

No Dramas

Eliminating hepatitis B-related shame in the Chinese community

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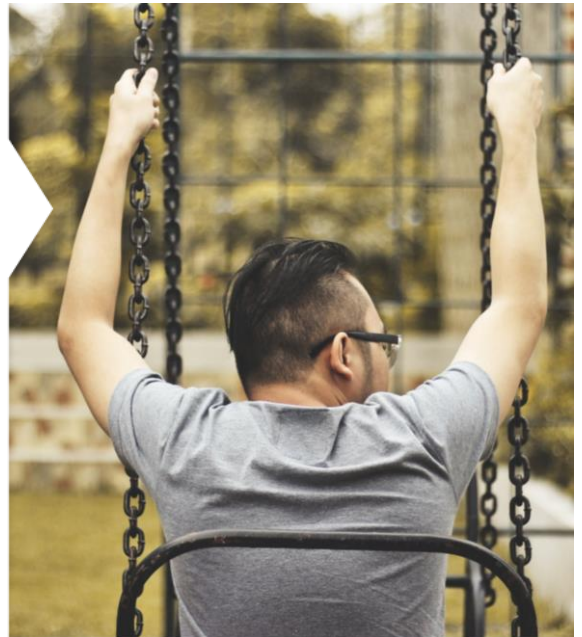


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Shame

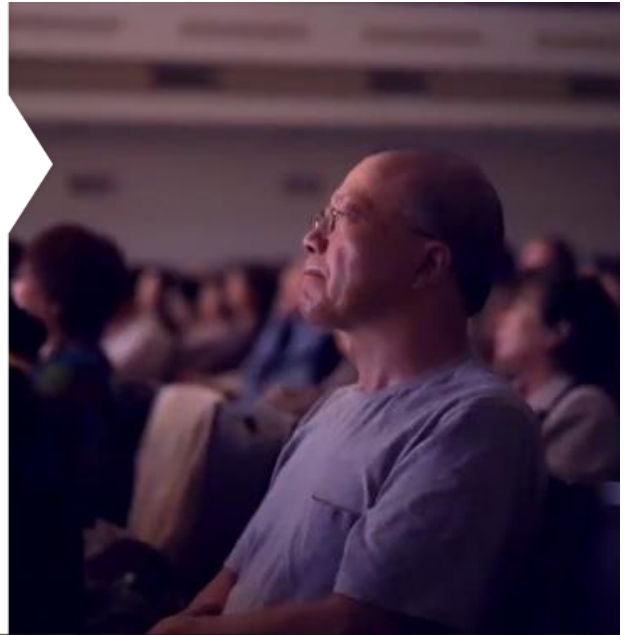
The biggest barrier to achieving better health outcomes



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How do we get a group of people to **meaningfully engage** with a topic that they find shameful?



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Arts-based health promotion

A worthwhile endeavour

- Explores challenging topics in a safe space.
- Provides insight into the experience of other people's lives.
- Eliminates feelings of shame.



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Love liver, love life

In-language educational comedy

- Written by the community for the community.
- A family's story on coping with a hepatitis B diagnosis.
- 1st show in August 2017, 2nd show in April 2018
- Free hepatitis B testing and FibroScans for audience members after the play.



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Education

- Myths lead to hepatitis B stigma and discrimination.
- Addressing common hepatitis B myths.
- Correcting misinformation without shame nor judgement.



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Eliminating fear

- Fears around an individual's reputation in the community.
- Fears around the consequences of having hepatitis B.
- Following an individual's journey with hepatitis B.



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Guidance

- Poor language proficiency.
- Lack of familiarity with Australia and its systems.
- In-language guide on how to navigate Australian healthcare system.



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Results

- 1000 Chinese Australians have watched the play in-person.
- All actors and actresses tested for hepatitis B.
- 95% of people would test for hepatitis B.
- Many audience members requested for more in-language edutainment in the future.



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Conclusion

Arts-based health promotion approaches are worthwhile endeavours – but be prepared to put in the hard yards!



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