Exploring the refugees perspective on health
Program for the afternoon

Introduction (Jesper and Margareta)

**Perspective 1**
The asylum- and integration team (Anette and Mohamoud)
Reflection: what matters to make a difference?

Coffee!

**Perspective 2**
Starting a social movement (Julia and Sunday)
Reflection: what matters to make a difference?

Collecting our findings – what matters?
Let’s explore the refugees perspective on health – from health care to support in the everyday life.
What matters to make a difference?

Perspective 1 – Julia and Sunday

Perspective 2 – Anette and Mohamoud

Our findings – building a change package for refugees health and integration
Present situation - asylum seekers and refugees

- Number of asylum applications
- Health examination
- Ongoing projects
- Challenges
- Follow up and results
The total number of asylum applications in 2013, 2014, 2015, and 2016 in Sweden
The five largest groups of asylum seekers
The largest groups based on citizenship among those who have applied for asylum the past three weeks.
Total number of asylum applications in Region Jönköping County

<table>
<thead>
<tr>
<th></th>
<th>Child and adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 2016</td>
<td>7076</td>
</tr>
<tr>
<td>January 2017</td>
<td>4677 including 892 &quot;unaccompanied children&quot;</td>
</tr>
</tbody>
</table>

An "unaccompanied child" means a person under the age of 18 who has come to Sweden and applied for asylum without his or her parents or other legal custodial parent.
## Total number of health examinations done in Region Jönköping county

<table>
<thead>
<tr>
<th></th>
<th>Children and Adults</th>
<th>Health Examinations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan – February 2016</td>
<td>7076</td>
<td>3763 Waiting for health exam. 54 %</td>
</tr>
<tr>
<td>January 2017</td>
<td>4677</td>
<td>531 Waiting for health exam. 11 %</td>
</tr>
</tbody>
</table>

There is 892 unaccompanied children and teens in the County, 845 of whom are under 18 years-old.
Residence permits granted in Sweden the following years …..

2014 = 35546
2015 = 36462
2016 = 71571
Asylum seekers granted resident permit in Region Jönköping county

- 2014 = 2260 (unaccompanied children 116)
- 2015 = 2622 (unaccompanied children 110)
- 2016 = 2715 (unaccompanied children 196)
Population growth in the Region Jönköping county 2011- januari 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Number</th>
<th>Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 2011</td>
<td>336287</td>
<td></td>
</tr>
<tr>
<td>Jan 2012</td>
<td>337725</td>
<td>1438</td>
</tr>
<tr>
<td>Jan 2013</td>
<td>338728</td>
<td>1003</td>
</tr>
<tr>
<td>Jan 2014</td>
<td>340980</td>
<td>2252</td>
</tr>
<tr>
<td>Jan 2015</td>
<td>343751</td>
<td>2771</td>
</tr>
<tr>
<td>Jan 2016</td>
<td>347064</td>
<td>3313</td>
</tr>
<tr>
<td>Jan 2017</td>
<td>351521</td>
<td>4457</td>
</tr>
</tbody>
</table>

Population number

Source: Master befolkningsregister
2017-03-02
54 million SEK – resources and political decisions in 2016

- Action plan was designed
- About 50 applications and ongoing projects with a spread within pediatrics, psychiatry, infections, primary care, regional development, public transportation, dental care, labour market
- A coordinator was employed
- Monitoring and reporting to the steering committee (Agneta Jansmyr, Mats Bojestig, Jane Ydman, Ulrika Geeraedts) during spring 2017
The role of the Coordinator

- Coordinate: health care issues relating to asylum and refugees and support activities
- Skills development, information and communication
- Compile current status
- National contact
- Convene and chair the reference group
- Participate in meetings with immigration office, social service, police, education
- Project leader of the asylum and integration team who started the health schools
Challenges for the health care and integration work in Region Jönköping

