

Sare uqaadida caafimaadka:

Caafimaadka wanaagsan waa muhiim wuxuuna keenayaa in uu qofku shaqeysto, waxbarto, guuleysto. Si loo fahmo horumarinta caafimaadka dadka aan adeegyada caafimaad si buuxda uhelin. Healthierhere and Center for multicultural Health heshiis lagaleen 18 hey adood oo lashqeeya bulshadooda. Hey adahaasi waxeey abuurin shan kooxood iyo 908 ruux oo ku hadla 11 luqaddood, halkana waxaan ku heynaa, kuwoodii ugu muhiimsanaa iyo wixii aan kafahaney.

Codka bulshada

HEYADAHA KAQEYB QAATEY

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

Helida daryeel caafimaad badanaa wey adagtahey



Only 2 out of 5

5 tii qofoodba 2 kamid ah

- > Ayeey ufudu dahey in ay helaan balamo caafimaad.
- > Ayaa kaheli kara xaruntooda caafimaad qof ku hadla luqadooda.
- > Ayaa garanaya calaamadaha xanuunada haya ee ubaahan in la daweeyo.



Only 1/2

Labadii qeyboodba qeyb kamid ah

- > ayaa waxeey fahmayaan in xaruntooda caafimaad ay garatey waxa ay ka hadlayaan.
- > isla markaana ay ufududahey in ay fahmaan waxa ay xaruntooda caafimaad kala hadleyso
- > Ayaa aaminsan in xaruntooda ay fahmeyso isla markaana ixtiraama dhaqankooda
- > ayaa heli kara gaari ay ku tagaan balantooda, iyadoo qeyb kamid ahna ay kutiirsan yihiin reerkooda, saaxiibadooda iyo gaadiidka dadweynaha

Dadka maheli karaan daryeelka ay u baahanyihiin



3 out of 5

5tii qofba 3 kamid ah ayaan dalbanin ama aan qaadanin daawooyinkii loo qorey.

Top Reasons Why

Sababaha ugu waaweyn

- > Ceymiska oo aan bixinin daawada.
- > Ceymis la aan.
- > Daawada oo qaali ah/ jeeb kabixinta oo sareysa.



3 out of 4

4 tii qofba 3 kamid ah ayaan raadinin daryeel caafimaad iyaga iyo qof reerkooda kamid ah markii ay u baahnaayen

Top Reasons Why

Sababaha ugu waaweyn

- > qiimaha.
- > Ceymis la aan.
- > Jeeb kabixinta oo aan lahelikarin.
- > Aan fasax kaheli Karin shaqadooda iyo iskuulka

Ceymisyada oo ay adag tahay in lafahmo



2 out of 5 Find it Easy to

- > 5 tibia 2 kamid ah ayeey u fudadey in ay fahmaan qeybta ceymiskoodu bixiyo.
- > Ayeey u fudadey in ay cusbooneysiistaan ceymiskooda



Only 1/2 Say it is Easy to

Labadii qeyboodba qeyb kamid ah, ayeey u fududahey in ay helaan xarun caafimaad ama rugta daawada.

Waxaa jira waxyaabo lagu hagaajinkaro caafimaadka



> 10kiiba 6 kamid ah ayaa waxeey qabaan in xarumaha caafimaad ay furnaadaan maalamaha fasaxa ilaa waqti dambe



> 10 kiiba 4 kamid ah ayaa kaheli kara xaruntooda qof ku hadla luqadooda.
 > Ayaa raba in daawada loogu keeno guryahooda.
 > Ayaa raba in loogu dee qo gaadiid ay balantooda ku aadaan
 > Ayaa raba in ay helaan qof ka caawiya arimaha daryeelka caafimaadkooda.



> 10 kiba 3 kamid ah ayaa raba in xarunta caafimaadka deg dega ah ka helaan meel u dhow deegaankooda.



MAXAY KULATAHEY

Sideey kula tahey hadii aad tani barbar dhigto qibradaada?

Maxeey kasimanyihiin ama ay ku kala duwanyihiin ?

Maxaad fikrad kale ayaad heysaa oo lagu hormarin karo caafimaadka bulshadaada

Hadii aad ubaahantahey in aad hesho faah faahin dheeraad ah oo ku saabsan shaqadeena fiiri HEALTHIERHERE.ORG



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



HealthierHere