

Background

- The immigrant populations in the US disproportionately experiences cardiovascular disease, obesity, diabetes, PTSD, anxiety, and depression (Commodore-Mensah, et al., 2018; Martinez et al., 2015).
- Health disparities faced by immigrants can be linked to the barriers to healthcare that this population experiences.
- Barriers to health care include lack of health insurance or financial resources, fear of deportation, language barriers, and discrimination within the healthcare setting (Hacker et al., 2022; Martinez et al., 2015).

The New American Welcome Center

- The New American Welcome Center works to address the needs of the immigrant population via the utilization of community resources and outreach.
- Serves immigrant families that are primarily women and children.

Purpose

- Implement health education and promotion in a population of undocumented immigrants to promote health literacy and improve health outcomes.
- Educate the immigrant population on basic healthcare language, preventative health, healthcare access, and nutrition.



Health Education
Infographics & References

Methods

- In collaboration with the New American Welcome Center, health literacy needs of the target population were identified.
- A health fair was designed to disseminate infographic based health information, provide blood pressure screenings, and for the groups to serve as a resource for health related questions the target population may have.
- Health Education Infographics detailed:
 - Common health terms in spanish to enhance health communication
 - Nutritional guidelines
 - Women's health screening schedule
 - Free and low cost healthcare resources in Jacksonville
- The goal of the fair was to offer resources to help undocumented immigrants overcome health related barriers specific to their population.
- Health literacy considerations include:
 - Education level
 - Language
 - Socioeconomic status
 - Issues specific to the undocumented immigrant population

Results

- 29 total participants
 - Women aged 20-72
 - 6 children
- Blood pressure, age, height, and weight was assessed for all participants who verbally consented
 - Participants were provided with their data to keep for their own records
- 4 out of 29 participants had elevated blood pressure and were educated on the importance of following up with a primary care provider.
- All participants were provided with the four Health Education Infographics.
- Staff at The New American Welcome Center and participants expressed gratitude for the screenings

Limitations

- Many participants were spanish speaking only, creating a language barrier when attempting to disseminate educational information.
- Inability to follow up with participants after the health fair to evaluate success.
- Physical access to the New American Welcome Center

Conclusion

- The health screening intervention aimed to address the disproportionate amount of US immigrants who experience cardiovascular disease and obesity. (Commodore-Mensah, et al., 2018).
- To promote the health and health literacy of the New American Welcome Center attendees, Health Education Infographics were created.
 - Infographics were designed based on the identified needs and health disparities of this immigrant population while considering the population's health literacy.
- The New American Welcome Center was given access to electronic versions of the Health Education Infographics to be distributed as they see fit in the future.
- This project directly utilized the Nursing Process by employing assessment, diagnostic, planning, implementation, and evaluation strategies which are relevant in the clinical and community nursing practice.

