





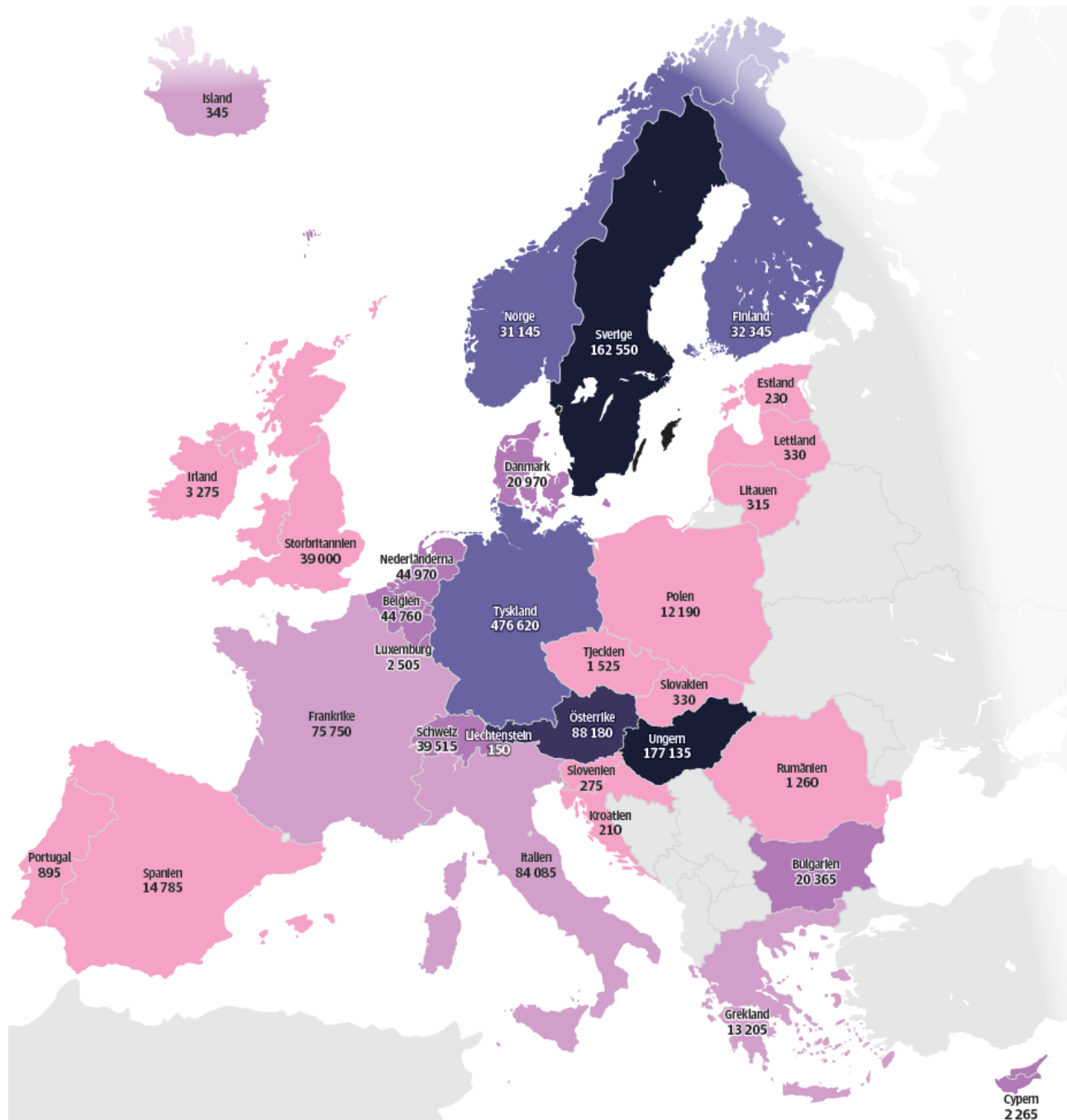
Migrant population health

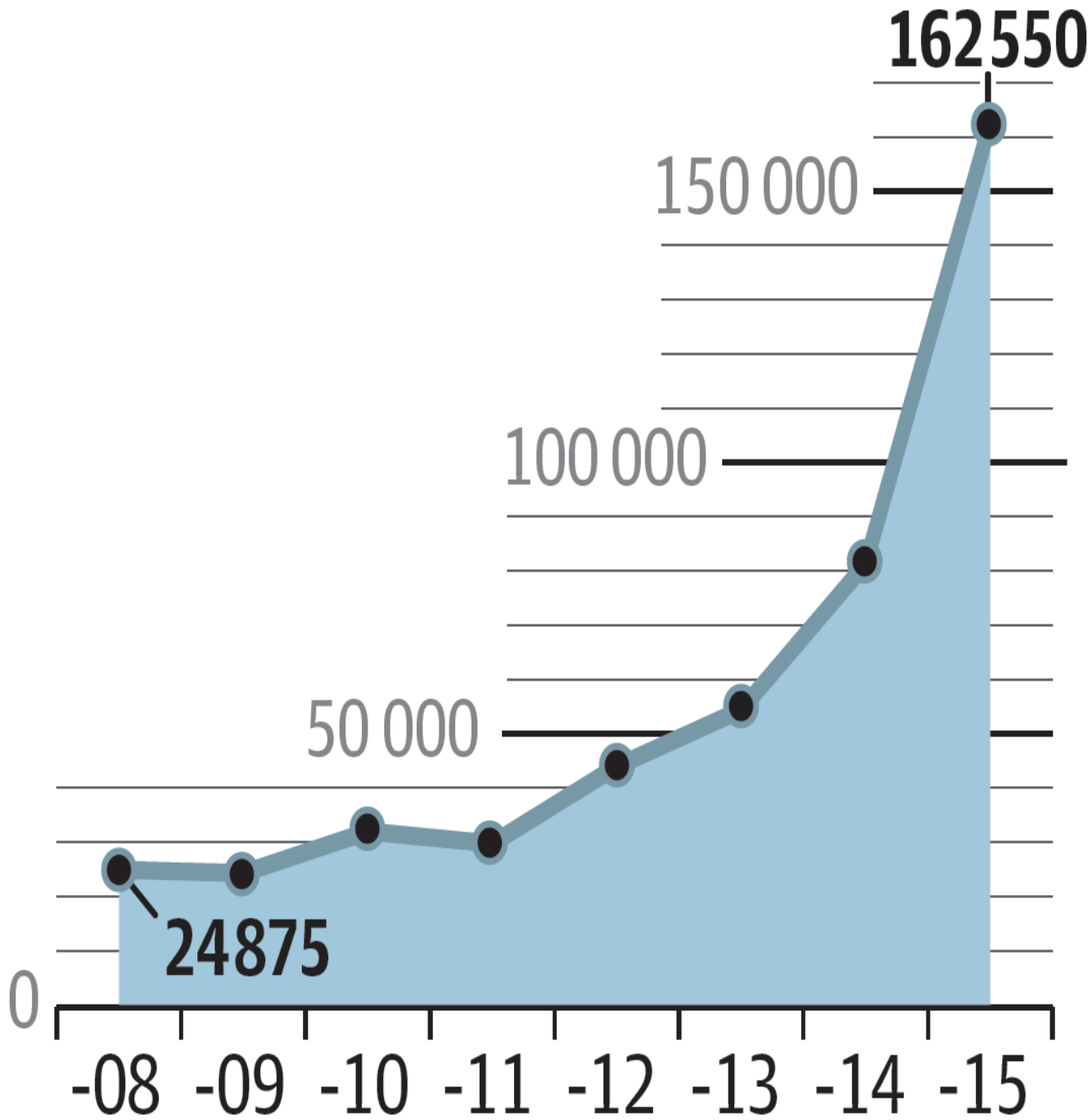
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PhD

“owing to well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality and is unable or, owing to such fear, is unwilling to avail himself of the protection of that country; or who, not having a nationality and being outside the country of his former habitual residence as a result of such events, is unable or, owing to such fear, is unwilling to return to it” (UNHCR, 1967).







How about health?

- Poorer health outcomes
- Poorer physical and mental health
- Utilize health care to a smaller extent than do native Europeans
- The highest attainable level of health is a fundamental humans right (Declaration of Human Rights)
- The right to health information
- Health literacy, lack of trust

THE GLOBAL GOALS

For Sustainable Development



Vision and mission

- To enable everyone to live a healthy live in movement
- To support our members in their strive
 - for good and equal health within the health-care system
 - to promote prevention and health promotion efforts with the highest quality



Research on migrant health

- Focus on health conditions related to pre-migration factors
- Focus on factors during migration itself
- Focus on post-migration factors

Pre-migration factors

- Basic Body Awareness Therapy
- Physical activity
- Reducing pain
- Interdisciplinary teams

Post-migration factors

- International Health Advisors
 - Bilingual
 - Preparatory training
- MILSA
 - Increasing physical activity

Exploring the potential of health promotion for recently settled migrants in Sweden

Dissertation by Susanne Sundell, Lund University, 2016



Results

- Obesity common
- Worse subjective mental health
- Socioeconomic factors and social networks important
- Practical measures and research ought to focus social and economic issues
- Information alone is not enough
- Link health promotion with society

To summarize

- Poorer physical and mental health
- Physiotherapists important partner in this work
- Working together in teams
- A systematic grip is needed

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