



HEALTH ASSETS

Health assets are any factor or resource that help individuals, groups, communities, or institutions to stay healthy and support well-being, while also helping to reduce health inequities



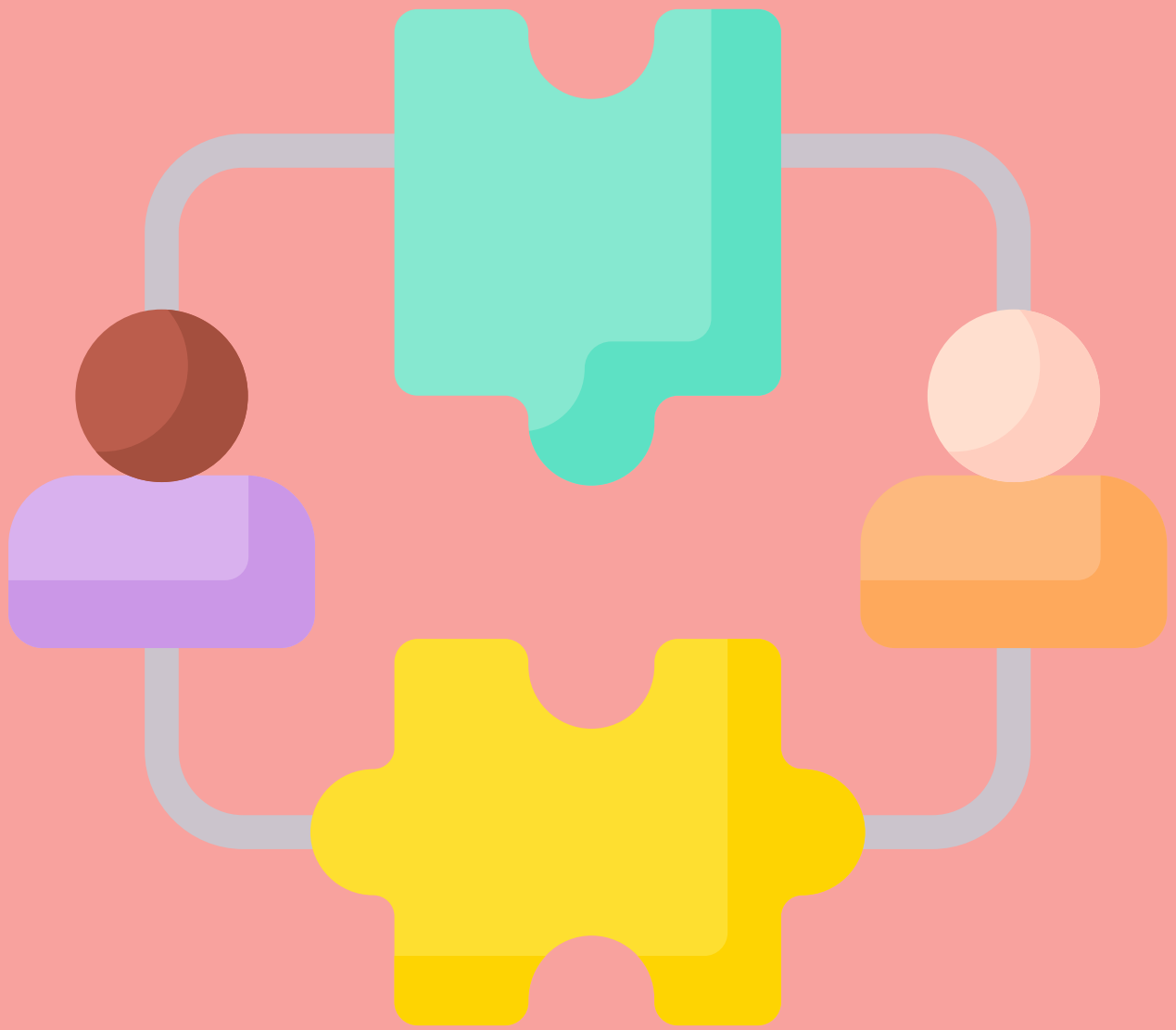
INDIVIDUAL ASSETS

Individual assets are the personal strengths and resources a person has that help them live well and stay healthy. They are the positive characteristics of a person shown through their attitudes and personality



HEALTH LITERACY

Health literacy is the ability to access, understand, and use health information to make decisions about health and well-being.



ACCULTURATION

Acculturation is the process of adjusting to a new culture and depends a lot on a person's individual situation. It can be stressful, but people often develop ways to cope and stay strong. Acculturation plays an important role in overall well-being



**SENSE OF
PURPOSE
AND AGENCY**

Having a sense of purpose is feeling like a person's life has meaning and direction.

