Yale-Health Education and Literacy for Asylees and Refugees

- **Mission:** Health literacy education for refugee families in New Haven
- **Principal collaborator:** IRIS (Integrated Refugee and Immigrant Services)
  - Resettles 200-500 refugees yearly, mostly from Iraq, Afghanistan, Syria, Congo
- **Class topics:**
  - Adult nutrition, obesity, and cardiovascular health
  - Hypertension
  - Diabetes
  - Smoking cessation
  - Pediatric and adult health systems navigation
  - Breastfeeding
- **Class format:**
  - 2 hours long, including pre- and post-tests
  - 10-15 adult participants and 3-5 children
  - Real-time, in person interpretation into Arabic, Pashto, Swahili
- **Academic conferences:**
  - American Academy of Pediatrics
  - Eastern Society for Pediatric Research
  - North American Refugee Health
- **How you can help:**
  - Design curricula
  - Teach a class
  - Review existing curricula
  - Expanding our reach

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