- Collaboration and cooperation between the region and municipality to promote and strengthen a positive health development and integration
- Support for unaccompanied children in health care, school and home
- Assessment of health care that can not be postponed
- Addressing the health needs of mental illness in psychiatry and primary care
- Skills development in refugee-related stress, trauma and emergency treatment
- Women's health
- Sex and relationships
- Equal health for these groups
Migration stress

Before – fleeing from:
• War-torn countries bombings
• Violence
• Starvation
• Lost family, friends, relatives, homes
• Lived in refugee camps

During the escape:
• Major risks, dangerous journeys
• Ruthless smugglers
• Cheat and fraud
• Extortion
• Violence
• Sexually abused

After-asylum seekers:
• Uncertainty
• Lack of housing
• New language
• With nothing to do
• Long waiting
• Long processing times
• Racism and xenophobia
• House fires
Health school

• Presentation Anette Jonsson & Mohamoud Suldan

• Health education

• Personal reflection

• Evaluation
Mohamoud Suldan

- Born in Arabi, Etiopia
- Came to Sweden 2014
- Health communicator in September 2016
Asylum- and integration team

2017-03-02
Mobile team
Asylum- and integration team

2017-03-02
Topics

- Meeting 1: Health care in Sweden
- Meeting 2: Self-care and Consulting
- Meeting 3: Stress, anxiety and sleep
- Meeting 4: Living-habits
Self care & consulting

Asylum- and integration team

2017-03-02
Stress, anxiety & sleep
Living habits
Quotes from participants about the health school...

“Good to have contact with people outside the asylum accommodation”

”It is good to learn more about society and community care”

"Grateful for helping me to the health center. I was told that I had vitamin D deficiency." 

"I am happy to your commitment and care about us and that you want us to integrate more in the community.”

"Good and structured. Did not feel like a school but more like a friendly meeting”

“"I have learned that water is good for health“ " The exercises is good and important.”

"I will quit smoking.“
Follow up and results

Survey which contains:
- three questions

Spreading plan which contains:
- place where the health school has been held
- today's session\ topics
- number of participants in each group
- different language
- status and date.

Recording sheet which contains:
- observation, interpretation, intervention, consequence outcome, and future action
How do you feel today?

- Very good: 171st (58%)
- Quite good: 96st (32%)
- Not good: 29st (10%)

Asyl och integration - Folkhälsa sjukvård, Margareta Strindhall
Do you think that today's information can lead to a better health for you?

- Yes I do: 252st (85%)
- I'm not sure: 39st (13%)
- No I don't: 5st (2%)
Are you satisfied with today's information?

- Very satisfied: 252st, 85%
- Quite satisfied: 41st, 14%
- Not satisfied: 3st, 1%

Region Jönköpings län
Report from the spreading plans

<table>
<thead>
<tr>
<th>Places:</th>
<th>Sessions\ topics</th>
<th>Total numbers of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mariannelund</td>
<td>Information swedish healthcare</td>
<td>250</td>
</tr>
<tr>
<td>Bodafors</td>
<td>Self care</td>
<td>161</td>
</tr>
<tr>
<td>Jönköping</td>
<td>Anxiety,stress and sleep</td>
<td>129</td>
</tr>
<tr>
<td>Anderstorp</td>
<td>Living habits</td>
<td>45</td>
</tr>
<tr>
<td>Smålandstenar</td>
<td>Extra session: go to the store and stop smoking</td>
<td>9</td>
</tr>
<tr>
<td>Vrigstad</td>
<td>Private conversation</td>
<td>74</td>
</tr>
<tr>
<td>Värnamo</td>
<td>Sex and relationship</td>
<td>8</td>
</tr>
<tr>
<td>Vetlanda</td>
<td>Repetition</td>
<td>16</td>
</tr>
<tr>
<td>Skillingaryd</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Participating in a National project – learning about how to improve health of asylum and new arrivals

Phase 1: Needs analysis in regions and counties

Phase 2: Education and spreading

Phase 3: Website Tools and gathered material
The national project

- The course has been held at 26 occasions and with around 1700 participants all around Sweden.

- 14 different courses or seminar days