

Health in My Language 2024 – 2025: Key Findings and Recommendations

About the project

The Health in My Language (HIML) project is a national initiative led by the Multicultural Centre for Women's Health (MCWH) in partnership with organisations across every state and territory in Australia. The aim of the project is to improve access to health information and education for migrant and refugee communities.

In 2024, HIML focused on providing sexual and reproductive health (SRH) education to migrant and refugee women¹ about four topics 'Understanding Menopause', 'Safer Sex', 'Contraception Choices' and 'Pregnancy Choices'. The sessions were delivered by project partners and a national workforce of bilingual health educators (BHEs) from many different language and cultural backgrounds who delivered health education sessions in over 26 community languages.



What we found

We found that the HIML project had a positive impact. Migrant and refugee women learned more about sexual and reproductive health and felt more confident to share what they learnt with others and access health services. The project supported these changes through strong national partnerships, trusted bilingual educators, and evidence-based education.



8,000+

community stakeholders
contacted by national partners
and BHEs to build relationships

8,152

attendees in

515

sessions

¹ Inclusive of non-binary, transgender and gender diverse people.

What did we learn?

- Good **project planning, strong partnerships and ongoing training** for BHEs helped the project run smoothly.
- The project **improved the knowledge and confidence** of migrant and refugee women in the four topics.
- Education sessions **inspired further action from participants, which helped extend the project's impact**, particularly as women shared what they learnt with others in the community and made plans to access health services.
- Group health **education sessions helped to facilitate connection and learning** as participants were able to share their experiences with each other and ask questions about the topics.

“

It was good to learn about all those pregnancy options, but the best part was to know that it's our right to make decisions about our own body and health.” – Session participant

“

There's obviously a vast difference when you make a decision with, sometimes no information at all than having some information. When it's evidence-based information as you shared, the level of confidence definitely goes up higher.”

– Session participant



“ I've never had to make pregnancy-related choices in Australia, so I hadn't had the chance to learn about them before. That's why I found the session very helpful. It gave me a good overview and useful materials that I can review in more detail later. If I need more information, I'll speak to a female GP.” – Session participant

91%



of participants were very satisfied that the sessions were clear and easy to understand

98%



of participants were likely to encourage others to attend SRH sessions

34,580



social media impressions helped to increase the projects visibility

90%



of participants were very satisfied that the session met their language and cultural needs

94%



of participants were likely to talk to healthcare providers about SRH

96%



of participants wanted to share the knowledge with others

92%



were likely to access SRH services and screening

88%



of BHEs rated their post-training confidence to deliver culturally responsive SRH sessions as high



Recommendations for increasing impact

- Advocate for longer-term funding so that HIML can be further developed in partnership with communities to meet community needs and have more time to achieve its goals.
- Advocate for continued investment in the collaborative partnership infrastructure for national bilingual health education with migrant and refugee communities.
- Advocate for more investment in the development of evidence-based resources to address language gaps.
- Continue providing capability building to strengthen BHEs skills and knowledge in general health and SRH.
- Equip all BHEs with demonstration kits and interactive activities for use in health education sessions.
- Support BHEs to be able to provide one-to-one follow up support after a session to participants as needed.
- Introduce a module on 'Healthy Relationships' to support participants to navigate conversations with others about their sexual and reproductive health.



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