



# Program for Multicultural Health

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The Program for Multicultural Health staff includes specialists in:

- Diet/Nutrition
- Physical Activity
- Cultural Competency
- Community Health Education
- Research
- Social Work
- Public Health



## This year's 3<sup>rd</sup> annual *Cultural Competency Exchange*

This past April, collective efforts to put "patients and families first" from a cultural perspective were celebrated at the 3<sup>rd</sup> Annual *Cultural Competency Exchange*.

The overall goals of the Exchange were to:

- share how UMHS employees provide culturally competent care
- learn how other departments provide culturally competent care
- help document UMHS's compliance with Joint Commission's standards and the Office of Minority Health's CLAS standards



Cultural Competency efforts showcased at the Exchange are often as diverse as the departments representing them. For example, the department of Patient Food and Nutrition Services (PFANS) investigated ways to offer Halal items on the patient menu. With the help of local restaurants, feedback from Muslim patients and staff, and the knowledge of PFANS staff, two new items prepared with Halal meats were introduced on the patient menu.

Based on the unique needs of cultural diverse patients, departments like PFANS can continue to find innovative ways to enhance the quality of care received by patients.

Improving patient-provider communication, often through interpreters and translated material, is another excellent way providers can promote culturally competent health care. For the department of Physical Medicine and Rehabilitation (PMR), efforts were taken to improve communication and resources for Spanish-speaking patients. Two educational articles on amputation and limb pain, originally published in English, were translated to Spanish. As a result, PRM has experienced positive feedback and increased communication from Spanish-speaking patients and their families. Efforts like these exemplify cultural competency and its capacity to enhance the staff-to-patient and family relationship.



The event concluded with a brief awards ceremony with rich dialogue and networking between Exchange participants on past, present, and future cultural competency ideas and efforts.

As the Exchange continues to grow in size, scope, and synergy, new collaborations and cultural competency efforts will inevitably continue.

## *Walking –The Universal form of Physical Activity*

*By Wasantha Young, Physical Activity Coordinator*

On a daily or weekly basis, during the warm weather in Sudan, Brazil, and Australia mothers carry or push a carriage with a child as they may walk to the market. In the United States with the changing seasons and conveniences of accessible transportation, these same mothers once walking to the stores, take the bus or drive and therefore lower their physical activity levels.

In the warmer and summer months, walking is the most culturally common physical activity in the world. Summer is a great time to walk and increase your physical activity level.



- Walk during cooler parts of the day
- Avoid walking for long distances in extreme heat.
- Make sure you wear the proper shoes and stay hydrated.
- If it is a very sunny day, wear a hat and sun block for protection.
- Wearing light color clothing can also help to keep you cool.
- If it is safe, explore your nearby neighborhoods while walking to the post office, bank, grocery store, or video shop.
- As with the other styles of physical activity, if you have any concerns about increasing your walking regime, consult with your primary care physician.

Sources:

Tips on how to Stay cool and health during hot weather. Public Health Seattle & King County. 2005. Available at: <http://www.metrokc.gov/health/news/05052702.htm> Accessed September 4, 2007

Armstrong, and Bull. Development of the World Health Organization Global Physical Activity Questionnaire (GPAQ). *J Public Health* 2006; 14: 66-70.

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## *Buddhist Beliefs of Suffering and Illness*

According to Buddhist tradition, an unclear mind produces suffering and bad karma (law of cause and effect), leading to repeated reincarnations in unsatisfactory worlds. Relief from suffering and unsatisfactory reincarnations can be obtained by following the Noble Eightfold Path - a practical guide requiring the development of three concepts: 1- wisdom, 2- ethical conduct, and 3- mental discipline.

Eight highly interdependent principles encompassing these concepts are:

- Wisdom: Right Understanding, Right Thought
- Ethical: conduct Right Speech, Right Action, Right Livelihood
- Mental discipline, Right Effort, Right Mindfulness, Right Concentration.

The central focus of most Buddhist practices is the achievement of a clear and calm state of mind, undisturbed by worldly actions and full of compassion.

