

# **CROSS CULTURAL RESOURCES**

The Cross Cultural Health Care Program Resource Center, May 2004.  
270 S. Hanford St. Ste. 100 Seattle WA 98134 • [www.xculture.org](http://www.xculture.org)

Internet resources, bibliography, and new materials in the Resource Center

## Focus: Arab American Communities and Arabic Health Resources

To be placed on this mailing list, for presentations on information access in culture and health issues, for a printed version of listed electronic documents, or to borrow an item, please contact Alyssa Sampson at 206 860-0329 ext 22 or [resource@xculture.org](mailto:resource@xculture.org).

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# 1. Arab American Communities and Arabic Health Resources

Arab American communities have varied histories in the US, sometimes dating back many generations, yet there is little information about them as a group and the US Census does not have a category for Arab Americans. In the last few years there has been a rise in hate crimes and discrimination against Arab Americans, Muslims, Sikhs, South Asian Americans, and others, who are often lumped together in other people's minds. This situation in part inspired this issue of *Cross Cultural Resources*. While we may produce issues in the future about religion and health, Islam and health, or South Asian communities, the current issue does not attempt to cover all of those subjects and is mostly limited to the already large topic of Arab American communities and Arabic health resources. Included are sites that might help providers learn about the diverse backgrounds and experiences of Arab Americans (and Canadians), sites that provide health information in Arabic and English, most of it for consumers but some for providers, resources for people who believe they have been discriminated against, and some other odds and ends including a few sites about Islam and caring for Muslim patients.

This is offered with the caveat that the author does not read or speak Arabic so these are resources found from the point of view of an English-language Internet user. Arabic-language users will probably find many additional resources. Also, Arabic is the only language actively sought here, and its dialects have not been differentiated here.

## 1. Cultural Profiles Project

<http://www.settlement.org/cp/english/>

Citizenship and Immigration Canada

Featured in previous issues of this newsletter, this Canadian site provides detailed cultural profiles of 99 countries of origin of Canadian immigrants. The list includes many countries of North Africa, West Asia, and the Arabian Peninsula, including Algeria, Bahrain, Egypt, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Libya, Morocco, Qatar, Saudi Arabia, Sudan, Syria and United Arab Emirates. Note that the Arab populations and cultures of these countries varies greatly; for instance, Iran is not an Arab country at all though there are some Arabic speakers there. The site says no more profiles will be added but the statement is not dated.

## 2. Guide to Arab Culture: Health Care Delivery to the Arab Community

[https://www.accesscommunity.org/documents/ACCESS\\_Guide\\_to\\_Arab\\_Culture\\_Health\\_Care\\_Delivery\\_to\\_the\\_Arab\\_American\\_Community.pdf](https://www.accesscommunity.org/documents/ACCESS_Guide_to_Arab_Culture_Health_Care_Delivery_to_the_Arab_American_Community.pdf)

Adnan Hammad, et al. Dearborn, MI: ACCESS Community Health Center, 1999.

This is an extensive 37-page community profile with an eloquent preface on medical anthropology. Though some information is specific to Michigan, home of the United State's largest Arab American community, this does not detract from the broad appeal of

the document. The profile includes a briefing of medicine's long and illustrious history in the Arab world, some traditional health practices, and background on health systems typical in countries from which Arabs have immigrated. Readers will also find information on child-rearing, pregnancy and birth, death, traditional etiquette, family structure, Islam, and more. It ends with a glossary and a reference list.

### **3. Arab-American Culture and Health Care**

<http://www.cwru.edu/med/epidbio/mphp439/Arab-Americans.htm>

Najeh M Ahmad, MD

Part of Public Health Management & Policy: An On-Line Textbook  
Fifth Edition April 2004 By the graduate students in MPHP439 at Case Western Reserve University in Cleveland, Ohio. (Masters Program in Public Health), Instructor: Duncan Neuhauser.

The main page for the "book" is <http://www.cwru.edu/med/epidbio/mphp439/>, and starting at this URL will keep the thing in frames so that it will be navigable. "Arab Americans" is number 15 under "Special Populations".

