

# CASE STUDY: Health and Wellbeing for Chinese Migrants



**CASS promotes good health and wellbeing for the Chinese Migrants through Seminars in New South Wales.**

## Diabetes Seminar for Chinese speaking Migrants

Diabetes is one of the biggest challenges for many Australian families and it is increasing every year. Since the Chinese Community faces higher risk in this chronic disease than others, CASS in partnership with Diabetes NSW organised a half day seminar for Mandarin Speaking migrants in Burwood NSW on 8 December, 2017.

More than 150 participants attended the event. Topics covered different types of diabetes, risk factors, how to seek medical advice, healthy life styles and foot care for people with diabetes. Diet and lifestyle were emphasised during the talk and participants were encouraged to exercise and learn to enjoy being active. People attended were given an apple and a bottle of water at the beginning of the talk to enforce the message. Participants found the information helpful and felt very engaged.

### Program Learning's:

- Benefits of collaboration between different partnership to improve the efficiency and expand sustainable impact
- Importance of volunteers' contribution to achieve a successful event

## AT A GLANCE



### Target Participants

The Chinese Community of Sydney



### Aim

To provide information about Diabetes and how to live well with this disease



### Organisations Involved

CASS, Diabetes NSW, Multicultural Health Services SLHD and Burwood Council



### Location

Burwood, NSW



### Funding

Diabetes NSW

*CASS provides a wide range of community services and activities for people residing in Metropolitan Sydney and Wollongong. Its clients come from culturally and linguistically diverse backgrounds, in particular, people from the East Asian countries, including Chinese, Koreans, Indonesians and Vietnamese, amongst many other people in the community. Over 2,400 families access our services and activities weekly.*

For More Information Visit:

<http://www.casscare.org.au/>

