

Supplementary material 1. Themes Derived based on Focus Group Interviews Data in the Intervention Group

Question type	Theme clusters	Theme		
		Healthy diet	Acculturation	Stress management
<p>What are the useful conjectures found in this today's health community activity?</p>	<p>Awareness of health and acculturation-related information</p>	<ul style="list-style-type: none"> ● Recognition of the individuals' salty taste preference <p><i>“Korean food is spicy, hot, and strong-tasting.”</i></p> <p><i>“Through the self-assessed preference for saltiness, I was able to check how salty I had eaten food.”</i></p> <ul style="list-style-type: none"> ● Identification of health risks due to dietary imbalances <p><i>“I think eating bad food causes health problems in the body. “</i></p> <p><i>“My friend was handsome when he was young, but bad habits...drinking, smoking, eating unhealthy food makes him overweight and sick.”</i></p>	<ul style="list-style-type: none"> ● Acceptance and assimilation of Korean culture <p><i>“Last time, I saw people swimming in the Han River, and it was amazing.”</i></p> <p><i>“(Korean life information) I think it would be good to share for foreigners.”</i></p> <p><i>“I'm thinking of going to the Han River with my daughter over the weekend... meaningful for her to participate in fishing experiences.”</i></p>	<ul style="list-style-type: none"> ● Understanding the one's personality <p><i>“I thought I was the conscientious type, but my conscientious score was the lowest.”</i></p> <p><i>“The personality type results came out similarly to what I thought.”</i></p> <p><i>“I think this test would be useful when exploring occupations that well match my aptitude.”</i></p> <ul style="list-style-type: none"> ● Realizing to respect other's personality <p><i>“I think this test helped me to get along with others.”</i></p> <p><i>“The personalities are all different by people.</i></p> <p><i>I think it helps to understand people's various personalities.”</i></p>

		<ul style="list-style-type: none"> ● The necessity to check the nutrition information for the health of family <p><i>"I think I need to check the nutrition information of snacks for my child's health."</i></p>		
<p>What are the barriers to engaging in health behaviour in your daily life?</p>	<p>The level of barriers to health behavior and acculturation</p>	<ul style="list-style-type: none"> ● Lack of education and awareness of nutrition information <p><i>"It was hard to check the nutritional information well. I even didn't know it was important."</i></p> <p><i>"I've never learned to check nutrition information when I buy food."</i></p> <ul style="list-style-type: none"> ● Korean culture where people eat out and eat delivery food frequently <p><i>"Our Employer often orders delivery food such as chicken at night... drinks beer. I think that's one of</i></p>	<ul style="list-style-type: none"> ● Lack of accessibility to community resource information <p><i>"I didn't know there were such things in Korea (a variety of performances and festivals in Han River park)"</i></p> <p><i>"No one has ever told me about this information."</i></p> <p><i>"We didn't know there were such things in Korea, including the marathon."</i></p> <ul style="list-style-type: none"> ● Difficulty in acculturation due to lack of search ability <p><i>"Even if I want to surf the Internet myself, it's hard to find useful homepages or information as I'm not good at it."</i></p>	<ul style="list-style-type: none"> ● Lack of respect for other people's personality <p><i>"Ignoring different personalities makes relationships difficult."</i></p> <p><i>"It is not right to force my opinion..."</i></p>

<p>How can we overcome barriers and to engage health behavior?</p>	<p>Personal efforts and social support for healthy behavior and acculturation</p>	<p><i>the barriers as those dishes contain a lot of sodium."</i></p> <p><i>"I live alone, so cooking is bothersome. I usually get food from convenience stores."</i></p> <ul style="list-style-type: none"> ● Unhealthy eating habits <p><i>"I think a bad diet from childhood is a barrier to having a healthy eating behavior."</i></p> <p><i>"It's not easy to change bad habits."</i></p>	<p><i>"I think foreigners would feel difficult to find this information. I also didn't know how to search it."</i></p>	
		<ul style="list-style-type: none"> ● Willingness to cook the healthy ways <p><i>"I didn't think of sodium contents because I put the taste more important when I cook at home. From now on, I should be careful about sodium concentration."</i></p> <p><i>"When I prepare meals, I'll consider the salt contents and add more vegetables for my family's health. Also, I'll check</i></p>	<ul style="list-style-type: none"> ● Acculturation to enjoy with participants <p><i>"It would be nice to go with our members."</i></p> <p><i>"It would be better to do it all together than alone."</i></p>	<ul style="list-style-type: none"> ● Understanding one's personality and willingness to change one's attitude <p><i>"I'll check carefully when I work, considering my low conscientious score."</i></p> <p><i>"I should work in planning so that I don't make mistakes."</i></p>

	<p><i>the nutrition information when I buy food.”</i></p> <ul style="list-style-type: none"> ● Improving literacy for healthy diet practices <p><i>“I should improve my Korean to know the way to have healthy food well.”</i></p> <ul style="list-style-type: none"> ● Changing behavior for healthy diet practices <p><i>“Now I'm going to tell people around me that I have started to eat healthy.”</i></p> <p><i>“I think we should break the habit of eating salty. I'll drink less soup.”</i></p> <p><i>“When I eat out, I'll ask cooks to give sauces separately.”</i></p> <p><i>“I'll eat mainly solid ingredients instead of soup.”</i></p>	<ul style="list-style-type: none"> ● Using various resources about Korean cultural life <p><i>“It would be nice if the company noticed this information before.”</i></p> <p><i>“Facebook is the most common SNS in our country.”</i></p> <p><i>“I got this information from my friends.”</i></p> <p><i>“I think it would be useful to post on Facebook.”</i></p> <p><i>“Let's notify this center (where many foreigners are gathering)!”</i></p> <p><i>“I'd like to share what I learned through other programs or meetings with foreigners.”</i></p>	<ul style="list-style-type: none"> ● Having a positive mindset and confidence <p><i>“I had a hard time in Korea at first, but I could overcome that by meeting many people. I talked positively and smiled well. I think it is important to be positive.”</i></p> <p><i>“I have a hard time practicing Taekwondo, but I feel confident.”</i></p> <ul style="list-style-type: none"> ● Having an attitude of understanding others <p><i>“I'll try to understand the attitude of others, even if it is different from me.”</i></p> <ul style="list-style-type: none"> ● Providing social support to others <p><i>“When someone is having a hard time, tell them that you can feel much better if you work with someone else instead of alone.”</i></p> <p><i>“If there's someone next to me who is under a lot of stress, I'd like to console.”</i></p>
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