A community based research and health promotion program known as the Community Health Information Collaboration (CHIC) program is introduced in this poster. The CHIC program was conducted over a 10 week period and involved eight culturally and linguistically diverse people from the Brimbank region, Melbourne, Australia. The main aim of the program was to empower participants with health promotion knowledge, skills and confidence. This included informing the community group about major health concepts including National Health Priority Areas, health status, determinants of health, inequalities and major causes of mortality and hospitalisation; introduce them to a range of internet based health information resources; explore and strengthen their understandings and interests in personal and community health and involve the community group in the development of a health promotion project that would help to improve health and prevent chronic disease in their community. A statistical/epidemiological resource known as the Community Health Information Base (CHEB) and a website to inform the community group about various health problems in Australian society and about possible solutions to those problems (CHIC website) were developed in the first stage prior to commencing the collaboration with community members (second stage). The CHEB resource, CHIC program, website, program outline and members are showcased in this poster. The results of a nominal group technique conducted in the fourth session and a media release designed to increase awareness of health issues in the local community are also shown. With new found skills and confidence and a small funding grant of $500.00, a couple of members of the CHIC team continued the health promotion effort in a local primary school with a successful healthy art show and free healthy lunch day for all children called the Healthy Munch, Lunch and Crunch program.

Abstract

A community based research and health promotion program known as the Community Health Information Collaboration (CHIC) program is introduced in this poster. The CHIC program was conducted over a 10 week period and involved eight culturally and linguistically diverse people from the Brimbank region, Melbourne, Australia. The main aim of the program was to empower participants with health promotion knowledge, skills and confidence. This included informing the community group about major health concepts including National Health Priority Areas, health status, determinants of health, inequalities and major causes of mortality and hospitalisation; introduce them to a range of internet based health information resources; explore and strengthen their understandings and interests in personal and community health and involve the community group in the development of a health promotion project that would help to improve health and prevent chronic disease in their community. A statistical/epidemiological resource known as the Community Health Information Base (CHEB) and a website to inform the community group about various health problems in Australian society and about possible solutions to those problems (CHIC website) were developed in the first stage prior to commencing the collaboration with community members (second stage). The CHEB resource, CHIC program, website, program outline and members are showcased in this poster. The results of a nominal group technique conducted in the fourth session and a media release designed to increase awareness of health issues in the local community are also shown. With new found skills and confidence and a small funding grant of $500.00, a couple of members of the CHIC team continued the health promotion effort in a local primary school with a successful healthy art show and free healthy lunch day for all children called the Healthy Munch, Lunch and Crunch program.

List of Good Ideas to Promote Health in our Community

- Promote healthy eating (fruit and veggie calculators personalized)
- Healthy school lunches - healthy and nutritious lunch and drinks
- Health promotion and community education programs for different ages
- Community health and mental health
- Advocacy materials - develop brochure/pamphlets and distribute to library, schools, churches, hospital, shops
- Health status and the most common health problems in your community
- Priority health conditions originating in the perinatal period
- Congenital malformations and deformations as well as injuries due to factors such as age, gender and race
- Health problems and causes of death
- Healthy cooking sessions at community level
- Health information sessions for people living in different areas
- Programs for primary & high school
- Fruit and Veggie calculators
- Health seminar

Meet the CHIC Team

Artene - member of the Filipino community & part time staff member of Good Shepherd Youth and Family Service; Cecilia – President of the Latino American Women’s Association of Victoria Inc; Chi, Kim and Tien - Vietnamese welfare/social work; Tina – Multicultural Coordinator, St Albans East Primary School & Chairperson of Nang Hong Vietnamese Cultural Association; Vicky – CHIC program coordinator, PhD researcher & community psychologist.

Children’s Art Show