Gender specific cardiovascular program in migrants: The Mosques Program

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• Our Women‘s Health Office of the State of Tyrol, Austria, organises prevention programs focusing on heart disease.
• We felt, however, that we were not reaching the Turkish immigrant women in our community.
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Deutsch
English
Türkce
Bosanski/Hrvatski/Srpski

Women’s Health Office of the State of Tyrol
Tirol Eyaleti Kadın Sağlığı Bürosu
Ured za zdravlje žena zemlje Tirol
So, what about the Turkish women?

The heart risk for women in Turkey is estimated as the highest throughout Europe and migration does not improve health.

So, we organised prevention programs for Turkish women at 26 local mosques.
In Tyrol, we have 26 mosques for four different sects:

- Diyanet
- İslam Kültür
- Türk Kültür
- Milli Görüş
Circular Distribution Pattern

- Mosque
- Women’s Health Office
- Hodscha
- Women
- Friday prayer (distribute folders to the men)
Mosque

- Turkish medical students give a Turkish slide presentation on heart risk, prevention and risk factors.
- Discussion follows.
- Flyers on all risk factors and a questionnaire.
## Self-evaluation for cardiac risk factors

<table>
<thead>
<tr>
<th>Self-evaluation</th>
<th>Yes</th>
<th>No</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>6.3%</td>
<td>44.1%</td>
<td>49.6%</td>
</tr>
<tr>
<td>Hypertension</td>
<td>10.0%</td>
<td>48.6%</td>
<td>41.4%</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>33.4%</td>
<td>9.2%</td>
<td>57.4%</td>
</tr>
<tr>
<td>Smoking</td>
<td>14.5%</td>
<td>85.2%</td>
<td>0.3%</td>
</tr>
<tr>
<td>BMI &gt; 30</td>
<td>30.5%</td>
<td>61.8%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Sports</td>
<td>26.5%</td>
<td>72.7%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Healthy diet</td>
<td>59.9%</td>
<td>39.6%</td>
<td>0.5%</td>
</tr>
</tbody>
</table>
## Comparison

„don’t know“ reply for risk factors

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>41.4%</td>
<td>29.6%</td>
<td>↓</td>
</tr>
<tr>
<td>Diabetes</td>
<td>49.6%</td>
<td>32.6%</td>
<td>↓</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>57.4%</td>
<td>45.2%</td>
<td>↓</td>
</tr>
</tbody>
</table>

They went to family doctor for a check-up.
Can we prove any benefit?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Self-evaluation of blood pressure</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>high</td>
<td>10.0%</td>
<td>16.4%</td>
<td>↑</td>
</tr>
<tr>
<td>normal</td>
<td>48.6%</td>
<td>53.5%</td>
<td></td>
</tr>
<tr>
<td>don’t know</td>
<td>41.4%</td>
<td>30.1%</td>
<td>↓</td>
</tr>
<tr>
<td><strong>Blood pressure measured</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>high</td>
<td>24.7%</td>
<td>17.5%</td>
<td>↓</td>
</tr>
<tr>
<td>normal</td>
<td>75.3%</td>
<td>82.5%</td>
<td>↑</td>
</tr>
</tbody>
</table>
Hypertension: answer "do not know"
Correlation between RR taken and RR self-esteem

- Total
- First generation
- Second generation
In conclusion, free access to health care is not enough for immigrant women, one of the main problems seems to be language.

This is particularly true for prevention, because the family doctor doesn't have an interpreter on hand.

We will continue to pursue our model:
Have Turkish women conduct preventive work for Turkish women at places where Turkish women customarily go.
MESSUNG VON:
Blutdruck, Body Mass Index.
Blutzucker und Cholesterin –
Herz-Risiko?

TANSIYON,
beden kitle indeksi, kan şekeri ve
kolesterol ölçüür. Kalp rizikosu
tespit edilir.

Eine Kooperation der Stadt Innsbruck mit dem
Frauengesundheitsbüro
des Landes Tirol

BERATUNG DURCH | DANİŞMANINIZ
Amt für Kinder- und Jugendbetreuung | Referat Frau, Familie und Senioren | Caritas Beratungsstelle | Caritas Integrationshaus | Frauen aus allen Ländern | Heilpädagogische Familien | Initiative Minderheiten | Landesschulrat für Tirol - Schulberatungsstelle für Ausländerinnen | Verein Multikulturell | Zentrum für Migrantinnen in Tirol

STADT INNSBRUCK
WIR ALLE SIND STADT!
Thank you very much for your attention