This is another nice health-oriented community profile. It includes immigration history.

### **4. Al-bab.com: An Open Portal to the Arab World**

<http://www.al-bab.com/Default.htm>

A wonderful portal that organizes a wealth of on and off site resources on culture, religion, travel, business, the arts and more. A menu of "country guides" appears on a left-hand side, each link taking the reader to a page devoted to a specific Arab country. The menu in the middle features a variety of subjects that each get its own home portal page. For example, the page about women features loads of illuminating essays from a variety of writers, and includes several about health topics. Great stuff!

### **5. Arab American Institute**

<http://www.aaiusa.org/>

"Founded in 1985, the Arab American Institute (AAI) is a nonprofit organization committed to the civic and political empowerment of Americans of Arab descent. AAI provides policy, research and public affairs services to support a broad range of community activities."-From AAI's site.

This extensive site includes a demographics section with a good profile and downloadable fact sheets about the Arab American communities in 11 states.

### **6. Classical Islamic Biomedicine**

<http://www.mic.ki.se/Arab.html>

From the Karolinska Institutet, a medical school in Stockholm, Sweden. Last update 15 March 2004. Links to many passages and essays on Arab and Islamic history, science, culture and theology in relation to health and medicine which describe valuable developments in medicine through the ages as well as Arab and Islamic cultural backgrounds of patients' current experiences. From "Perfumery in Traditional Islamic Medicine" to "Medical History in Azerbaijan," there's a wealth of information to be found here, not limited to the Arab world.

This is part of a larger site, *History of Biomedicine*, at <http://www.mic.ki.se/History.html>.

## **7. Middle East Research: Family, Gender, Policy, and Reproductive Health**

Population Council

Population Briefs Volume 1, Number 1

January, 1995

Regional Report

<http://www.popcouncil.org/publications/popbriefs/pb1%281%29%5F7.html>

A short and rather old annotated bibliography on reproductive health, especially women's, in the Middle East.

## **8. Health: Islam from About.com**

<http://islam.about.com/od/health/>

Loads of resources put together by Huda, About.com's guide to Islam. Despite some annoying pop-up ads, this site is well worth the visit for the variety of internal and external health-related information on Islam ranging from Huda's own writings on serving Muslim patients from birth to death to links to such topics as where to get a Braille Quran.

## **9. Infertility and Islam**

<http://www.angelfire.com/la/IslamicView/>

It's not clear to me who authored this site. It does, however, address infertility in a sensitive and informative way that may be a help and a comfort to Muslim couples. Embryonic stem cell research, adoption, haram issues around collecting sperm samples, and dealing with others' insensitive comments about childlessness are a few subjects addressed. It repeatedly emphasizes that women should not be defined by their ability to produce children.

## **10. Voices of the Communities Community Profiles Arab profile**

<http://www.xculture.org/resource/library/index.cfm>

Scroll down to find the Arab profile amongst CCHCP's 12 community profiles. This is a .pdf file requiring Adobe Acrobat Reader to view.

## **11. Arab Americans profile from *The Provider's Guide to Quality and Culture***

<http://erc.msh.org/mainpage.cfm?file=5.4.2.htm&module=provider&language=English>

Extensive health-oriented profile for providers. Includes a nice bibliography and list of links, though some of the links are now outdated.

## **12. 100 Questions and Answers about Arab Americans: A Journalist's Guide**

<http://www.freep.com/jobspage/arabs.htm>

*Detroit Free Press*, 2001

Though not health-oriented, this priceless resource provides an enlightening overview of the United States' diverse Arab American communities. Every American would benefit from reading this document, which provides an introduction to everything from the varied origins and religions of Arab Americans to cuisine to minority and racial status as defined by the U.S. government. Examples: "Who are the Chaldeans?" "Do Arabs have a

shared religion?” “Do Arabs come from the desert?” “What is meant by the phrase “Islamic fundamentalist?” “Is Arabic the only language spoken in the Arab world?”

