ASSESSING AND IMPROVING MIGRANT WORKERS’ ACCESS TO AND UTILIZATION OF HEALTH INFORMATION AND RESOURCES

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Outline

1. Goals and Objectives
2. Achievements and Outcomes
3. Post-project Plans
Goals and Objectives

• To understand migrant workers’ (in Qatar) beliefs about their health, how much they value it and the barriers they face towards being healthy
  • To assess the knowledge about and usage of government-provided health facilities by the migrant labor force
  • To recognize the behavioral motivation(s) of migrant workers towards taking care of their health, e.g. their willingness to go to the hospital for different types of illnesses
• To understand their involvement in sports and leisure activities
  • To assess how frequently the migrant workers participate in sports/leisure activities, particularly in events that are specifically designed for them
  • To recognize the factors which hinder and facilitate migrant workers’ participation in sports/leisure activities
• To provide formative research for communication campaign(s) which can reach out to these workers to encourage/inform them about the usage/benefits of sports & health facilities in Qatar
Achievements and Outcomes

• The migrant workers generally regarded their health as “good” ($M = 2.07$, $SD = 0.623$).
  • A majority, (87.7%), reported having HMC health cards.
  • Nine indicated that, at some point, they wanted to go to the hospital but could not.
    • Three said that they could not afford to pay for the visit, two said they did not have transportation and three could not afford to take time off from work.
    • Participants believed that their company may cut their salary if they missed work for a medical appointment ($M = 2.74$, S.D. = 1.620).
• Despite having HMC health cards which cover most medical expenses, 29 migrant workers still reported using their own money to pay for medical visits and medicine.
• Workers are more likely to go to the hospital for a chronic illness ($M = 3.54$, $SD = 1.548$) as opposed to an acute illness ($M = 2.70$, $SD = 1.451$).
• A majority, 62.5% ($n = 60$), of the migrant workers reported participating in different types of physical activity in Qatar.
  • 8.3% ($n = 8$) were active two or more times a week and 28.1% ($n = 27$) were active once a week.
• A majority, 64.5% ($n = 62$), of the migrant workers also indicated that they would like to be more active ($M = 3.53$, $SD = 1.59$).
  • Of those who wanted to be more active, 67% ($n = 42$) cited the lack of time as a hindrance towards being as active as they wanted to be.
Post-project Plans

• Use insights from this research project towards the development of a messaging campaign to:
  • Promote knowledge about and usage of government-provided health facilities within migrant workers of Qatar
  • Alleviate informational barriers which may hinder the usage of health and sports facilities by these workers
  • Effectively communicate with and encourage migrant workers to involve themselves in sports/leisure activities in Qatar
  • Convey the importance of caring for one’s health and leisure/physical activity towards leading a happy, healthy life
THANK YOU!