

## BEST PRACTICE on cultural diversity in the domain of HEALTH



The following Best practices are shortened;  
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Interactive [ONLINE TOOLS](#) visually showing  
the Best practices in the domain of Health



### ❖ CHANGE FOR CHICKS

#### **Needle exchange only for women- Harm reduction programme- Intervention case discussion**

*Budapest, Hungary*

The idea of regular case discussion sessions addressed to female colleagues working in “Women’s Day” program arose as a consequence of some considerations: (1) the special needs of female clients are more efficiently being handled if social workers give regular feedback about clients to each other. (2) it is necessary to discuss and analyze all the cultural specificities of the clientele (race, socio-cultural background, gender, family status, etc.) to provide a more efficient support to the clients – a special forum has been created for this purpose. (3) we realized how important it was to handle social workers’ emotions, and helped them to reflect on their own cultural, social and personal background which can have an effect on their daily work with clients.



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**References:** <http://www.kekpont.hu/>

### ❖ HADASSAH EIN KEREM GROUP OF THE INTERFAITH ENCOUNTER ASSOCIATION

#### **Health equity for all people in Israel –Through promotion of cultural competences**

*Jerusalem, Israel*

The Interfaith Encounter Association organized regular encounter, joint study and conversation session in particular topics. Cultural competence is a relatively new topic in Israel that has not been integrated into healthcare education. Most healthcare professionals don’t have cultural competence and will need to learn how to incorporate this care into practice. The Dr. Anita Noble founded the first interfaith group for health care professionals in Israel as a framework for joint study and conversation after approaching the Interfaith Encounter Association. The forum allows healthcare professionals to discuss cultural issues that occur in the healthcare setting and find culturally competent measures to address an issue.

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**Reference :** <http://interfaithencounter.wordpress.com/>

### ❖ MOTIVATION TO IMPROVE HEALTH CONDITIONS

*Elsinore, Denmark*

Migrant women have many health problems, they see doctors and specialists, but do not always comply with the given advice. To encourage the women to understand and implement concepts related to health, Vitamin D is used as a catalyst for this process.

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**Reference:** <http://www.mhtconsult.dk>

❖ LIGHT SPEAKING OF HEAVY MATTER

*Denmark*

People with so-called overweight problems often feel guilty and stigmatized and cannot achieve loss of weight, even if they follow qualified professional advice. The training deconstructs the dominant discourses and narratives of “overweight” in our society.

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**Reference:** <http://www.kaaberkaastrup.dk/profiler.php>

❖ VOICES AND CHOICES: ART IMAGES ON BREASTFEEDING

*France*

This activity facilitates dialogue between health professionals and soon-to-be/new mothers about the feeding method they will choose for their new babies. Using the photo-language method, a health professional presents participants with images related to breastfeeding in different cultures. These images are meant to spark discussion on common myths surrounding breastfeeding and to empower the women to make informed choices on how they will feed their babies.

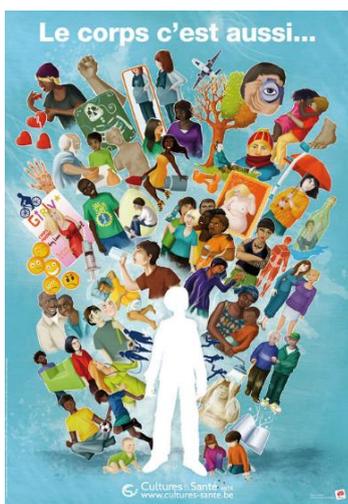
**Contact:** VéroniqueBlouet, [Veronique.blouet@valdoise.fr](mailto:Veronique.blouet@valdoise.fr)

**Reference:** <http://www.codes91.org/content/heading1739/content19687.html>

❖ THE BODY IS ALSO

**Health promotion project for foreign non-accompanied minors and the professionals who work with these young people**

*Belgium*



When they arrive in Belgium, young migrants are often in situations in which they are on their own to face the changes in lifestyles, norms, and conditions of their new country. Such a precarious situation can be damaging to their physical, psychological and social health, potentially leading to unwanted pregnancy, domestic accidents, sicknesses related to diet, etc. This project serves as a springboard for health professionals working with these migrants and facilitates discussion on a variety of themes related to “the body”:



etc.

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**References:** <http://www.cultures-sante.be/nos-outils/promotion-de-la-sante/le-corps-cest-aussi.html>