**13. Arab Americans: Introducing a niche market and the unique opportunity to tap its potential**

<http://www.allied-media.com/Arab-American/>

From AlliedMedia.com

Obviously geared to a marketing audience, this profile has some interesting statistics and other information, especially under the “demographics” button. One piece of information that might surprise many readers is the religion pie chart showing only 23% of Arab Americans to be Muslim and the rest various Christian denominations. This is an oversimplification however since there are other religions left out.

**Health education materials in Arabic and Arabic language health sites:**

**14. The Multicultural Communication Service of New South Wales Health** based in Sydney, Australia, offers 319 different Arabic language brochures in .pdf form (requires Adobe Acrobat Reader to view).

<http://www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/Arabic.html>

**15. Transcultural Mental Health Center**

<http://www.tmhc.nsw.gov.au/translations/transinfo.htm>

Eighteen brochures on mental health and illness subjects in Arabic and other languages. .Pdf files, require Adobe Acrobat Reader to view.

**16. The 24 Languages Project** has several patient education items on infectious diseases and other subjects available in Arabic in various formats

<http://medstat.med.utah.edu/library/refdesk/24lang.html>

**17. Diabetes Australia**, which has appeared in previous issues of this newsletter, has its site available in Arabic amongst other languages.

<http://www.diabetesaustralia.com.au/multilingualdiabetes/Arabic/index.htm>

**18. Health Care Providers’ Handbook on Muslim Patients**

<http://www.health.qld.gov.au/multicultural/default.asp>

Sunnybank, Queensland: Islamic Council of Queensland, 1996.

Seventeen-page document intended to advise providers on caring for Muslim patients, addressing subjects such as adoption, gambling, mental illness, food, inheritance, the basics of the faith, and many more. This is a .pdf file requiring Adobe Acrobat Reader to view.

**19. Multicultural Education Services** books about babies and child development

<http://www.mcedservices.com/qothe.html>

Site offers for sale three reasonably priced short books in Arabic and other languages: *Feeding Baby, Growth and Development, Safety for Babies and Children.*

## **20. Refugee Mental Health Program brochures**

<http://www.cmhsweb.org/refugee/>

The Refugee Mental Health Project at the Center for Multicultural Human Services in Falls Church, Virginia provides mental health brochures on 7 topics including Depression, What is Good Mental Health, Post Traumatic Stress Disorder, Effective Parenting, Understanding and Managing your Child's Anger, Alcohol and Substance Abuse and Gambling: An addictive behavior. These topics have been developed and translated in 12 different languages such as English, Somali, Kurdish, Amharic, Spanish, Arabic, Farsi, Russian, Khmer, Vietnamese, French and Serbo-Croatian.

## **21. Healthy Roads Media**

<http://www.healthyroadsmedia.org/ara.html>

A collaboration of Family HealthCare Center in Fargo, ND and Moorhead, MN, and other partners, Healthy Roads Media provides patient education materials in a variety of formats including Arabic language materials in written, audio, and multimedia form on teeth and gums, violence and abuse, diabetes, and cold and flu. Other languages also available.

## **22. Downloadable Emergency Phrasebook in Arabic**

<http://www.dh.gov.uk/assetRoot/04/07/34/37/04073437.pdf>

Short document from the United Kingdom's Health Department. Available in over three dozen languages at

[http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4073230&chk=8XboAN](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4073230&chk=8XboAN)

## **23. Mental Health in Emergencies**

[http://www.who.int/mental\\_health/resources/emergencies/en/](http://www.who.int/mental_health/resources/emergencies/en/)

From the World Health Organization, in English, Arabic, French, and Spanish. A short document for humanitarian workers and others working with people in emergency situations such as wars and natural disasters, this paper provides guidance on building the foundations for and smaller interpersonal aspects of psychological first aid

## **24. NOAH (New York Online Access to Health)**

<http://www.noah-health.org/index.html>

NOAH provides a seemingly endless supply of online health education materials. Though the main languages are English and Spanish, increasing numbers of materials in additional languages are being added and linked, including many in Arabic.

