

Co-designing a physical activity service for people from refugee and asylum seeking backgrounds

Grace McKeon, Simon Rosenbaum
 University of New South Wales, Australia
 Contact: g.mckeon@unsw.edu.au Twitter: @mckeon_grace

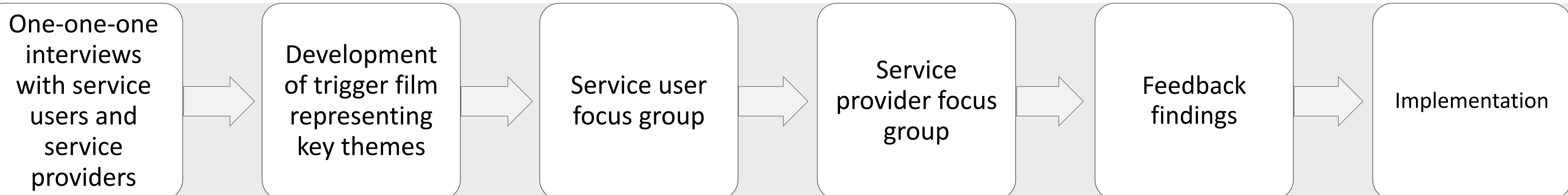
This project was proudly funded by the NSW Government through the Refugee Health Flexible Fund 2021-22 to 2022-23

Background

- People from refugee and asylum seeker backgrounds resettling in Australia have often been exposed to potentially traumatic events before and after their displacement.
- Subsequently- high rates of mental health problems including PTSD.
- Physical activity can improve symptoms of PTSD and comorbid physical health conditions, however there are limited programs tailored for this population.
- **So how do we promote physical activity which is safe, inclusive and culturally appropriate?**

Methods

- Experience-based co-design framework
- Interviews and focus groups conducted at a community centre in Sydney, Australia to understand the needs and priorities for service provision with:
 - Service users (refugees and asylum seekers)
 - Service providers (e.g., psychologist, lawyer)



Results

- N=16 participants (N=8 service users and N=8 service providers) took part over 12 months
- Aged 28 years (SD=11.0) and the time since being in Australia ranged 6 months - 10 years.
- Overall participants were less active since migrating to Australia due to competing stressors.
- Workshops resulted in 6 key priorities for service provision.



Co-designed priorities



Conclusion

- The subsequent evaluation of the program, guided by the 6 priorities is ongoing.