

## Capstone for Impact Submission | GY2020

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**Project Title:** Assessing the prevalence of food insecurity and barriers to food access in the Middle Eastern refugee population of Southeast Michigan

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**Advisor Names(s):** Brent Williams

**Branch:** P&P

**Path of Excellence:** GHD

*If this project can be continued by another UMMS student, please include your contact information or any other details you would like to share here:*

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### Reflection/Impact Statement:

*You may use the following questions to guide your reflection:*

1. How did the process of conducting this research confront any limitations of your prior thinking?

The team leading this project is mostly non-Arab Americans. I honestly was humbled by this fact as it reminded me that even though our target population is Arab American refugees, this is a humane cause and we all care about improving the quality of life of others even outside of our own cultural backgrounds. I was very excited to see so much interest from my colleagues in serving the Arab American refugee population and this is definitely a big takeaway from the research process.

2. Who could potentially benefit from this CFI project over different timescales and how?

Our main target population is the Arab American refugee population. The main goal of this project is to 1) make sure there is no food insecurity for newly relocated refugees, 2) there is no knowledge gaps when it comes to nutrition and health, 3) minimize any barriers for healthy food access. In the short term, we will be able to assess these different criterias through the findings of our study and social services at ACCESS can benefit from this information to better be able to assist the Arab American refugee population. In the long term, the refugee population will hopefully benefit from this study as more resources are allocated to serve their needs.

3. What actions will you take afterwards to continue the momentum of this project, and maximise the likelihood of the identified benefits being achieved?

The fact that we are collaborating with ACCESS, an organization that works and provides services for refugee populations, is reassuring. Once we have the outcomes of the study, we can contact an appropriate contact at ACCESS and discuss our research findings to hopefully develop a plan to make a tangible difference based on

the results. For example, if we conclude that the refugee population lacks knowledge in reading food labels, ACCESS can provide a seminar or a small class regarding nutrition and health education.

4. What advice would you give to another student completing their CFI?

Think first about the methods of obtaining the data and the means to do that, for example, where will you be doing the data collection, who are the people you can contact for help, how many participants do you think you will be able to recruit, etc.. and then consider the research question you have in mind. This is mostly because there are a lot of great research ideas you can investigate, but unless you have a realistic and achievable plan, your research idea will not be possible to execute.