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China on the Move

July 26 & 27, 2019



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China Now: China On the Move

Friday, July 26 and
Saturday, July 27, 2019

101 Twin Dolphin Drive, Redwood City, California

In Partnership with the
San Mateo County Office of Education



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Changzhou City Migrant Worker Wellness Project

常州市外来工康健项目

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Health Research for Action

健康研究行动中心



- A center in the School of Public Health, UC Berkeley since 1988
- Our team: researchers, practitioners, and communicators
- Partnerships with communities, government, business and philanthropy
- We translate research into practice

Why Migrant Workers?

Big number – estimated 244 million at 2018 (about 1/6 of total China population 1.43 billion). 62% is from 15-29.

Vulnerable population – lower education, life skills, lack social network & protection & sense of rights, etc.

Great need for holistic health information & services.

Timing & political will – government seeks for innovative social management model

Traditional migrant projects- not successful

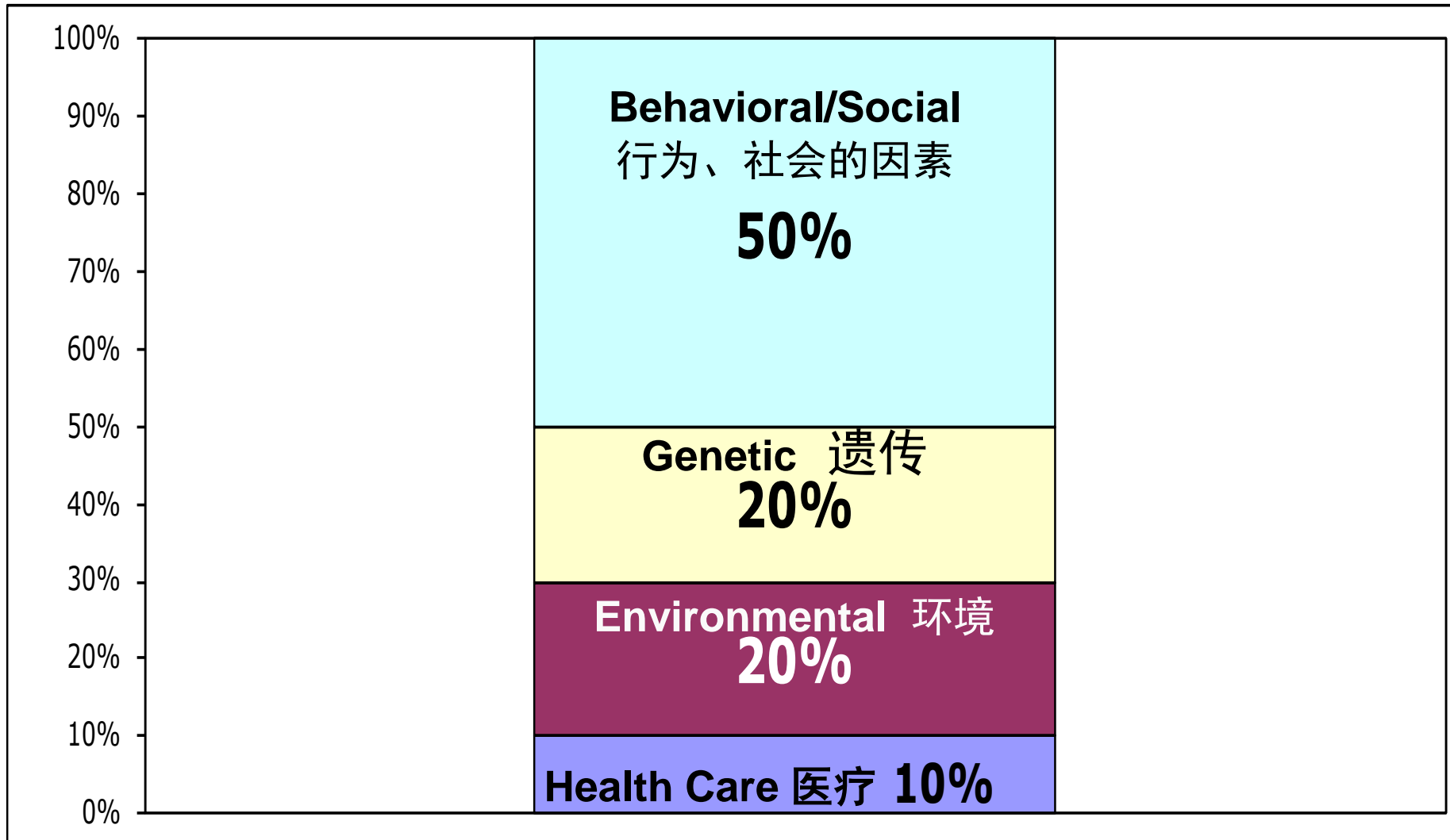
Why Have Migrant Projects Failed?