This is an important part of well-being, along with feeling in control of your life.

Taking part in community activities, events, and groups can give people a sense of purpose



CULTURE

Culture is the way people live, including their traditions, customs, and beliefs.

Having a strong connection to culture is important for many people's health and well-being. Taking part in cultural events can help improve health and happiness



LANGUAGE

Being able to talk with services, such as schools and health services, and the community is an important part of health and well-being. Making friends and connections in the community help improve language skills



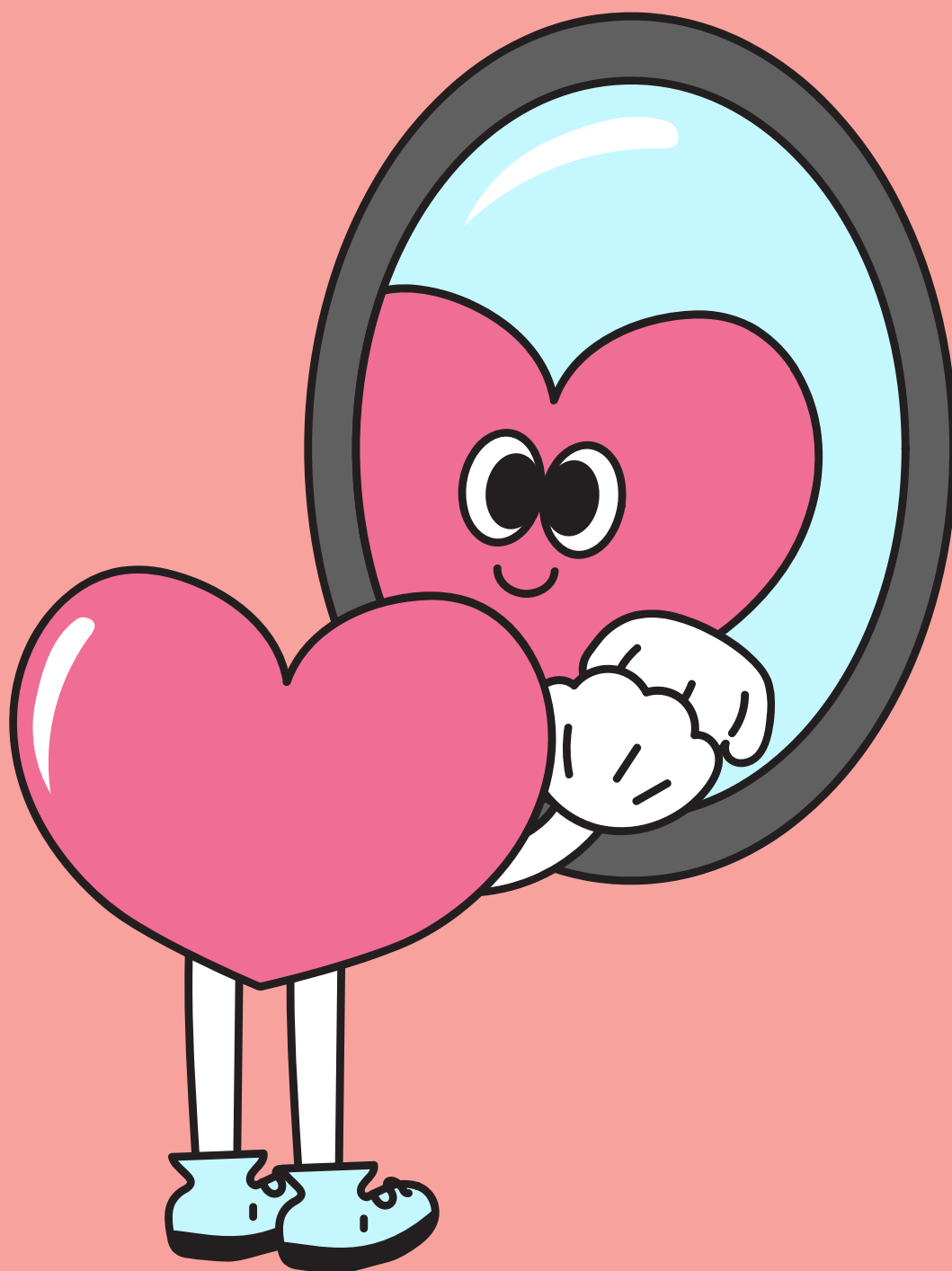
RELIGION AND SPIRITUALITY

Religion and spirituality
can improve health by
offering social support,
encouraging healthy
habits, and giving
people a sense of
belonging, meaning
and purpose.



