

# Injury Prevention in Culturally and Linguistically Diverse communities, Western Australia

## Factors influencing the risk of injury

The unique demographics of the CaLD population in WA are accompanied by a range of factors that can impact the risk of injury. Cultural, social and psychosocial impacts on health relating to migration and settlement in particular may increase the prevalence of injury among CaLD communities<sup>2</sup>.

Additionally, trauma, social isolation, change in socioeconomic status, unemployment, an inability to access 'mainstream' support services, lack of culturally appropriate support services and low levels of language proficiency can also contribute to an increased risk of injury<sup>2</sup>.

## Types of injury

Factors that can increase the risk of specific injuries in CaLD communities include low levels of swimming ability, minimal knowledge of Australian road rules and different fire safety behaviours<sup>3</sup>.

Individuals from CaLD backgrounds can also experience higher rates of violence for a number of reasons including low levels of language proficiency, different understandings of violence, dependence on an Australian sponsor, minimal support networks, cultural shame and stigmatisation<sup>4</sup>.

## Protective factors

While culture and societal values may increase the risk of injury among CaLD communities, these can also act as protective factors in some circumstances. For example, protective factors against suicide for individuals from CaLD backgrounds can include religious beliefs, negative views of suicide, family cohesiveness, community support, an increased resilience from past experiences and having family responsibilities<sup>5</sup>.

## Injury Prevention Projects in WA

- [Stay On Your Feet® CaLD resources](#)
- [Royal Life Saving WA's multicultural participation programs](#)
- [WA Office of Multicultural Interests](#)
- [Ishar Women's Health Services Family and Domestic Violence Programs](#)

**WA has a rapidly increasing CaLD population.**



In 2016, 32.2% of Western Australians indicated they were born overseas<sup>1</sup>. This is a 16.5% increase in the number of people born overseas since 2011.



**In 2016, 17.5% of people in WA spoke a language other than English at home<sup>1</sup>.**

The top three non-English languages spoken at home are Mandarin, Italian and Vietnamese.

**WA is made up of a variety of different CaLD communities**, each with their own unique identity and experiences.

When developing injury prevention initiatives, it is important to consider that **there is no 'one size fits all'** approach with CaLD communities.



## Injury Prevention in CaLD communities

Effective strategies to reduce the prevalence of injury in CaLD communities in WA include interventions that<sup>2</sup>:

- Address the underlying cultural, social and psychosocial factors.
- Consider cultural competence and safety needs in all aspects of injury prevention planning to help in reducing racial and ethnic health disparities.
- Are developed in partnership with CaLD communities.
- Empower individuals and communities to engage in the interventions.

Research supports that CaLD communities are more likely to access campaign related information from both mainstream and culture-specific channels for health-related information. Communicating via these channels has proven to increase engagement from CaLD individuals who want to increase their ability to be involved in local health services<sup>6</sup>.

Partner:



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## References:

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