

# Developing Health Education Booklets for Migrants: A Pilot Project

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# Scope of project

- Lack of understanding in Health issues
- Inexistent health promotion & disease prevention in country of origin
- A way of understanding the Maltese health system
- A way of accessing health care



# Topics

- Navigating the health system
- Nutrition
- Personal Hygiene and disease prevention
- Infectious diseases
- Sexual health
- Emotional health
- Child health



# Method

- Drafts of booklets/leaflets
- Proof reading of material by other health professionals
- Pilot project with English speaking migrants at Peace Lab garden (morning session including mid-morning snacks and lunch)
- Modification of leaflets
- Translation of leaflets in Somali, Tigrinya, Amharic, French and Arabic languages by cultural mediators
- Printing and distribution



# Strengths of Project

- High participation of targeted population
- A learning experience for migrants
- A social event for participants + free lunch at Tent Village restaurant
- A way of identifying English speaking migrants – candidates for cultural mediators in future



# Weaknesses of Pilot Project

- Hard to engage women in pilot project  
Non-English speaking; No child care facilities
- Low number of participants - 17 (when compared to number of migrants)
- No funding



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# From Pilot project to Printing and distribution of Translated Booklets

May 2009 to September 2009