Focused just on health care – not **all** the factors that affect health = “**determinants of health**” or “**wellness**”

Projects designed without the participation of workers and other stakeholders (top-down approach)

Determinants of Health

决定健康的因素



Where is Changzhou City?



Changzhou City

- Jiangsu Province between Shanghai and Nanjing.
- Over 3,000 years of history.
- Population: 4.72 million; 1.2 million migrants
- One of 52 national economic development zones
- In 2011, government invited UC Berkeley and Pathfinder International to do pilot project to support workers

What is the Wellness Project?

It is an **innovative, empowerment and health promotion** project designed for underserved migrant population, especially young workers at the economic development zone to raise awareness, and improve their **health, wellbeing and rights**, using a highly **participatory approach** to meet their needs.



Approach and Strategy

- Multiple partners: government, NGO, academic & researcher, TA group, factory & worker, service provider, donor, etc.
- Equal partnership and ownership
- Highly participatory approach
- Empowerment to workers
- Designed research/evaluation plan from start
- Advocacy for policy change
- Developed model & method for scaling up and sustainability

Participatory Design Workshops



...and solutions

Identify worker health
and social problems...



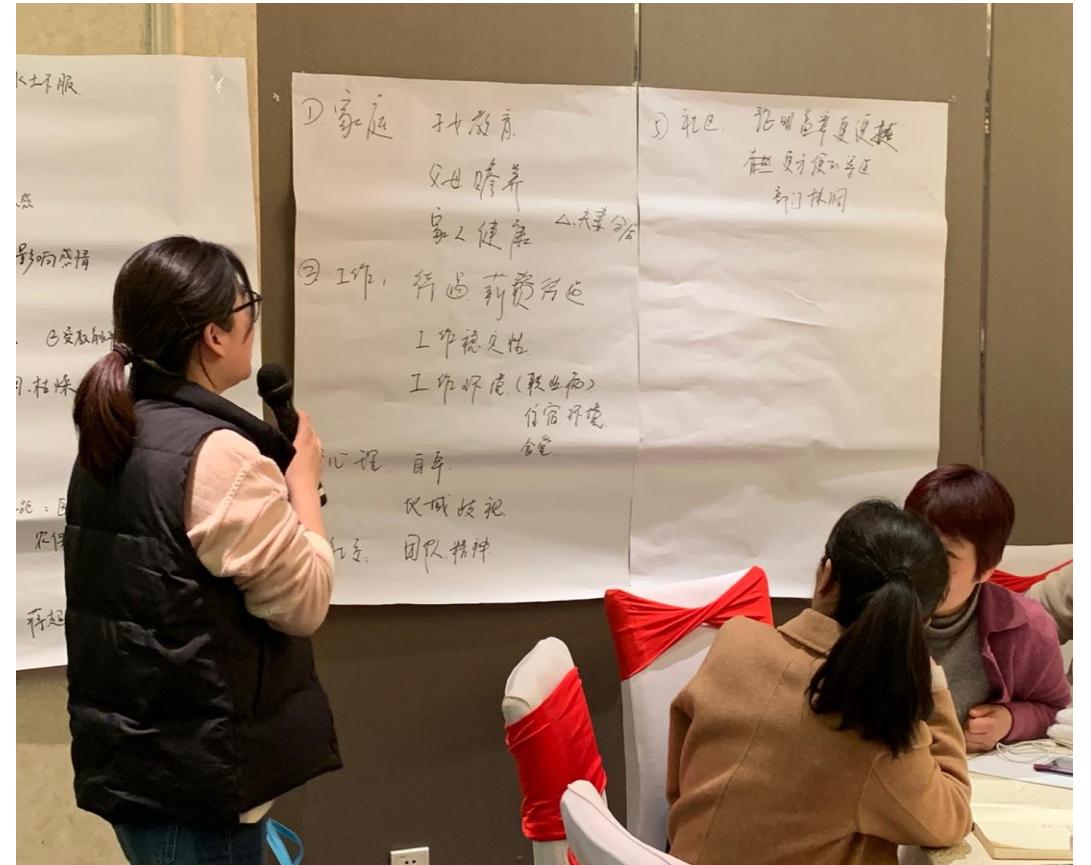
Small Group “Design Thinking” Exercise

Objective: identify worker health and social problems

- 5 minutes: at your table, identify worker health and social problems; write them on the “problem sheet”
- 5 minutes: brainstorm solutions to some problems; write them on the “solutions sheet”
- 1 minute: one person from each group will report back to All about problems and solutions



