



THE UNIVERSITY of EDINBURGH

**Ethnicity & Health**  
MODIFYING HEALTH PROMOTION INTERVENTIONS  
TO MEET THE NEEDS OF ETHNIC MINORITY GROUPS

# *Ethnicity and Health Conference*

## **“How to modify health promotion interventions to meet the needs of ethnic minority groups”**

Thursday 4 June 2009

10:30 – 4:00 pm

Royal College of Physicians

11 St Andrews Place, Regent's Park, NW1 4LE

London, United Kingdom

Researchers from the University of Edinburgh, in collaboration with researchers from De Montfort University, Heriot Watt University and Newcastle University are systematically reviewing health promotion interventions that are effective in modifying smoking, physical activity and dietary behaviours in South Asians, Black and Chinese populations and identifying the theoretical basis of behaviour change utilised in successful interventions. This project is funded by Health Technology Assessment/Medical Research Council.

This conference aims to engage potential users of ethnic minority health research. Users include informed health service users and those who are in charge of developing policies, setting budgets and delivering and evaluating health care.

The conference has two objectives:

- To elicit and share ideas, principles and work in progress on how to culturally-adapt health promotion interventions.
- To direct and guide the project team in assessing the evidence-base on cultural adaptations of health promotion interventions to meet the needs of ethnic minority groups.



## FULL CONFERENCE PROGRAMME

### Coffee & Registration

10:00 – 10:30 am, Council Chambers

Chair **Professor Aziz Sheikh**

Professor of Primary Care Research and Development, University of Edinburgh

### Welcome

10:30 – 10:40 am, Dorchester Library

### Culturally sensitive behavioural interventions: five adaptations and principles to guide the development of targeted interventions for minority ethnic communities

10:45 – 11:05 am, Dorchester Library

Speaker **Dr. Gina Netto**

Lecturer, School of the Built Environment, Heriot Watt University

### Modifying smoking cessation, physical activity and dietary interventions for South Asian, Black and Chinese populations

11:05 – 11:25 am, Dorchester Library

Speakers **Dr. Emma Davidson**

Research Fellow, University of Edinburgh

**Jing Jing Liu**

Research Associate, University of Edinburgh

### Synthesizing ethnicity and health research for policy development

11:30 – 11:55 am, Dorchester Library

Speaker **Professor Mike Kelly**

Director, Public Health Excellence Centre, National Institute for Health and Clinical Excellence (NICE).

### Adapting Interventions for Black and Minority ethnic groups in Norway

12:00 – 12:25 pm, Dorchester Library

Speaker **Dr. Anne Karen Jenum**

Senior Researcher, Oslo University Hospital, Aker, The Diabetes Research Centre, Norway

### Buffet Lunch & Poster Session

12:30 – 1:20 pm, Council Chambers

Chair **Professor Raj Bhopal**

Bruce and John Usher Chair of Public Health, University of Edinburgh

### Parallel Workshops

1:25 – 2:25 pm

A. Role of culture/accluturation in interventions for minority ethnic communities

Facilitator **Dr. Gina Netto**

B. Approaches to multiple behaviour change

Facilitator **Professor Martin White**

Professor of Public Health, University of Newcastle upon Tyne

C. Reflecting on community adapted programmes

Facilitator **Dr. Emma Davidson**

D. Adaptations: learning from other contexts

Facilitator **Jing Jing Liu**

### REACH: The U.S. perspective

2:30 – 3:10 pm, Dorchester Library

Speaker **Dr. Wayne Giles**

Director, Division for Adult and Community Health and Racial and Ethnic Approaches to Community Health (REACH), Centers for Disease Control, Atlanta, U.S.A.

### Plenary: Identifying key principles to guide cultural adaptation of health promotion programs

3:15 – 3:45 pm, Dorchester Library

### Closing Remarks

3:50 – 4:00 pm, Dorchester Library