Health Promotion in a Multi-Cultural Society

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NAKMI
Norwegian Centre for Minority Health Research (NAKMI)

NAKMI is a medical expert unit which, through research and developmental projects will contribute to knowledge about migrant’s and other minorities physical and mental health and care.
Barriers for an adequate health care:

- Language barriers and cultural diversity
- Lower levels of health literacy due to migrant’s new context and a lack of information
- Lower levels of purchasing power and entitlements
- Scarcities in hospital resources
PMV – Centre for Health, Dialogue and Development

- Workshop on Primary Health Care (PMV) was established as a project in the borough of Old Oslo in 1994.

- In 1997 PMV became an initiative under the Churches Mission in the City and has changed its name to PMV-Centre for Health, Dialogue and Development.
Justification for the PMV project

- In the early 90s, there were lots of frustration in the local health services because our advices and admonitions were not well received by our patients and we experienced an alarming lack of compliance.
The overall strategy for the project:

<table>
<thead>
<tr>
<th>Eliciting</th>
<th>Amplifying</th>
<th>Reinforcing</th>
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<tbody>
<tr>
<td>Eliciting and developing <em>natural helpers</em> within the immigrant communities.</td>
<td>Teaching the local health professionals a <em>solution focused approach</em>.</td>
<td><em>Repeated evaluations</em>, internal and external. Establishing cooperation with well respected and influential national institutions.</td>
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## Solution oriented conversations

<table>
<thead>
<tr>
<th>Useful questions</th>
<th>Objective</th>
<th>Basic thoughts</th>
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<tbody>
<tr>
<td>Questions about presession change</td>
<td>To find out:</td>
<td>There is no necessary connection between a problem and the solution.</td>
</tr>
<tr>
<td>Questions about exceptions</td>
<td>What does the client want?</td>
<td>It is more useful to know something about the solution than to fully understand the problem.</td>
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<tr>
<td>The miracle question</td>
<td>What is the client good at?</td>
<td>The client has himself the necessary resources for change.</td>
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<td>Scaling questions</td>
<td>What is the first step?</td>
<td>Change is a constant phenomenon.</td>
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<td>Coping questions</td>
<td></td>
<td>A small difference can bring about big changes.</td>
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<tr>
<td></td>
<td></td>
<td>Change comes from many directions.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Everything is connected.</td>
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</table>
Ground breaking questions:

- Are you willing to help us so we can come to a better understanding about what it is like to be an immigrant in Norway, and in this way may be we also will become able to offer you more adequate services?

- What do you think you can do that I can pay you for?
Evaluation I: Positive side effects:

- Self-worth, self-efficacy
- Possibilities for work
- Making their own choices
- Arena for integration
- Out of isolation
- Language skills
- Competent parenting

Teaching traditional cooking skills
Self help groups to increase health literacy

1st of Jan – 30th of Sept 1996
- 15 different groups
- 76 women paid for membership
- 14 persons obtained status as leader
- These leaders arranged in this period over 230 group meetings
- Average attendance: 8,2 women
- 11% of the meetings were conducted by a professional health worker.
”Art is not to see but to make visible!”

from the painter Paul Klee
Evaluation II:
”Health promoting and liberating”

- In the groups, the women acquired concepts and understandings that gave them more overview and control on their own situation and their day to day living.

- Focusing on the participants skills, the group leader inspired them as well as themselves to look for possibilities for enlarging their space for action.
Development

from initially mainly focusing on their own and their families health and wellbeing

▼

the women step by step committed themselves to work against negative health determinants, like social isolation, lifestyle problems, harmful traditional practices, violence in the family and criminality.
Development cont.

- From wellbeing to agency, from patients to agents of change.
Why didn’t you kick me out?

- We were not put in the category ”Muslim women”
- You did not ask why we did this and that
- You did not get involved in our lives
- You did not try to change us
Why didn’t you kick me out? II

- You believed in our strength
- You made us show what we were good at
- You pulled out forgotten experience
- It helped to talk to a person from another culture, because you asked so many strange questions
The act of recognition is...the expressive demonstration of an individual decentering that we carry out in response to the worth of a person: we make known publicly by means of corresponding gestures and facial expressions that we concede to the other person a moral authority over us, on the basis of their worth, that sets limits to the realization of our spontaneous impulses and inclinations. (Axel Honneth)
Empowerment

A process of mutual learning, where people are not considered objects for or recipients of qualifying or political motivated projects, but as operators in a historical context, able to name their problems, find their own solutions and transform themselves in the process of changing oppressing circumstances.

(Paulo Freire)
Social capital consists of

- trust, social norms and their enforcement, social networks characterized by reciprocity and engagement for the good of the community. These aspects of social capital enhance cooperation and goal attainment.

- Social capital is found on several levels; individual, communal, and national, and consists of ties between people similarly disposed and of bridges between people in different positions in the society.  
  
  (B. Hvinden, Norges forskningsråd)
Development as freedom

Expanding the freedoms that we have reason to value not only makes our life richer and more unfettered, but also allows us to be fuller social persons, exercising our own volitions and interacting with – and influencing – the world we live in.
Nothing, arguably, is as important today in the political economy of development as an adequate recognition of political, economic and social participation and leadership of women. This is indeed a crucial aspect of "development as freedom".
<table>
<thead>
<tr>
<th>Year</th>
<th>Number of groups</th>
<th>Number of meetings</th>
<th>Average attendance</th>
<th>Number of attendancances</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>25</td>
<td>290</td>
<td>6,4</td>
<td>1856</td>
</tr>
<tr>
<td>2000</td>
<td>23</td>
<td>318</td>
<td>7,3</td>
<td>2331</td>
</tr>
<tr>
<td>2001</td>
<td>22</td>
<td>365</td>
<td>10</td>
<td>3609</td>
</tr>
<tr>
<td>2002</td>
<td>46</td>
<td>548</td>
<td>11,3</td>
<td>6215</td>
</tr>
<tr>
<td>2003</td>
<td>55</td>
<td>487</td>
<td>12,8</td>
<td>6234</td>
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</tbody>
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A Quest for Democracy:

- The political challenge for people around the world today is not just to replace authoritarian regimes by democratic ones. Beyond this, it is to make democracy work for ordinary people.

  - Fidel Valdez Ramos, in Amartya Sen: Development as Freedom
Conclusion:

One must create situations where people can prove to themselves that they are good for something!
Ground breaking questions:

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