

**MURC 2019**

**Presentation ID:** 160

**Presentation Format:** Poster Presentation

**Presentation Title:** iCON: The impact of interdisciplinary, culturally relevant health education on improving health outcomes in South Asian and Chinese minority participants

Approximately 30% of British Columbia’s population consists of minority populations, of which 26% and 37% are South Asian and Chinese populations, respectively. Ethnic populations bear a disproportionately sizeable chronic disease burden, and overcoming unique cultural/linguistic barriers, which impair their ability to navigate the healthcare system, is essential for managing this issue. This project focuses on the effectiveness of an interdisciplinary healthcare team approach in delivering culturally relevant health information, with the goals of improving participants’ knowledge and management of health conditions, willingness to adopt lifestyle changes, and confidence in navigating BC’s healthcare system. This was done through free of cost, in-person healthcare forums on chronic disease management held in minority population dense areas such as Surrey and Richmond. 738 Chinese and 650 South Asian forum participant data were recorded using surveys over 2016-2017. Part A of the surveys inquired about participant demographic profile, such as age, level of education, income, English proficiency, current use, healthcare challenges faced and ability to navigate healthcare resources. Part B focused on the evaluation of the health forum in improving participants’ knowledge, and self-management/ prevention strategies. Participants were also invited to share a small or significant change they would like to make in their health behaviors. Post forum interviews were conducted after two months to assess the sustenance of their chosen change. Our results will demonstrate the role of interdisciplinary, culturally relevant health information in improving cultural minorities’ health outcomes in BC, through willingness to make lifestyle changes and ability to access healthcare resources.

**Commented [C1]:** Can you elaborate on this approach and what it consists of?

**Commented [C2]:** How is this measured?

**Themes:**

Check (highlight) the most applicable theme according to the abstract.

<input type="checkbox"/> Innovation and Technology	<input type="checkbox"/> Health and Wellness	<input checked="" type="checkbox"/> Culture and Society	<input type="checkbox"/> Sustainability and Conservation
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**Comments:**

You provide a good background to capture your reader’s attention. The methodology is also clear. Overall, your abstract is good because it can be understood by a generalist audience.