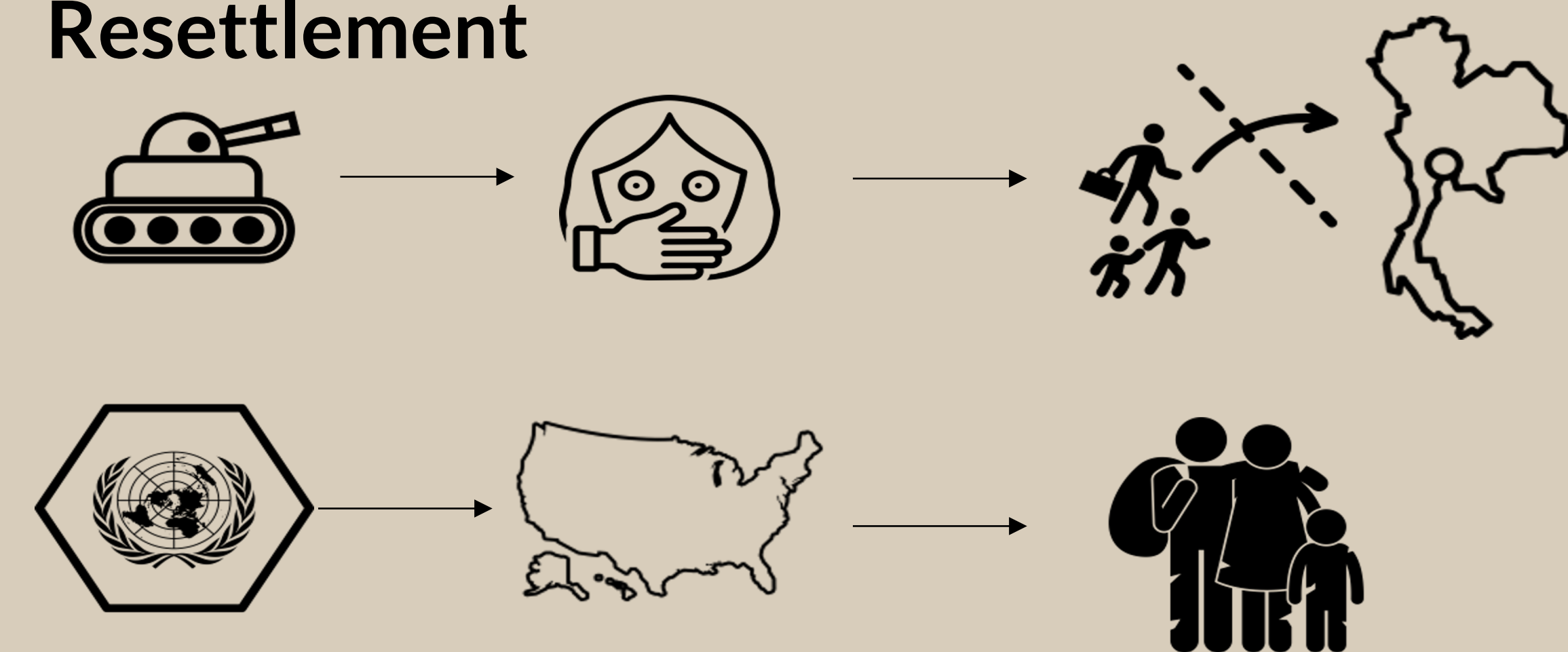


PRESENTER:

**Rabbia Imran, Danielle Gilbert, Laura Meimari**

## BACKGROUND:

### Resettlement



### Demographics

- 1,156,732 refugees globally
- 1 out of 46 Burmese are refugees
- 5,314 refugees resettled in Colorado
- 10 ethnic groups (ex. Chin, Karen & Karenni)

### Culture of Emergency vs. Preventative

- Low access to care in Myanmar
- healthcare experiences in refugee camps
- Limited time to assimilate into U.S
- Mistreatment @ work & unsafe conditions
- Lack of benefits & culturally-competent care
- 32% unable to access due to language

