

# Understanding **healthy lifestyle counseling** for immigrants from the perspectives of primary health care professionals: a focus group study



## Introduction

### Healthy lifestyle counseling

including health education, counseling, screening, and medical examination is provided in Finnish primary health care. Some immigrant ethnicities in Europe have higher risks of chronic diseases like diabetes compared to natives due to genetic factors, physical activity levels, and diet<sup>1</sup>.

## Methods

A qualitative descriptive study with 4 **focus groups** was conducted. Participants were selected with purposive sampling from 4 municipalities in Finland.



## Results

### Main Themes

- 1 ordinary counseling practice for both immigrants and natives
- 2 challenges of counseling immigrants
- 3 cultural differences influencing immigrant counseling
- 4 learning lessons from immigrants for counseling immigrants
- 5 need for improving immigrant counseling

**Participants** 23 registered nurses

## Discussion and Conclusion

Co-design approach with immigrants to develop a culturally tailored healthy lifestyle counseling is suggested. Implementing personalized and tailored health promotion interventions for immigrants could foster the adoption of sustainable healthy behaviors.

## Aim:

to describe the perspectives of primary health care professionals on healthy lifestyle counseling for immigrants.

## Acknowledgment

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## References

1. Meeks KA, Freitas-Da-Silva D, Adeyemo A, Beune EJ, Modesti PA, Stronks K, Zafarmand MH, Agyemang C. Disparities in type 2 diabetes prevalence among ethnic minority groups resident in Europe: a systematic review and meta-analysis. Intern Emerg Med. 2016;11(3):327-40.