Workshop Feedback



Changzhou Workshop Feedback

Workshop (& baseline study) comments:

- | | |
|-------------------|---|
| Physical? | Few health/social services |
| Social ? | Want friendships, lonely, monotonous |
| Family? | Isolated from family and familiar environment |
| Work ? | High turnover, want career training |
| Community? | Schools for children, weak social integration |
| Others? | Lack health/social services information |

Project Interventions

1. Worker Wellness Guide

- Use Berkeley Wellness Guide model
- Designed by workers and partners
- Information about health and wellness

2. Wellness House in each factory

- Designed & managed by workers/partners
- A place to socialize, learn & have fun

3. Wellness volunteer/Peer Education/ & Trainer-of-Trainer workshops

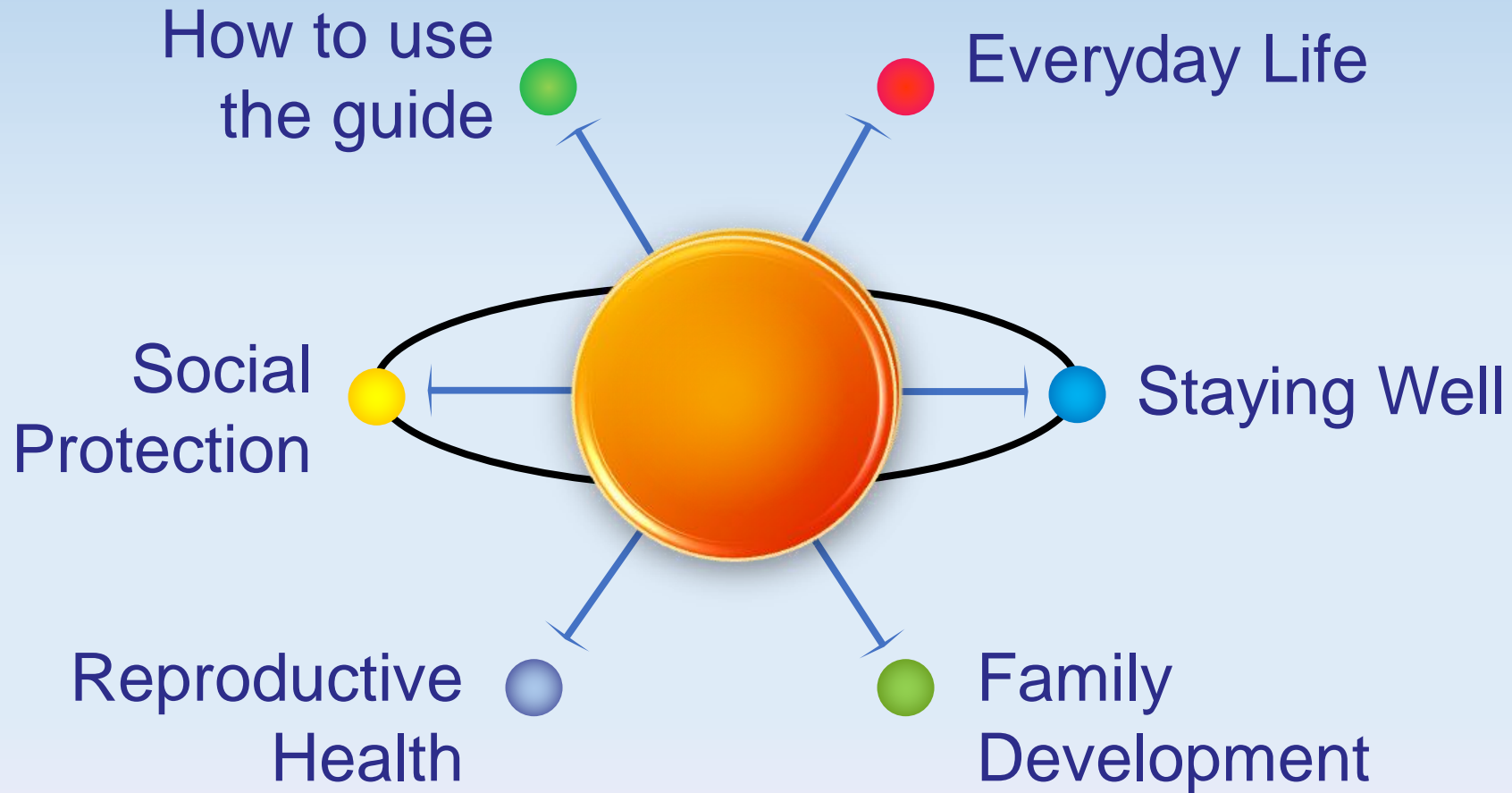




All partners, including workers participated in developing & writing the guide, and designing the Wellness House

