

DEVELOPMENT AND EVALUATION OF A HEALTH LITERACY PROGRAM FOR IMMIGRANTS: FROM DEVELOPMENT TO TESTING

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INTRODUCTION

- Immigrants face language, informational, and cultural barriers to access health care services in Canada.¹ These barriers are limiting immigrants' ability to stay healthy.¹
- Upon arrival to Canada, immigrants are in relatively better health than Canadians; however, immigrant health has been shown to decline overtime to native Canadian levels.²
- Immigrants reported that finding information about the health system is hard and confusing.³

OBJECTIVES

1. Explore access barriers for immigrants.
2. To develop the Accessing Canadian Health Care for Immigrants: Empowerment, Voice, and Enablement (ACHIEVE) program to improve health knowledge and skills in a sample of immigrants to Canada.
3. To validate and evaluate the ACHIEVE program in a sample of immigrants to Ontario.

METHODS



RESULTS – Accessing Canadian Health Care for Immigrants: Empowerment, Voice, and Enablement (ACHIEVE)

Week 1	Week 2	Week 3	Week 4
Introduction to Ontario Health Care	Family doctor	Communication	Overcoming Specific Barriers
<ul style="list-style-type: none"> ✓ Ontario Health Insurance Plan (OHIP) ✓ Emergency Visits ✓ Ambulance services 	<ul style="list-style-type: none"> ✓ Who is my family doctor? What does he/she do for me? ✓ How do I find my family doctor? ✓ Rights and Confidentiality 	<ul style="list-style-type: none"> ✓ How do I describe how I'm feeling? ✓ Improving communication with my family doctor ✓ Language and Communication, use of interpretation services 	<ul style="list-style-type: none"> ✓ Prevention ✓ Cultural Differences ✓ Looking for Information

FUTURE DIRECTIONS

The ACHIEVE program is in the process of being further tested in a sample of immigrants in Kingston, Ontario.

REFERENCES

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