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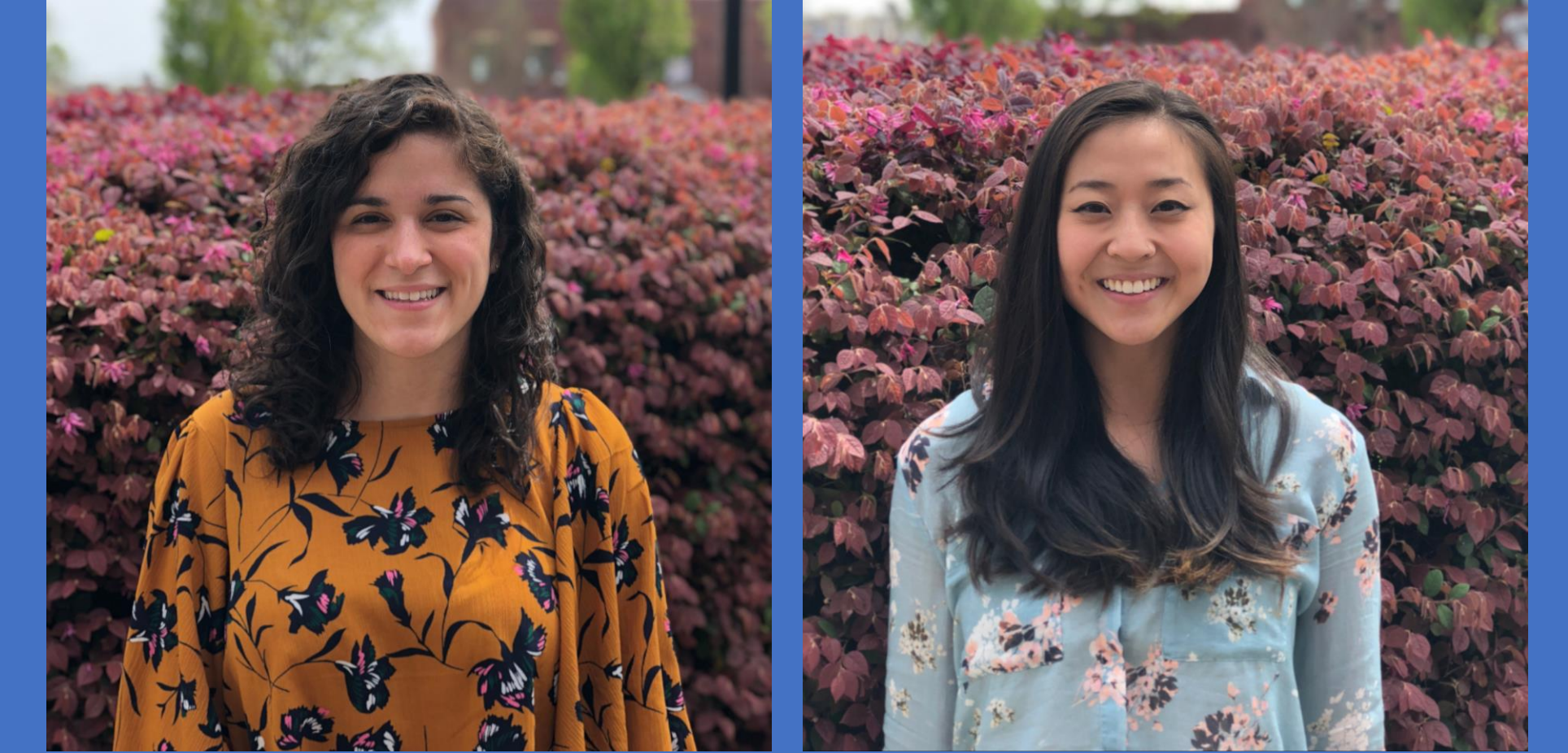


Health Literacy Education for Resettled Refugees in North Carolina

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Project Goals

In 2018, North Carolina ranked 7th out of 49 states in highest number of refugees resettled. These newcomers face numerous barriers to health and accessing care beyond their initial arrival screening. The Fellows partnered with the United States Committee for Refugees and Immigrants (USCRI) to deliver longitudinal health education and demonstrations to refugees in the Raleigh area. The program's vision:

- To educate and empower participants to understand, value, and take charge of their own health
- To show, not just tell: promote positive behaviors within a community to encourage long-lasting accountability

Program

The curriculum provided personalized group classes in the participants' native language, with emphasis on each cohort's health priorities and areas of interests. Self-selecting important topics, rather than following a pre-set curriculum, empowers participants to focus on areas that they were most interested in or felt were achievable goals relevant to their current lifestyles.

Examples of Topics :

- Healthcare Utilization
- First Aid Basics
- Heart Disease and Diabetes
- Nutrition & Exercise
- Prescriptions and OTC Medications
- Oral Hygiene
- Reproductive Health and Contraception

Supplies Provided:

- First Aid Kits
- Thermometers
- Pedometers
- Measuring cups
- Yoga mats
- Nutrition Chart
- Toothpaste/Floss
- Condoms
- Blood Pressure Cuff
- Jump ropes

Interactive Activities:

- Cooking a **healthy meal** together
- Blood pressure and weight baseline measurements and follow-ups
- **Field trips** to grocery store and pharmacy to apply newly learned knowledge about nutrition and medication (see pictures)
- Practicing first aid skills and condom application with a partner
- Physical **group exercise**: walking, jump rope, yoga, HIIT, strength training



Results

- Two cohorts of 8-10 classes were conducted for 18 Congolese and 12 Afghan participants
- ** out of ** of participants achieved at least one self-selected goal over a period of at least 8 weeks, measured through a self-reported journal and exit interview
- Participants reported increased confidence in navigating the road to better health for themselves and their families
- **Sustainability:** The health literacy curriculum will be sustained by the NC field office of USCRI and their network of volunteers. The Albert Schweitzer Fellowship is supporting this initiative with \$1,000 in funding.



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Examples of goals that participants identified and successfully incorporated into their lifestyles

Make at least one grocery purchase decision per week based on reading a nutrition label

Engage in physical activity for 20-30 minutes, 3x a week

Successfully fill prescription(s) for self and/or family members

Notice a symptom of a common or chronic illness in self or family member and manage symptoms using an OTC medication or appropriate utilization of health services

Incorporate vegetables at least one time per day into family meals

Better understanding of family planning and incorporating contraceptive use

Engage in oral health activity (brush teeth/floss/mouth rinse) at least once a day

Share one new thing that they have learned once a week with a friend or family member

Reduce frying methods in food preparation

Treat minor cuts, burns, and sprains with a first aid kit