Illness is believed to be an unavoidable consequence of actions in this or a previous life; in other words, it may be the result of karma.

Illness is not considered to be a consequence of punishment by a divine being, but rather a physical state that may be healed and restored through the achievement of spiritual peace and freedom from anxiety.

To learn more about Buddhist beliefs please refer to the resources listed.

Sources:

Minarik, P. A. Buddhist. Culture and Nursing Care: A Pocket Guide. San Francisco: University of California; 1996.

Oriental Philosophy. Philosophy 312: Oriental Philosophy Buddhism: The Eightfold Path. Philosophy.lander.edu. 2000. Available at: <http://philosophy.lander.edu/oriental/eightfold.html> Accessed August, 16 2004.



## *Cultural Rhythms ends with a Multicultural Dance Ensemble Performing on Stage!*

*By Trudy Hall, MPH*

The second annual *Cultural Rhythms - Celebrating Dance and Music from around the World*, held May 2, 2007 at Ypsilanti High School ended with a multicultural ensemble performing on stage. The finale met the purpose of the event – to bring together individuals from culturally diverse backgrounds to interact together through music and dance.

This year's event highlighted dances from Indian, Tibetan, Mexican, African American and the Dai cultures. All groups had dazzling vibrant outfits representing their rich cultural heritage.



A local Indian group, which included about 12 youth (ages 5 to 11), wowed the audience with their performance of the *Chaar aneke liye salaam* "salute to 4 pennies" dance. The dance incorporates traditional Indian as well as modern dance steps.



The Golden Years Troup, established in 2002, is a local group of Chinese seniors that performed two dances. The first dance was the "Peacock Dance", one of the most beloved dances of the Dai Nationality (China). The second dance performed by the group was the Tibetan National dance.



The Alebrije group, which is composed of youth and adults, performed three Mexican Folk Dances. The Dance of the Old Men, (a dance by young people to honor the elders); Danzon, (an Afro-Cuban dance); and the Son Huasteco (a dance from a well known part of Mexico, called "La Huasteca"). Alebrije is an Independent Cultural Group and was created to preserve Latino roots & traditions.

With an emphasis on improving health thru dance, Calvin Silbert and his wife, also known as Mr. Smooth glided across the stage giving the audience members a ballroom dance demonstration. Mr. Smooth teaches ballroom dancing including swing, line and hustle dances. His dance form incorporates African American culture, experience, and the music of social dancers dating back to the 1920s at the Savoy Ballroom in New York.

The final event included Mr. Smooth inviting audience members on stage to learn a hustle. About 40 people came on stage to learn the urban style hustle. The group included performers, as well as audience members, culminating in a cultural mix of individuals representing Mexican, Indian, Chinese, African & European ancestries.

The event also featured cultural refreshments from local Chinese, Middle Eastern, Indian & Latin restaurants. The PMCH would like to again thank the performers for their time and talent, Mr. Smooth Ballroom Dances, and Twin Tennystry for their generous raffle donations, and also the audience for their support in attending Cultural Rhythms.





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## Do you know what Halal means?



Symbol that  
shows that a  
product is Halal

**Halal** (hə-lāl') is an Arabic word meaning lawful or permitted. The opposite of Halal is **Haram**, which means unlawful or prohibited. Halal and Haram are universal terms that apply to all facets of life. However, we will use these terms only in relation to food products, meat products, cosmetics, personal care products, food ingredients, and food contact materials.

All foods are considered Halal except the following, which are Haram:

- Swine/pork and its by-products
- Animals improperly slaughtered or dead before slaughtering

- Animals killed in the name of anyone other than ALLAH (God)
- Alcohol and intoxicants
- Carnivorous animals, birds of prey and land animals without external ears
- Blood and blood by-products
- Foods contaminated with any of the above products

Foods containing ingredients such as gelatin, enzymes, emulsifiers, etc. are questionable (Mashbooh) because the origin of these ingredients is not known.

Source: Islamic Food and Nutrition Council of America. Available at: <http://www.ifanca.org/halal/>. Accessed May 8, 2007.