

Abstract

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Challenges and Resilience in the Lives of Refugees Now Residing in the United States: A Health and Well-Being Perspective

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Abstract

Objective: This article explores the health-related challenges for refugees now residing in the United States and highlights strategies for building resilience in this vulnerable population.

Methods: This is a descriptive study identifying six common challenges refugees face when relocating from their country to another country.

Results: Refugees in the United States face many challenges, including language barriers, access to quality education, discrimination based on cultural and religious differences, and inadequate healthcare access. Child refugees, constituting a significant portion of the refugee population, face distinct challenges compared to adults. Many refugees grapple with psychological trauma and access to proper healthcare.

Conclusion: Refugees face many challenges when transitioning to a new country, including losing community, familial support, safety, and cultural norms. To address these challenges in the United States, advocates, and public health advisors must actively engage with refugees to assess their needs and build resilient communities. Proactive outreach tailored to refugees' vulnerabilities is crucial to ensuring their well-being and successful integration into their new homes.

Supplementary material. The supplementary material for this article can be found at <http://doi.org/10.1017/dmp.2024.197>.