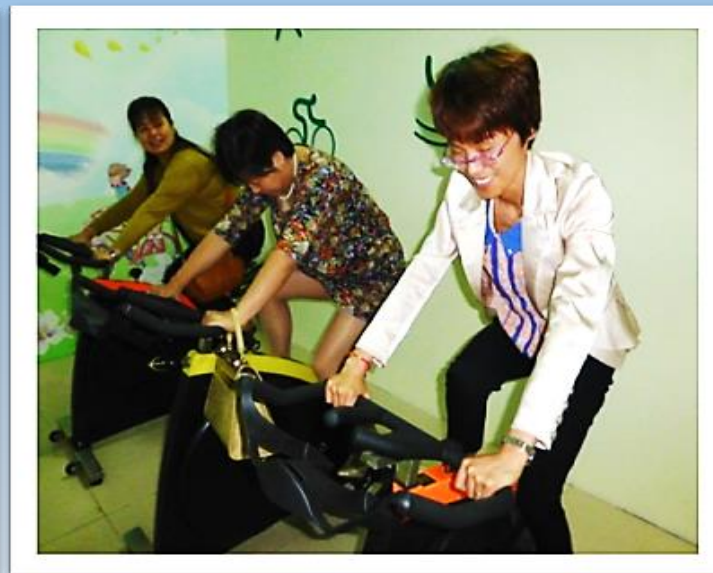


Wellness Guide (5 chapters, 28 topics)

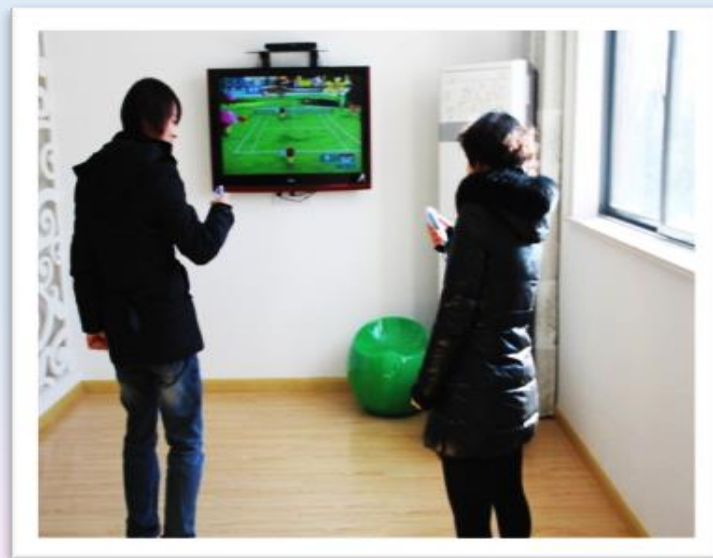


Wellness House – knowledge is power





Wellness House





At present, there are more than 600 volunteers, consisting of district, street and family planning and women groups.

Workers provide a peer education program to improve migrant workers' reproductive health, social and mental health issues.



Project Achievements

- Changed working, thinking and management style
- Project expanding from one to all districts, 2 to 28 active factories
- Baseline and follow-up surveys being analyzed in two intervention & two control factories
- Many positive changes in factories, and workers were empowered & equipped with knowledge
- Citywide policy changes: workers can send children to regular schools, better access to services, etc.

Continuing Education & Planning



Sharing Ideas at Berkeley



Challenges and Next Steps

- Document project in detail
- Stick to the participatory process
- Improve guide and wellness houses management
- Address social welfare issues
- Improve mental health issues, train more qualified counselors
- Evaluate project impact
- Maintain funding and scale up the project

Thank you! 谢谢



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本中心1988年成立于加州伯克利大学公共卫生学院

Our team: researchers, practitioners, and communicators
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Partnerships with communities, government, business and
philanthropy

与社区、政府、企业与基金会资助方合作

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我们将研究转为实际与行动