



Better Together: A Collaborative Approach to Address Immigrant and Refugee Community Health Needs

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INTRODUCTION

Nebraska is Changing

Between 2010 and 2016: ¹

- The native-born population grew by 3.7% but shrunk as a proportion of the overall population.
- The foreign-born population grew by 19% and grew as a proportion of the overall population.

In 2016:

- 80.3% of the population was non-Hispanic White and 19.7% racial ethnic minority. ¹
- Nebraska resettled the most refugees per capita.²
- 93.3% of the population was native-born and 6.7% foreign born. ¹
- 57.6% of the foreign-born population spoke English "less than very well." ¹

Implications for Health

- Nebraska's health care and organizational infrastructure has struggled to keep up with the pace of change.
- Immigrant and refugee families living in Nebraska can face significant health disparities due to barriers including:
 - Language and cultural differences
 - History of trauma
 - Limited access to resources
 - Social stigmatization

Approach

- Facilitate discussion to better understand health needs and perspectives of the growing immigrant and refugee communities across the state.



PROCESS

Establish Planning Committee

- The planning committee included community leaders, governmental and agency representatives, and university departments from across the state.
- The committee met over a six-month period to:
 - Inform key logistical decisions about the event
 - Identify and recruit participants

Better Together Retreat

Logistics

- Held on a Saturday
- Telecast in two locations

Participants

- Immigrant and refugee leaders and community members
- Organizational and government leaders
- Health care providers
- Community health workers
- University educators and researchers

Activities

- Panel Discussion (telecast)
- Keynote Speaker (telecast)
- Facilitated Workshops
 - Current Reality
 - 3-5 Year Vision
 - Obstacles
 - Big Ideas

OUTCOMES

Key Themes – Action Areas

For Communities

Education & Cultural Understanding



Leadership & Opportunity Development



For Resource and Service Providers

Cultural Competence Training

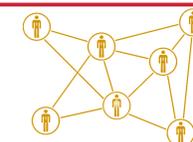


Tailor Services & Resources



Cross-Cutting

Improve Connections & Coordination



Create Interdisciplinary Teams



Address Mental Health Needs



DISCUSSION

Event Feedback

Participants provided helpful reflections, suggestions, and critiques of the event. While there were some differing suggestions related to logistics (need more time vs. less time), there were several suggestions to hold future events in one central location rather than two separate sites.

Many participants valued the opportunity to connect with and learn from a diverse range of peers and colleagues, and many appreciated the organized approach to the activities.

Implications for Health Literacy

A goal of health literacy is to match individuals' knowledge, skills, and resources with those required to be healthy. Many of the challenges identified during the event are founded in inadequately-addressed discrepancies between community members' existing knowledge and skills and those required to thrive in their respective environments.

The key themes point to opportunities for collaboration to promote health literate education, healthcare, and social systems that are responsive to immigrant and refugee community health needs.

REFERENCES

1. U.S. Census Bureau (2017). Selected characteristics of the native and foreign born-populations. *American Community Survey 5-year estimates*. Retrieved from <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>.
2. PEW Research Center (2016). Just 10 states resettled more than half of recent refugees to U.S. Retrieved from <http://www.pewresearch.org/fact-tank/2016/12/06/just-10-states-resettled-more-than-half-of-recent-refugees-to-u-s/>

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