



Targeted Health Research in Multicultural Settings:

Lessons from the Vietnamese Tết Lunar New Year Festival

Introduction

- Recent research indicates Vietnamese-speaking patients were over-represented in stroke units at SWSLHD.
- The Lunar New Year in February provides a unique opportunity to engage with people of Vietnamese backgrounds, typically attracting over 40,000 attendees.

Methodology

Health Literacy Unit, Multicultural Services, in collaboration with the Stroke and Neurology unit at SWSLHD, Sydney Brain Centre, UNSW, and Clinical Stream SWSLHD, conducted intercept surveys at a stroke information stall.

This stall enabled risk assessments for stroke through blood pressure checks and diabetes risk assessments, allowing community members to ask questions about stroke and diabetes with bilingual staff.

Results

- 183 surveys were conducted
- Two thirds of the participants were female, one third were male
- One thirds of the participants aged 20-49 years old, two thirds were 50+ years old
- 44.8% participants reported that either they themselves or a family member have been affected by stroke.**
- Less than half of all participants were aware or able to recall common stroke symptoms.**
- Two thirds of the participants reported needing assistance to some degree with health documents (29%-sometimes, 19%-often, and 16%-always).
- 21.9% participants flagged that they would like to further engage in future events.

Conclusions

- Stroke is a serious health issue among the Vietnamese community and intervention should be prioritised for this community.
- Outreach activities at community festivals is an effective approach to engage with the community about the health topic.
- The Lunar New Year activity laid the foundation to strengthen collaborations between various stakeholders to raise stroke awareness in the Vietnamese community. It also attracted Vietnamese

community members with lived stroke experiences to future initiatives.

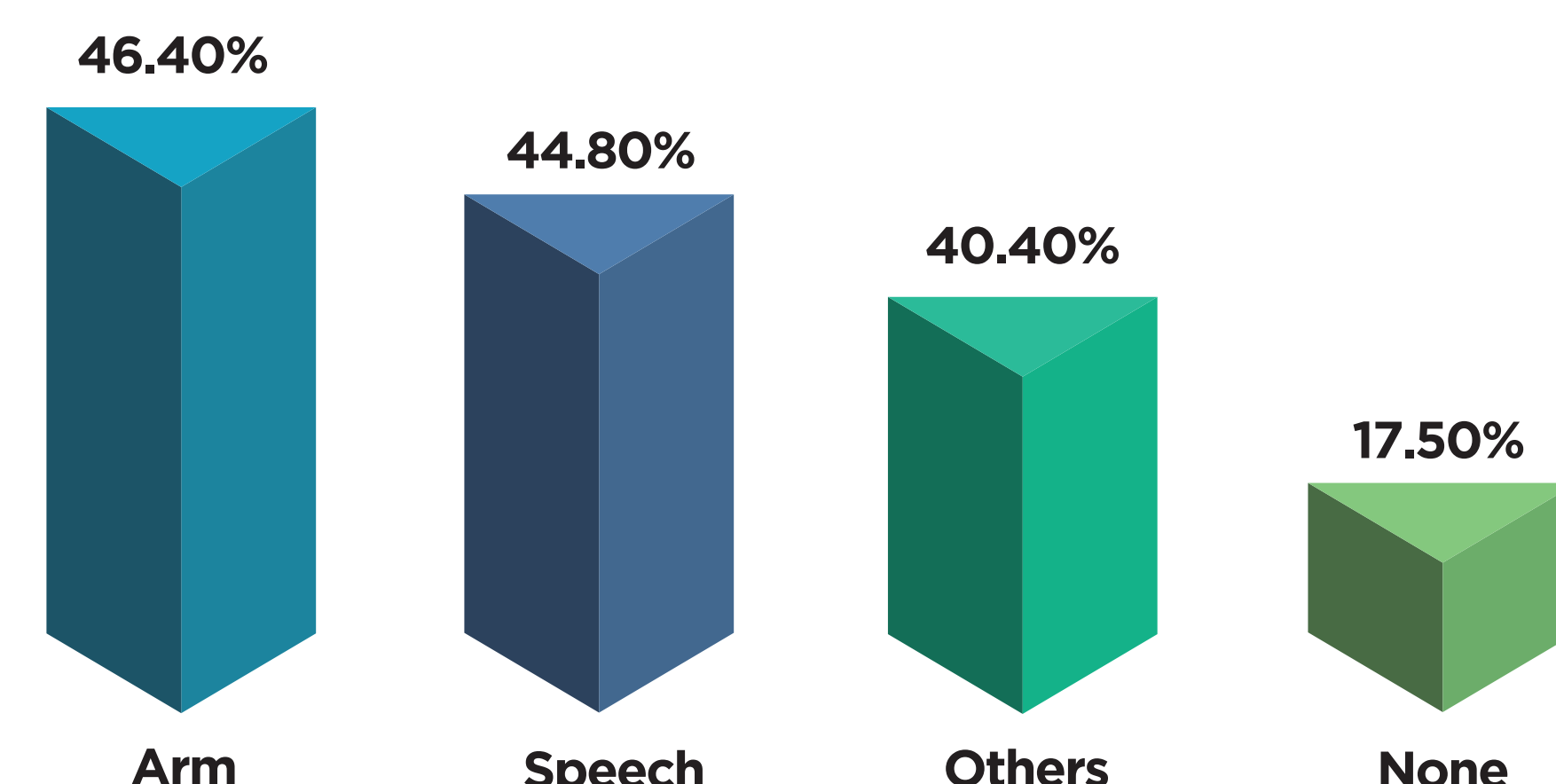
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Participants' awareness of stroke signs



Want to support the stroke stall at the 2025 Tet Festival or engaging with multicultural health issues/research?



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