### Substance Use In Refugee Populations

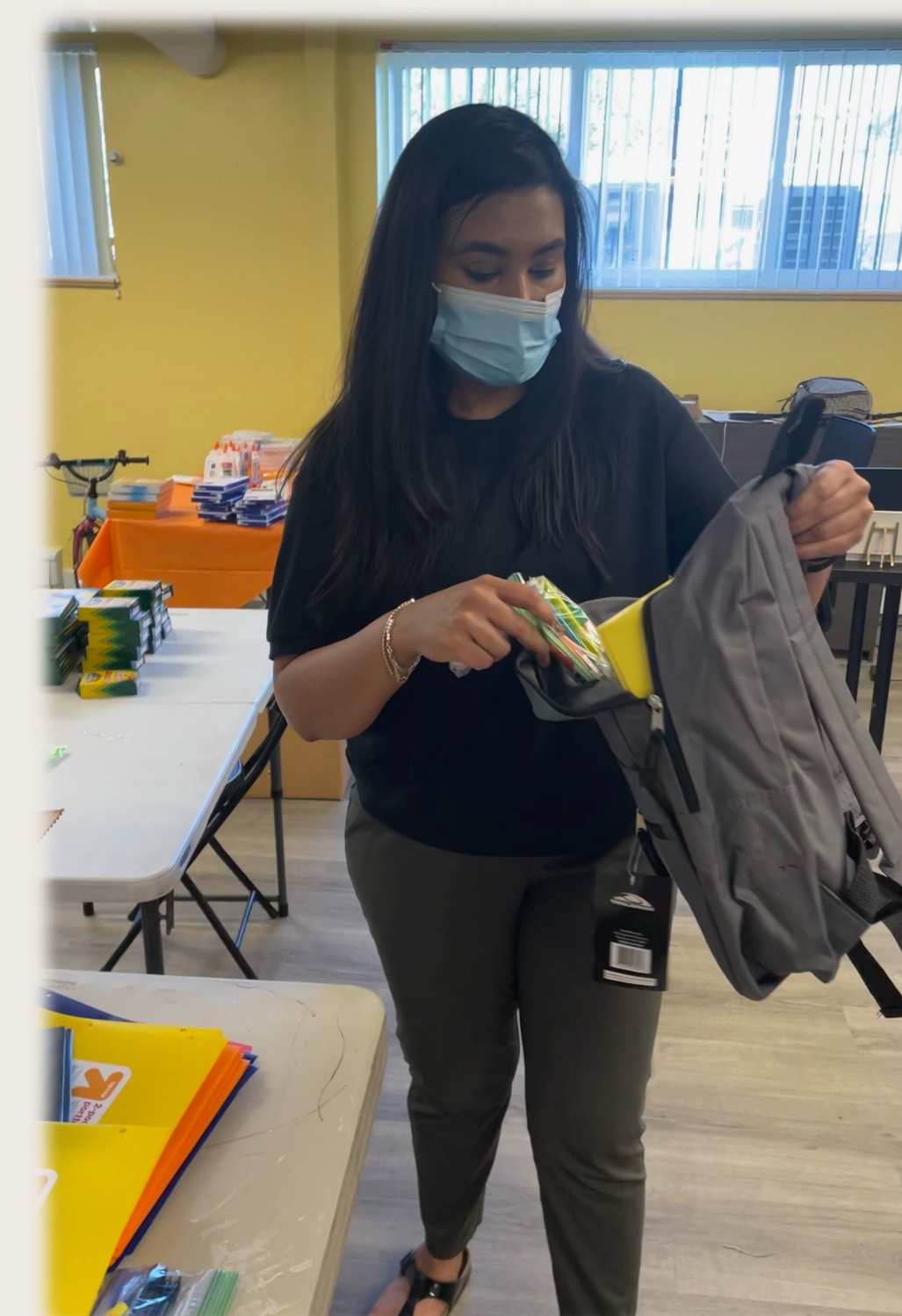
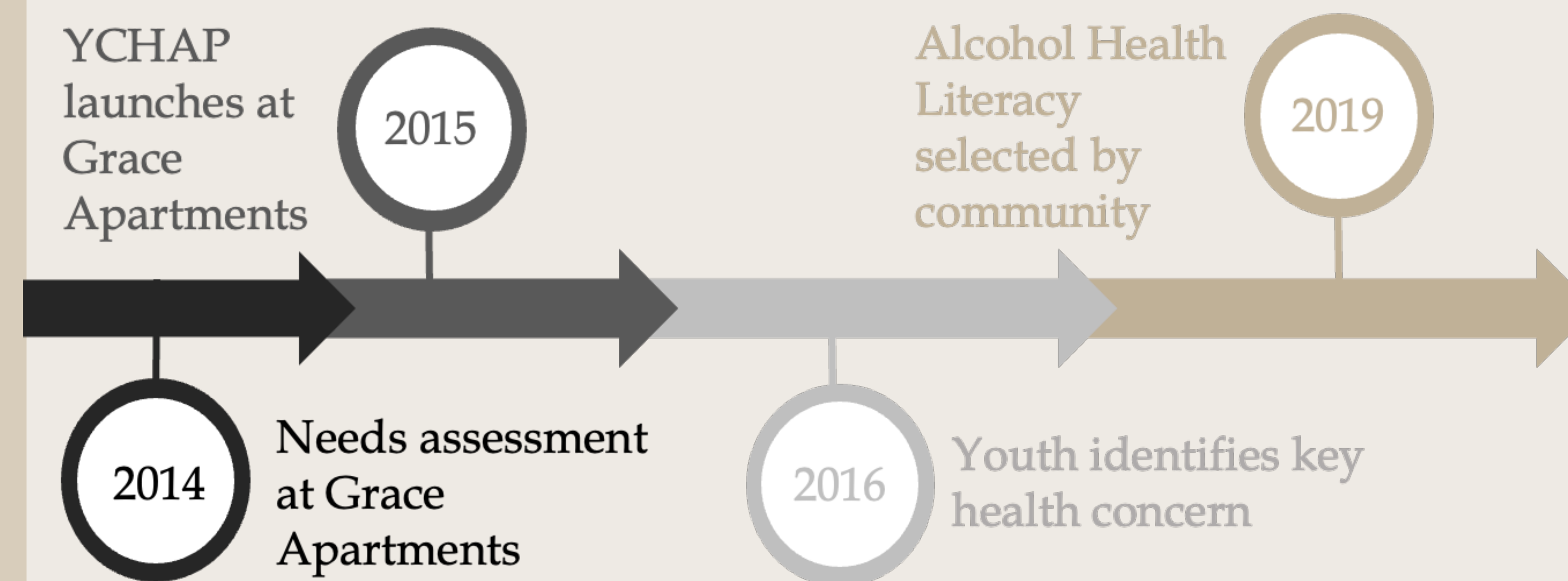


