

Caafimaadka ina o kor linqaado wey:

Caafimaadka faylan muhiim wey, mayne sheenee ina shaqeysato, wal barato, guuleysato. Si lin fahamo sidii lin hormarsiyo lahaay dadka caafimaadka sidi larabo inin deereyne. Heathirehere and Center for multicultural Health, ay helis lagena 18 hay ad, kuwas o ila shaqeyayan bulshadiyo. Hey adahas may subiyena 5 koox iyo 908 qof oo ka shalhadalayan 11 af, meelan na may ki heyne kuwi inka muhim sanayen iyo walagii una kafahani.

Doogi bulshada

HEYADOOGI KAQEYB GALEN

African American Health Board • Association of Zambians • Congolese Integration Network • Consejo Counseling and Referral Service • Falis Community Services • Khmer Health Board • Latino Community Fund • Living Well Kent • Lutheran Community Services • Mother Africa • Pacific Islander Health Board • Pamoja Christian Church • Sisters in Common • Somali Health Board • TI-Plus • Vietnamese Health Board • Washington State Coalition of African Community Leaders • ZACUSA

Caafimaad sidi laka halo kakante



Only 2 out of 5

5 ti qofba 2 kamid ete

- > ye in fudude sidi balan caafimaad kaheli faden
- > ye kaheli karan qof afsho kahadalow meeli caafimad sho
- > Ye kasikaran calamayalki liki kasow jiridi dawo in bahante



Only 1/2

Afartan qof lama kamid ete

- > ye may fahansanyana ini caafimaadsho fahamooye walaagii iyo in shegoyanay.
- > wana may in fudude ini iyo fahaman walaagi dhaqtarsho in shegoye.
- > ye may aminsayina ini caafimaadsho fahamoye wana ixtiramoyo dhaqansho
- > ya may hala karana baabuur ke sedan balantiyo, qaar kamid eyana may iska halayoyana qarabadiyo, saxibyalsho iyo baburyalka bulshi weyn te

Dadka mahali karan daryelki in bahanyan



3 out of 5

5 ti qofbo 3 kamid ate
Ye daawadiyo in weydisane ama in qadana bo.



3 out of 4

4 tii qofba 3 kamid ete ye in weydine daryel iyo qof cidiyo kamid eye daryelkii in bahanayen.

Top Reasons Why

Sababyalka inka wewinyan

- > Ceymis sho oo daawada in dhibeyna.
- > Ceymis la an
- > Dawada o lin goyi karayne/ kabka oo kor aye

Top Reasons Why

Sababyalka inka wewinyan

- > qimada
- > Ceymis la an
- > Kabka oo lin hala kareyne
- > O fasax inka hala karne shaqadiyo iyo iskolsho

Ceymiska o sidi lin fahamo kakante



2 out of 5 Find it Easy to

5 ti qofba lama kamid eto ye in fudude ini fahaman walagi ceymisho dhiboye.

> ye may in fudude ini jadiid ka dhikadan caafimadsho.



Only 1/2 Say it is Easy to

4 tan qof lama kamid ete ye may infudude ina halan meel caafimaad iyo meli dawada.

May jire wal liki toosiye kare Caafimaadkan



> 10kii qofbo li kamid ete ye may rabanna ini furunado caafimaadsho maalmogi fasaxa ila waqti dambe



- > 10 kiba afar kamid eto ya may kaheli karana qof afsho ka hadalow meeli caafimaadsho
- > Ye may rabanna ina kaniinyaalka lenka sheno mininsho
- > Ye may rabanna ina babur balanta likijeyow lin suubiyo
- > Ye may rabanna ina halan qof ka caawiyow holi caafimaadsho kisabsanya dhan.



> 10 kiba 3 kamid ete ye may rabanna ina liki furo meli caafimaadka degd dega lekehalow minisho agtis



MAY KILE ETE

- > Se kiile ete hadii iska mizanto arintan iyo adi fikrada?
- > May jin jin ka eyan ama ki shal duwanyan?
- > Fikir kale hayte oo kor linki qaadow caafimaadki bulshada.

Hadi adi rabto fahfahin dherat ete oo kisabsanya shaqadayne dey

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Center for MultiCultural Health
Promoting Health and Well-Being in Diverse Communities



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