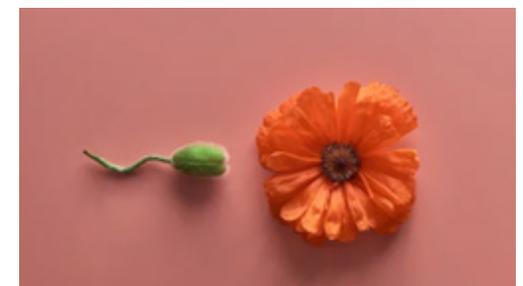
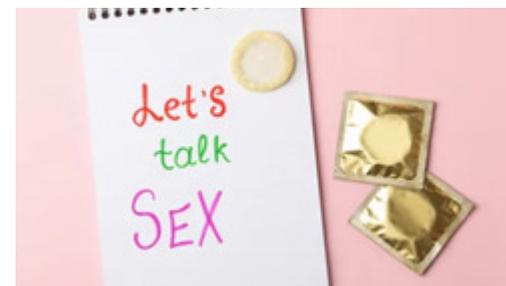
As part of the Bloom Festival, an art therapist from YourTown facilitated an art for wellbeing workshop with 15 students at the Gatton campus. Students were guided through an afternoon of mindful painting and provided with an opportunity to relax, connect with other students and have a break from their studies during SWOTVAC.



## 2. Healthy Relationships and Reproductive Health Online Sexual and Reproductive Health Content:

This semester the Health Promotion Coordinator hosted a Master of Public Health placement student to research and develop an online sexual and reproductive health space for students with accurate, sex positive messages and referrals. The key activities that were undertaken this semester include:

- Analysis of UQ student data from the Sexual and Reproductive Health Survey 2019 to understand the sexual health knowledge and behaviours of students, identifying gaps and recommendations
- Conducted a scan of other universities online sexual health content, with a focus on Go8 universities and other key community organisations
- Completed a literature review on the effectiveness of online sexual and reproductive health resources in the tertiary education setting, with a particular focus on the needs of Culturally and Linguistically Diverse students and other vulnerable groups.
- Drafted the content for an online sexual and reproductive health website to be located on the myUQ webpage.
- Received feedback from key stakeholders including UQ Healthcare, student advisory group and Student Services senior management.
- Engaged the CX and Student Engagement Team to start creating the website to be launched in February 2022.



## Sexual Transmitted Infections (STI) Testing

Continued partnership with UQ Union and RAPID Testing to provide free drop in STI testing at St Lucia and Gatton. Outcome: 93 students tested, 42% of which were CALD students

**93**

students tested using RAPID testing at St Lucia and Gatton

**42%**

students tested for RAPID testing were CALD students

# 2021: Semester 2 Objectives & highlights

## 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 December, three cooking classes were held at the UQ School of Human Movement and Nutrition Sciences and the new UQ Residential College, Kev Carmody House and were attended by 60 students. A further four classes are still to come in January 2022!

**3**  
cooking demonstration  
classes

**60**  
attended the class

*"Loved meeting new people, learning new skills, getting food and an apron!" - UQ Student*



## 4. Community and Cultural Connections Who We Are Art Exhibition Launch

As part of the new student central opening, UQ Wellbeing hosted the 'Who We Are' Art Exhibition Launch that was attended by over 180 students and staff, celebrating the cultural diversity of our UQ community. The exhibit includes over 70 individual student art canvases that depict a student's own interpretation about who they are, their personality, beliefs and culture. Three students also shared the story behind their individual art pieces, including their experiences of the pandemic far away from their homes. The exhibit was on display at student central from 25 October – 8 November and is now being displayed within the central library.



# 2021: Semester 2 Objectives & highlights

## Objective 4: Communicating initiatives

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

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

### UQ Health and Wellbeing Stall

As part of welcome activities, the stall aimed to promote student supports available at UQ with an opportunity to meet some of our student services staff and student leaders. Student engagement activities also 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 week welcome hub, faculty expo's, Welcome BBQ's and Market Day. The stall was coordinated in partnership with UQ Respect and UQ Mental Health and engaged with over 1000 students.

### Equity, Diversity and Inclusion Unconference

Presented at the School of Public Health EDI Unconference promoting the UQ Wellbeing project initiatives and support services available at UQ. Attended by 45 students and staff.

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

7 posts on Health Promotion via Facebook  
24,890 reach, 393 engagements across semester

### From the Couch

From the Couch episode 4, featured segment on Art Exhibition Launch - 1,108 video views

### Instagram

9 posts on Health Promotion via instagram  
20,355 reach, 3,474 engagements  
15 stories, 29,592 reach, 3,233 engagements

### Health Promotion Website

373 page views from 19 July - 16 December 2021

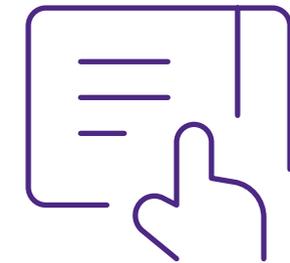
### UQLife newsletter (sent to 46,300 students)

June - N/A

September - Dr Rosy - 68 clicks, 6th click through rank

October - Diwali - 144 clicks, 5th click through rank

November - N/A



# 2021: Semester 2 Objectives & highlights

## 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

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

UQ Wellbeing in partnership with UQ Life and the UQ Indian Student Club coordinated a community event to celebrate Diwali, the Festival of Lights. The celebration included live music, rangoli art display, henna, Bollywood dance performance and workshop, tea light decorating, traditional food and drink and diya light activation. The event was extremely well attended with over 500 registered guests from UQ and the wider community.

Feedback from 53 attendees highlighted that:

- 72% come from a CALD background
- 55% were international students
- 38% were born in India
- 74% were very satisfied with the event

*"Felt like home away from home. Food was great- great atmosphere and celebration. Thanks team for organising events like these" - UQ Student*



*"Probably the best event I've been to at UQ in the four years I've been going here"*

*"Was a wonderful event, very engaging, lovely staff, great representation of culture and made me more culturally aware"*

*"As an Australian woman, I felt really welcomed to learn and lean into Indian culture." - UQ Students*

*"Food, dance and the ambience in general made me miss home less" - UQ Student*





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