



Wyndham Community & Education Centre

## MEDIA RELEASE

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### A Walk through Health Video Launch

The Honourable, Joanne Ryan MP, will launch a series of Health Promotion Videos created as part of the "A Walk Through Health" program on May 3 in Werribee. The launch will provide an opportunity for community members and health service providers to come together to meet, share, and celebrate the successes of the program.

"A Walk Through Health" program is aimed at improving the navigation of the health system for new and emerging communities in Wyndham. The program was delivered in partnership with Wyndham CEC and Mercy Health and was delivered from March 2021 until September 2022. It facilitated a two-way learning process that built the capacity of culturally and linguistically diverse (CALD) community members to access and engage with health services, whilst also improving the capability of health services to be culturally responsive to community health needs and concerns.

The Health Engagement Videos created as part of the program are an important resource for CALD community members in Wyndham to navigate the health system. They provide information on various health topics from local and state health services as well as testimony from some of participants in the programs.

The launch event will feature a range of speakers sharing their insights and experiences of the program. Attendees will also have the opportunity to network with other attendees and learn more about the importance of health literacy in improving the health outcomes of communities.

CEO of Wyndham CEC, Dr Jennie Barrera said, "The "A Walk Through Health" program has been an important initiative to improve the health outcomes of CALD communities in Wyndham and also contribute to understanding how services can be more responsive to community needs".

Mercy Health Multicultural Services Manager Natalija Nesvadba, stated that, "A Walk Through Health aimed to address clear unmet health and wellbeing needs of CALD communities in one of Australia's most diverse localities".

"CALD communities in Wyndham are often at higher risk of poor health due to barriers in accessing and understanding health information and receiving appropriate care. With a Walk Through Health, we had the opportunity to improve the health literacy of participants so they could feel informed and empowered to share this newfound knowledge with others in their communities," said Natalija.

The program, funded federally by the Department of Health, delivered two separate streams: *A Walk through Women's Health* and *A Walk through Men's Health*, and was aligned to the objectives and outcomes of the *National Women's Health Strategy 2020-2030* and *National Men's Health Strategy 2030* respectively. The videos will be promoted through local community and health services and publicly available via YouTube.

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