## **25. Men and Reproductive Health**

<http://www.fhi.org/ar/networka/avg19-1/indexg.html>

Arabic version of Family Health International's *Network* journal, Vol. 18, No. 3, Spring 1998

Also available in English:

[http://www.fhi.org/en/rh/pubs/network/v18\\_3/index.htm](http://www.fhi.org/en/rh/pubs/network/v18_3/index.htm)

And Spanish, and French

“Encouraging male responsibility for family planning requires services that protect the reproductive health of both men and women. Articles discuss male responsibility for reproductive health, men’s reproductive health risks, surveys from developing countries that suggest a strong interest in family planning among men, and topics involving existing and experimental male contraceptives.”—Description from the English version’s home page. Intended for health care workers and providers.

## **26. Multilingual Health Information for Seniors**

[http://www.oakwood.org/Education/education\\_detail.asp?ContentId=592](http://www.oakwood.org/Education/education_detail.asp?ContentId=592)

From Oakwood Healthcare System in Southeast Michigan, health information on subjects such as advance directives, alzheimer’s disease, heart disease, diabetes, incontinence and more, designed for use by seniors, their families, medical professionals and caretakers. .Pdf files in English, Arabic, and Spanish; require Adobe Acrobat Reader to view.

## **27. Arabic health sites**

<http://www.saadah.net/h/>

Links to sites from many Arabic-speaking countries. I don’t know anything about most of these so can’t particularly recommend any of them. If you know Arabic you can carefully judge for yourself.

## **Discrimination issues:**

## **28. American Arab Anti-Discrimination Committee**

<http://www.adc.org/>

Informational Resources on Arab-Americans, the Arab World and Islam

<http://www.adc.org/education/aainfores.htm>

Civil rights organization whose web site is a wealth of articles and resources such as materials on policy and legal issues, curricula to teach children about Arab Americans and related issues, press releases, and more. Scroll down the home page to find a link to “how to report an incident of discrimination” and “What to do if you are contacted by the FBI.”

## **29. Brochure: Federal Protections Against National Origin Discrimination**

[http://www.usdoj.gov/crt/legalinfo/nordwg\\_brochure.html](http://www.usdoj.gov/crt/legalinfo/nordwg_brochure.html)

From the U.S. Department of Justice Civil Rights Division, this brochure is available in Arabic as well as Farsi (spoken by people from Iran and some other areas), the South Asian languages Hindi, Punjabi, and Urdu; and also Cambodian, Chinese, English, French, Haitian Creole, Hmong, Korean, Laotian, Russian, Spanish, Tagalog, Vietnamese.

## **Additional organizations:**

## **30. Arab Community Center for Economic and Social Services (ACCESS) in Detroit**

<https://www.accesscommunity.org>

Multifaceted organization active in various services, sectors, and issues.

**31. Arab American and Chaldean Council**

<http://www.arabacc.org/services.html>

Organization provides counseling and human services, employment training and placement, and other services.

**Other:**

**32. Health Information for Travelers to the Middle East**

<http://www.cdc.gov/travel/mideast.htm>

Site from the CDC tells travelers from the U.S. which health precautions to take when traveling to countries in the Middle East.

**33. Annals of Saudi Medicine**

<http://www.kfshrc.edu.sa/annals/>

Medical journal available on line.

## 2. New Acquisitions in the CCHCP Resource Center

Residents of the Puget Sound region may borrow these materials for one month. Others should try to obtain them from their local public, university or medical library. It may be necessary to request them through interlibrary loan.

**1. 1999 CCPH National Conference Proceedings: Leadership for healthier communities and campuses** / Seifer, T., ed. / Community-Campus Partnerships for Health. -- San Francisco: Community-Campus Partnerships for Health, 2000.

H CCPH 2

**2. Basic immigration facts** / National Immigration Forum. -- n.p. National Immigration Forum, 2003.

RCE NIF 1

**3. Building linguistic and cultural competency: A tool kit for managed care organizations and provider networks that serve the foreign-born** / Mid-America Institute on Poverty. -- Chicago IL: Mid-America Institute on Poverty, 1998.

