

Increasing Health Literacy in Immigrant Women, Children, and Families

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Topic: Diversity, Equity, & Inclusion

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Abstract

Background/Introduction

Immigrant populations in the United States are disproportionately affected by cardiovascular disease, obesity, diabetes, PTSD, anxiety, and depression (Commodore-Mensah, et al., 2018; Martinez et al., 2015). The New American Welcome Center at the DuPont Family YMCA in Jacksonville, Florida works to address needs related to issues found in immigrant populations via community resources and outreach.

Purpose

The purpose of this project was to implement the promotion of health education within a population of undocumented immigrants to promote health literacy and improve health outcomes.

Methods or Processes/Procedures

Students collaborated with the New American Welcome Center staff to identify health disparity concerns within the target community. A health fair was designed to disseminate education and provide screenings that included blood pressure, height, and weight. Infographics provided to participants detailed translated health terms, nutritional guidelines, women's health screening schedules, and low-cost healthcare resources in Jacksonville.

Results

Students were able to serve twenty-nine individuals. Adult participants ranged in age from 20-72 years and 6 minors. Participants were provided with their screening results and multiple stated they were unaware of their data points prior to the screening. Four of the participants whose screening revealed high blood pressure were educated on the importance of visiting a primary care provider due to this finding.

Limitations

The primary limitation faced was a language barrier between students and participants. A large majority of participants primarily spoke Spanish and two spoke Arabic. A student translator was utilized to address this limitation.

Conclusions/Implications for Practice

This project utilized the nursing process by employing assessment, diagnostic, planning, implementation, and evaluation strategies relevant to clinical and community nursing practice. The New American Welcome Center was given access to electronic versions of the health education infographics for future distribution.

Biography

Samantha Borer is a recent graduate of The University of Florida's accelerated bachelor of science in nursing program. She is currently employed as a new graduate nurse fellow at UF Health Jacksonville in the emergency department. Prior to a career in nursing, Samantha worked in the animal care field as both a veterinary technician and zookeeper. She is excited for the opportunities a career in nursing will provide to her and hopes to be able to make an impact in the lives of the many patients she will care for in the years to come.

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