- Comorbidity with PTSD & mental health concerns
- Coping mechanism for traumatic experiences
- Lack of culturally-appropriate interventions
- Availability of alcohol in refugee camps

# Implementation of a Community Based Alcohol Abuse Intervention Program in a Local Burmese Refugee Population

Rabbia Imran MS., Danielle Gilbert BA, Laura Meimari BEng, Janet Meredith MBA.

Through community-based participatory research, **problematic alcohol use** was identified as a target for culturally-appropriate **intervention**.



**Disclosures:** This project was made possible by funding from Rotary International and the CUSOM Department of Family Medicine.

## METHODS:

- Implementation with interpreters
- Small focus groups to determine design
- Implement 4 health literacy sessions
- Pre-/post- session surveys & interviews

### Survey & Interview:

- 2 pre-surveys for basic knowledge & drinking habits
- 1 post-survey for program feedback
- 1 interview for community specific drivers

## PURPOSE & SIGNIFICANCE:

- Continue partnership with community stakeholders
- Develop & implement a culturally appropriate health education program
- Social impact beyond addressing immediate adverse health effects
- Broaden scope of refugee health communication research

## FUTURE DIRECTIONS:



- Intro night & targeted focus groups
- Pilot alcohol health literacy nights
- Data from surveys & interviews
- Dynamic adaptation
- Transition to incoming medical students