

IMPLEMENTATION OF AN ALCOHOL ABUSE HEALTH LITERACY PROGRAM IN A LOCAL BURMESE REFUGEE COMMUNITY. DM Gilbert, (MD., SOM), R Imran (MD., SOM), L Meimari (MD., SOM), JJ Meredith, Department of Family Medicine, University of Colorado, Denver, CO.

This study is a community-participatory based health initiative targeting problematic alcohol use within the adult Burmese Refugee community in Denver, Colorado. In a preliminary assessment performed by former University of Colorado School of Medicine students, members of the participating community identified a lack of health literacy regarding alcohol use as a priority for community-based participatory intervention. This study continues the partnership with community stakeholders to develop and implement a culturally appropriate health education program focused on problematic alcohol use. Education about problematic alcohol use has the potential impact for the community beyond addressing immediate adverse health effects. Alcohol intervention should mitigate long-term negative effects on family life, including decreasing unemployment and intimate partner violence, both concerns identified by the community during the previous phases of this project. The health education program will be created with feedback from small research focus groups and designed to improve health literacy surrounding alcohol use. The education program will consist of four educational sessions conducted in English over a one-year period, with the engagement of a certified interpreter. The sessions will include the effects of problematic alcohol use and the impact of alcohol in general on physical and mental health. Participants will receive a pre-session survey to examine their beliefs and knowledge surrounding alcohol use and the impact of problematic alcohol use on their family and community. Following the session, participants will be given a post-session survey to examine changes in perception, knowledge, and comfort surrounding problematic alcohol use to assess learning and contributing factors. Participants will also be asked to participate in an optional, post-session audio interview to discuss the impact of the session in more detail. The audio interviews will be analyzed to probe for participant quotes that represent shared themes of responses. From this mixed methods approach, we hope to explore themes of problematic alcohol use and means for intervention in a refugee population living domestically.

Progress to date includes attending community activities, survey and interview design, IRB application and approval, and preliminary focused conversations with employees of local non-profits working within the community.

Key Terms: Alcohol abuse, Burmese, refugee community, health literacy, community-based research