



Adaptation of health promotion and disease prevention interventions for migrant & ethnic minority populations: policy, practice and research

Pre-conference report by E. Marek, A. Krasnik, R. Bhopal

The meeting was held in Glasgow the 19-20th November, 2014 as a preconference event within the annual European Public Health Conference, organized by the European Public Health Association (EUPHA). The meeting enjoyed participation of more than 60 health care professionals from 22 countries. Three EUPHA Sections planned this joint preconference meeting: the Migrant and Ethnic Minority Health Section lead in partnership with the sections for Chronic Diseases and Health Promotion. The meeting was organized in a collaboration with the Scottish Health Migration and Ethnicity Research Strategy Steering Group, West of Scotland Health and Ethnicity, and Edinburgh Ethnicity and Health Research Group. It was and financially supported by the EUPHA Migrant and Ethnic Health Section and NHS Health Scotland.

The meeting had two major goals. Firstly, in the tradition of past Migrant and Ethnic Health Section pre-conferences, with reference to the theme of the meeting, to provide an overview of national policy on migration, ethnicity and health in the hosting nation (Scotland) and secondly, to share experience on the pre-conference theme, with the intention of furthering a common agenda across European countries and EUPHA sections.

During the first day's presentations the participants were provided with detailed overviews of the current state of migration, ethnicity and health in Scotland, concerning the recent changes in ethnic health policies, improvements in service delivery, current research strategies and ongoing research, and also of the state and challenges of the availability of health data in relation to migration and ethnicity.

As '*Adaptation of health promotion and disease prevention interventions for migrant & ethnic minority populations*' was in the main focus of the meeting, during these two days 9 invited presenters shared the experiences of different national and international research projects and interventions with special reference to the pre-conference theme i.e. how these health promotion interventions may be adapted for migrant and ethnic minority populations, and what obstacles and challenges may the adaption face. These shared experiences encouraged the participants of the meeting for joint thinking and discussions and by the end of the second day some thought-provoking lessons and conclusions were defined:

- There is a strong need for common, international definitions of the main concepts regarding ethnicity and migrants, as well as methodologies such as patient-centered care, health inequality impact assessment etc.
- The terminology of adaption of interventions need further development and refinement in order to establish common grounds for discussions and actions. This includes agreements on a clear typology for relevant adaption approaches and the main elements involved.
- It is important to document which kinds of adaptations contribute to effectiveness of health promotion among migrants and ethnic minorities e.g. whether interventions are related to surface versus deep structures, targeting individuals versus communities, focusing on commonalities across groups versus specificities within groups, on and on observable behaviours versus cultural values etc. This will also provide an opportunity for learning in order to increase the general quality of programmes for health promotion and prevention in the entire population.
- Ineffective programmes should not be adapted. Interventions which are not proven effective in the first place are not likely to be successful among migrants and ethnic minorities after adaption either. More research is needed to study the contribution of specific cultural adaptations to interventions that are known to be effective and to find out which components of the programs are the most important for effectiveness.
- It is crucial to include cultural and broader diversity competencies in the training of medical and health promotion staff, and ensure development of relevant training curricula. Interventions should be adapted as much as possible to the existing working method of health care providers in order to provide diversity appropriate care in multi-ethnic practice.
- The efforts to develop well adapted health promoting programmes should be building on partnership between government agencies, public and private institutions and organizations aiming at promoting equity and justice on international, national and local levels.

The programme and presentations are available on
<http://www.eupha.org/migrant-and-ethnic-minority-health>