Webinar: ‘Behavior Change Interventions to Improve the Health of Racial and Ethnic Minority Populations: A Tool Kit of Adaptation Approaches’

Presented by: Dr. Emma Davidson (University of Edinburgh)
Jing Jing Liu (University of Toronto)

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About the webinar: This webinar will discuss the adaptation of behaviour change interventions to meet the needs of racial and ethnic minority populations. We will outline a multi-methods project which examined the evidence on how best to undertake these adaptations, with a specific focus on smoking cessation, physical activity and healthy eating interventions with Africa, South Asian and Chinese-origin populations. This work includes a review of existing literature, qualitative interviews with international experts, and a realist synthesis. Findings illustrate that approaches to adaptation have arisen without a firm or uniform foundation. Therefore, we devised an evidence-derived suite of materials to support the development, design, implementation, and reporting of health behavior change interventions for minority groups. We will present this ‘Tool Kit of Adaptation Approaches’ which is intended to provide a framework for policymakers, practitioners, and researchers working in this field.

Dr. Emma Davidson is a Research Fellow at the University of Edinburgh and a Fellow of the New Zealand College of Public Health Medicine (FNZCPHM). Her service work and research interests include migration, ethnicity and health; health promotion; and health service planning to incorporate additional needs and diversity.

Jing Jing Liu is a graduate student at the University of Toronto, she has a B.Sc (Hons) in Anthropology and Immunology from the University of Toronto and an MSc in Health, Community and Development from the London School of Economics. Her research focuses on the newly emerging trade relationship between China and Ghana, and the complexities these new ties introduce in the crafting of national identities and ethical personhood.

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