RESILIENCE

Resilience is the ability to cope well during tough times. It means being able to recover from challenges, protect well-being, and sometimes even grow stronger through the experience



SELF-ESTEEM

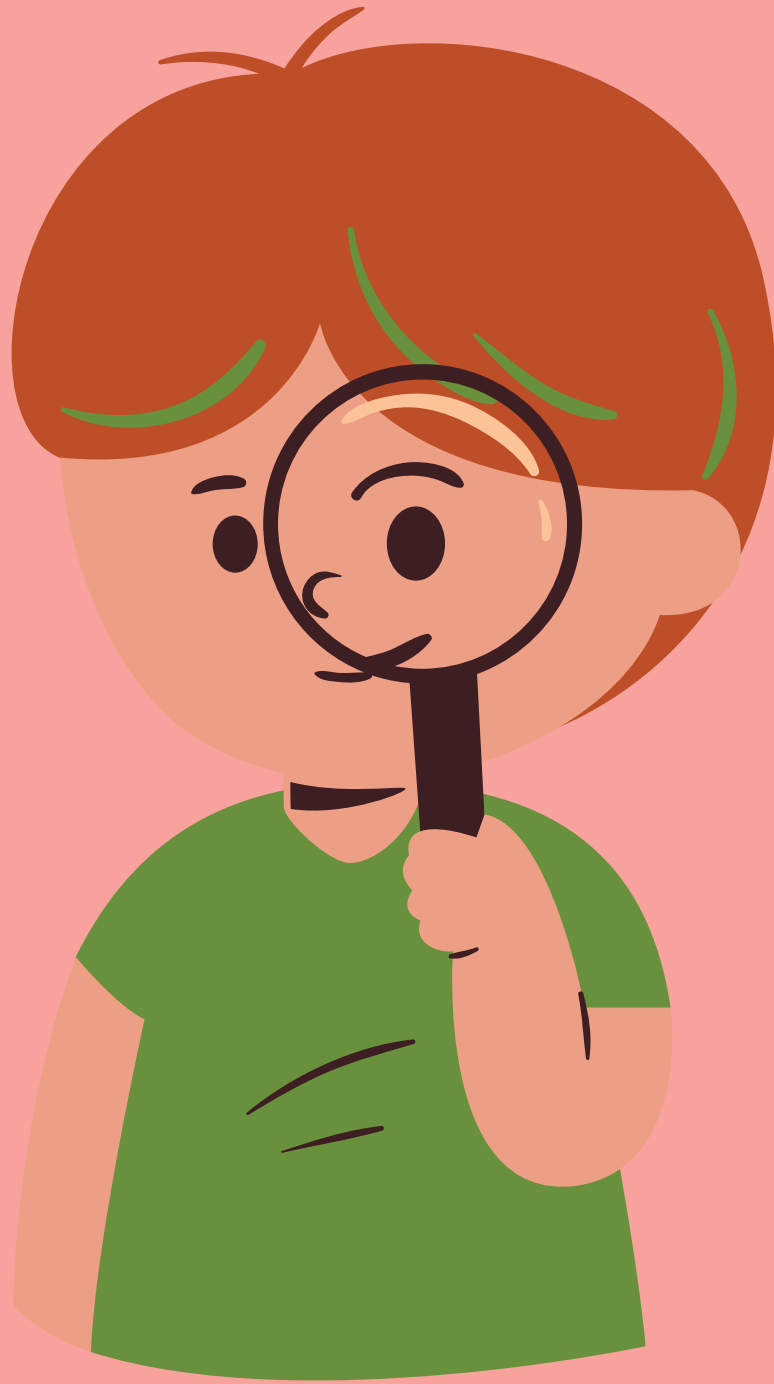
Self-esteem is how a person values and perceives themselves.

Good self-esteem helps build confidence, resilience, and healthy ways of coping, which can lead to stronger relationships and life satisfaction



**SENSE OF
BELONGING**

Belonging is the feeling of being accepted, valued, and connected to a group or community. It creates a sense of security and support and is a basic human need



**SENSE OF
IDENTITY**

Identity is how a person understands and sees themselves.