M MAIOP 1 Copy 3

**4. Bury my heart at Wounded Knee: An Indian history of the American West /**  
Brown, Dee. -- New York NY: H. Holt, 1991.

NA Brow 1

**5. Examining asylum seekers: A health professional's guide to medical and  
psychological evaluation of torture /** Physicians for Human Rights. -- Boston MA:  
Physicians for Human Rights, 2001.

R PHR 1

**6. Foundations of psychiatric mental health nursing: A clinical approach /**  
Varcarolis, Elizabeth M. -- Philadelphia: W.B. Saunders, 2002.

MH Varc 1

**7. Harvest of empire: A history of Latinos in America /** Gonzalez, Juan. -- New York:  
Penguin Books, 2000.

RCE Gonz 1

**8. Humanities in medical education: Considering cultural diversity /** Fleetwood,  
Janet; Vaught, Wayne. -- N.p. The Medical College of Pennsylvania and Hahnemann  
University, Department of Community and Preventive Medicine, Division of Medical  
Humanities, 199?

CD Flee 1

**9. Innovative strategies to address domestic violence in Asian and Pacific Islander  
communities: Examining themes, models and interventions /** Kim, Mimi. -- San  
Francisco CA: Asian & Pacific Islander Institute on Domestic Violence of the Asian &  
Pacific Islander American Health Forum, 2002.

CD Kim 1

**10. Maternity nursing /** Lowdermilk, Deitra Leonard, Editor; Perry, Shannon E., Editor;  
Piotrowski, Karen A., Associate Editor. -- St. Louis MO: Mosby, 2003.

H Lowd 1

**11. Medical-surgical nursing: Assessment and management of clinical problems /**  
Lewis, Sharon Mantik, Editor; Heitkemper, Margaret McLean, Editor; Dirksen, Shannon  
Ruff, Editor. -- St. Louis MO: Mosby, 2000.

H Lewi 1

**12. Native outreach: A report to American Indian, Alaska Native, and Native  
Hawaiian communities: executive summary /** National Institutes of Health; National  
Cancer Institute. -- [Seattle WA] Washington Basic Health Plan, Washington State  
Health Care Authority, Community Programs, 1999.

NA NIH 1

**13. PALS : Physical activity for local students : The guide for school and community  
collaboration to support and create physical activity opportunities for young**

**adolescents** / Rogozen, Nina, Et al. / Comprehensive Health Education Foundation; National Middle School Association. -- Seattle, WA: Comprehensive Health Education Foundation; National Middle School Association, N.d.

CHILD CHEF 1

**14. Realities of education funding in Washington State: Why schools are still struggling even after the passage of two education initiatives** / Pascall, Glenn; Tigre, Lexie, Chief Researcher. -- Seattle WA: League of Education Voters Foundation, 2002.

CHILD Pasc 1

**15. Returning to the teachings: Exploring aboriginal justice** / Ross, Rupert. -- Toronto ON: Penguin Canada, 1996.

NA Ross 1

**16. The State of Washington's children: Winter 2003** / University of Washington School of Public Health and Community Medicine; University of Washington, Daniel J. Evans School of Public Affairs, Human Services Policy Center. -- [Seattle WA] University of Washington, 2003.

CHILD UW 2

**17. Understanding youth development: Promoting positive pathways to growth --** n.p. U.S. Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Family and Youth Services Bureau, 1997.

CHILD CSR 1

#### 4. Comments

How do you like this publication? \_\_\_\_\_

What would you like to see more of? \_\_\_\_\_  
\_\_\_\_\_

What do you think should be different? \_\_\_\_\_  
\_\_\_\_\_

What subjects would you like to see covered? \_\_\_\_\_  
\_\_\_\_\_

General comments? \_\_\_\_\_  
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Send comments to [resource@xculture.org](mailto:resource@xculture.org) or

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