It includes their personal traits, beliefs, values, and social connections, and helps give them a sense of who they are and how they've grown over time



SOCIAL NETWORKS

Social networks are the people connected to you through relationships and interactions both in-person and online. It includes individuals and the links between them, such as friendships, family ties, or shared activities



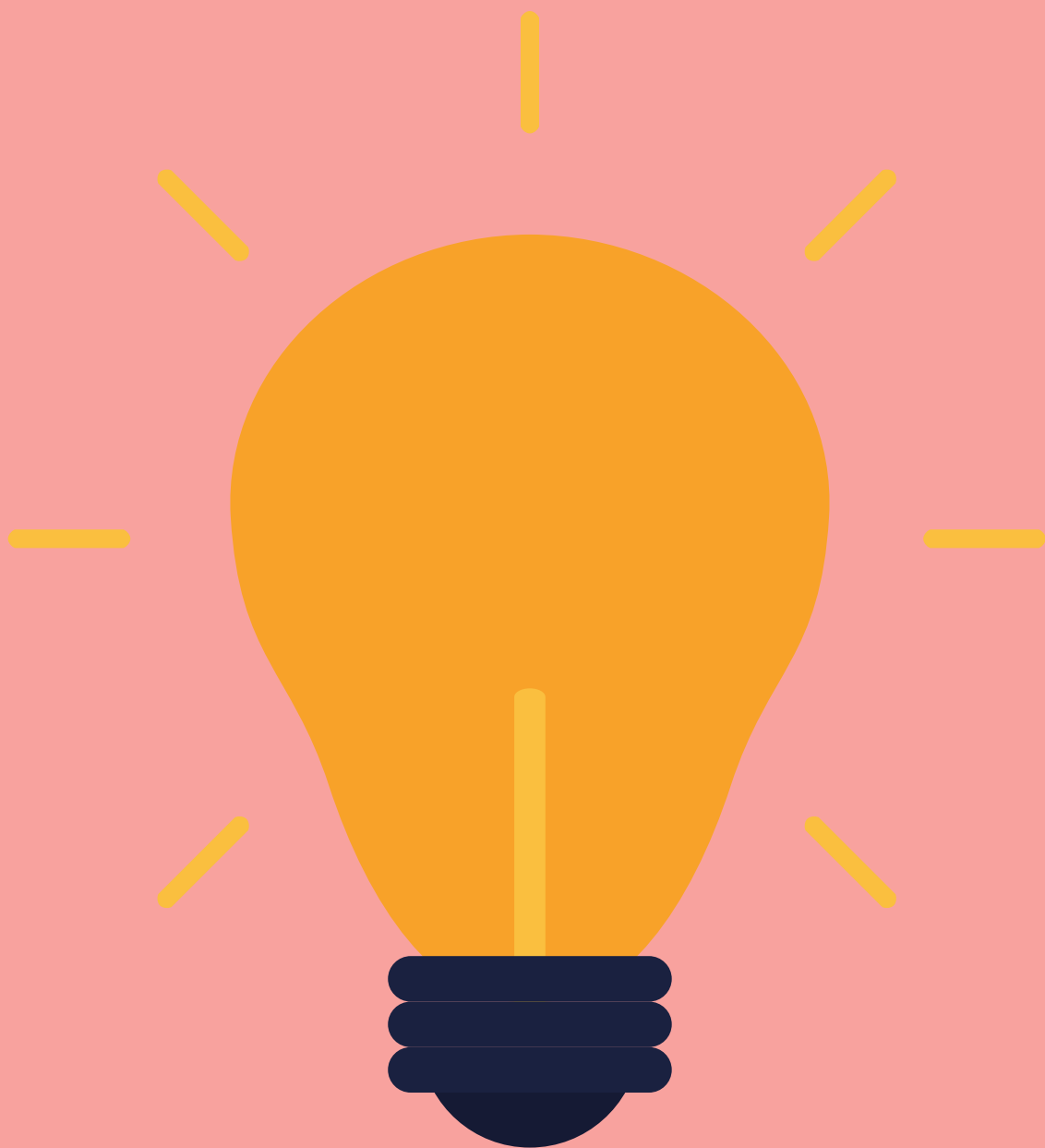
FRIENDSHIPS

Friendships are an important part of staying healthy. Having strong social connections, like friendships give you a sense of belonging, identity and stability, and help you feel supported.



HOUSING

Housing as a health
asset means having
safe and proper
shelter, access to
important resources,
creating a stable and
safe environment that
supports health and
well-being



**ACCESS TO
KNOWLEDGE**

Access to knowledge includes the ability to create, use and share information, as well as the tools and services that can be used to build and maintain knowledge



EMPLOYMENT

Having a job helps
people feel like they
belong, improves their
health and well-being,
helps them learn
English, and supports
their integration into
the new community



**ACCESS TO
TECHNOLOGY**

Access to technology means being able to use digital tools like computers, smartphones, and the internet. When people have access to technology, they can learn new things, find jobs, stay in touch with friends and family, and access healthcare



FAMILIAL ASSETS

Familial assets are about strong family support and connections. These assets can depend on the kind of family, and how parents raise their kids that offer support to children, friends and relatives



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SOCIAL CAPITAL

Social capital is the
networks of
relationships and
connections that
people have, and the
benefits they gain
from these
connections



FAMILY SUPPORT NETWORKS

Family support
networks offer social,
emotional, and
practical help.
Support from family
connections can
reduce stress,
encourage healthy
habits, and improve
overall well-being



**INTERGENERATIONAL
SOLIDARITY**

Intergenerational solidarity means the strong relationships and support between different generations, like parents and children or grandparents and grandchildren. It includes emotional connections, shared values, helping each other, and spending time together



MENTORS AND ROLE MODELS

Mentors and role models are important for health and well-being because they offer guidance, support, and inspiration that help individuals grow emotionally, mentally, and socially. They could be from a person's direct relationships, community or religious figures



COMMUNITY ASSETS

Community is made up of a group of people who share things like culture, language, ethnicity, political views, gender, and beliefs. Community assets include access to schools and support systems, as well as the trust, relationships, and sense of working together that people build in their local area



**SOCIAL
SUPPORT**

Social support means having help from others when you need it. This can include emotional support, useful information, practical help, or simply having someone to spend time with. It usually comes from family, friends, or people in the community



**COMMUNITY
COHESION**

Community cohesion
is the ability of a
community to work
together and grow in
harmony. It's based on
shared goals, a sense
of belonging, respect
for diversity, and
equal opportunities
for everyone



FRIENDLY AND SAFE NEIGHBOURHOODS AND PLACES

Friendly and safe
neighborhoods and
places encourage
physical activity, build
social connections, and
provide access to
healthy resources, all of
which improve well-
being



POPULATION ASSETS

Population assets are mostly beyond an individual's control. They include things like how easy it is to access healthcare, how well people are included in work and housing, and efforts to promote diversity, fairness, and social justice



ACCESS TO CULTURALLY RESPONSIVE HEALTH SERVICES

Access to culturally responsive health services means getting care that respects your culture, beliefs, and preferences. It also means that healthcare providers understand how your culture can affect the way you think about health, your habits, and how you use health services



ACCESS TO BICULTURAL WORKERS

Access to bicultural
workers assist in
bridging language and
cultural gaps. They
improve
communication, guide
people through
complex systems,
advocate for
community needs, and
create safe
environments



**A WORKFORCE
THAT
UNDERSTANDS
INDIVIDUAL NEEDS**

A workforce that
understands
individual needs
means having a job
that is flexible, offers
new skills, and a
supportive
environment where
one's contributions
are valued and well-
being is a priority



SCHOOL AND UNIVERSITY

Schools and universities provide a safe space to learn, grow, and build knowledge and friendships. Schools and universities can improve self-esteem, reduce stress, and encourage positive choices that benefit long-term health



**WORKFORCE
CAPABILITY**

Workforce capability means making sure workers have the right skills and knowledge to do their jobs, and helping people feel well-supported. This results in improved health and well-being outcomes and reduced staff burnout



COMMUNITY SPACES FOR SOCIAL EVENTS

Community spaces for social events like parks, community centres, and local halls are valuable health assets because they bring people together, strengthen social connections, and belonging and support mental and physical well-being.



BURIAL PLACES

Burial places serve as important community health assets by providing spaces where individuals and families can honor and remember their loved ones. These spaces support emotional and psychological well-being during times of loss.



PLACES OF WORSHIP

Places of worship can be valuable health assets due to their social and spiritual support systems. They provide spiritual guidance and belonging, and a space that fosters emotional support, social connection and access to health services



MULTICULTURAL MEDIA

Multicultural media are newspapers, radio, TV, websites, and social media platforms that provide news and stories for diverse cultural groups, often in languages other than English to keep communities informed and connected.



INTERNATIONAL MEDIA

International media is a vital health asset because it shares important health information across the world. International media outlets, like global news websites and TV channels, share health news and advice to people in many countries



SBS RADIO

SBS Radio is a valuable health asset because it provides important health information in multiple languages to communities. SBS radio also promotes health and well-being through podcasts such as Kalinga podcast

Reference

Dawson, A., Adjei-Mensah, E., Hayen, A. et al. Health assets among refugees in Australia: a systematic review. BMC Public Health 25, 45 (2025). <https://doi.org/10.1186/s12889-024-20915-w>

