Refugee (Health) 101 in Minnesota

Blain Mamo, MPH
Kailey Nelson, MPH
Refugee Health Program

February 10, 2015
Overview

- Who are refugees?
- Where are they from?
- Who comes to MN?
- Health screening data and other health issues
- Q and A
What does it mean to be a refugee?

- **Foreign-born resident who:**
  - is not a United States citizen
  - cannot return to his or her country of origin because of a well-founded fear of persecution due to race, religion, nationality, political opinion, or membership in a particular social group

- **Refugee status is generally given:**
  - prior to entering the United States
  - by the State Department or U.S Citizenship and Immigration Services (USCIS)

- Different from other immigrants because *change is unplanned & traumatic*
Worldwide Statistics, 2013

- Total forcibly displaced: 51.2 million
- Total internally displaced persons: 33.3 million
- Total refugees: 16.7 million
- New refugee and asylum seekers: 1.1 million
- Total resettled: 98,400

Source: UNHCR Global Trends 2013, United Nations Higher Commissioner for Refugees
## Principal Sources of Refugees, 2013

<table>
<thead>
<tr>
<th>Rank</th>
<th>Country</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Afghanistan</td>
<td>2,556,600</td>
</tr>
<tr>
<td>2.</td>
<td>Syria</td>
<td>2,468,400</td>
</tr>
<tr>
<td>3.</td>
<td>Somalia</td>
<td>1,121,700</td>
</tr>
<tr>
<td>4.</td>
<td>Sudan</td>
<td>649,300</td>
</tr>
<tr>
<td>5.</td>
<td>Dem. Rep of Congo</td>
<td>499,500</td>
</tr>
<tr>
<td>6.</td>
<td>Myanmar (Burma)</td>
<td>479,600</td>
</tr>
<tr>
<td>7.</td>
<td>Iraq</td>
<td>401,400</td>
</tr>
<tr>
<td>8.</td>
<td>Colombia</td>
<td>396,600</td>
</tr>
<tr>
<td>9.</td>
<td>Vietnam</td>
<td>314,100</td>
</tr>
<tr>
<td>10.</td>
<td>Eritrea</td>
<td>308,000</td>
</tr>
</tbody>
</table>

Source: UNHCR Global Trends 2013, United Nations Higher Commissioner for Refugees
Living Conditions in Camps

- Food, water, electricity, limited medical care
- Overcrowded, unsanitary

Dadaab Camp in Kenya
Source: Wikimedia, opendemocracy.net

Aerial view of Za`Atari camp in Jordan, Source: UNHCR

Syrian refugees in Jordan, Source: UNHCR
Road to Refugee Resettlement

Flight

“Temporary” stay in 2\textsuperscript{nd} country/camp

UNHCR advocacy for return, integration

If efforts fail, UNHCR refers to 3\textsuperscript{rd} country for resettlement

USCIS application/interview overseas

If approved, referral to U.S. resettlement agency

security screening  sponsor assurance  medical screening

IOM Travel Arrangements

DESTINATION
Refugee Admissions Ceilings for FY2015

- Near East/South Asia, 33,000
- Africa, 17,000
- East Asia, 13,000
- Latin America/Caribbean, 4,000
- Europe and Central Asia, 1,000
- Unallocated, 2,000

Ceiling: 70,000

Source: US Department of State
Resettlement in Minnesota

- MN Department of Human Services’ Resettlement Programs Office (RPO)
  - Funding by the federal Office of Refugee Resettlement
- Program contracts, such as Refugee Employment Services (RES) and Refugee Cash Assistance (RCA)
- The numbers, annually:
  - Approximately 2,000 primary arrivals
  - Secondary migrants (highest in US)
Partners in Refugee Resettlement and Refugee Health
Who is Doing Resettlement?

- Voluntary agencies (VOLAGs), each with a national affiliate
- Federal contract to provide refugee resettlement services to families arriving in Minnesota
- VOLAGs located in Minnesota:
  - Arrive Ministries (Richfield)
  - Catholic Charities (St. Paul, Winona)
  - International Institute of Minnesota (St. Paul)
  - Lutheran Social Services (Minneapolis, St. Cloud)
  - Minnesota Council of Churches (Minneapolis)

Mandated 3 months of casework through assigned Volag, each refugee family has a case manager
**Resettlement and Placement Period: 90 Days**

Core services, as outlined in the Cooperative Agreement

<table>
<thead>
<tr>
<th>Required Service</th>
<th>Required Date of Completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>First home visit</td>
<td>Within 24 hours of arrival</td>
</tr>
<tr>
<td>Intake</td>
<td>Within 5 working days</td>
</tr>
<tr>
<td>Food, cash support (MFIP/RCA)</td>
<td>Within 7 working days</td>
</tr>
<tr>
<td>Health insurance (MA)</td>
<td>Within 7 working days</td>
</tr>
<tr>
<td>ESL registration</td>
<td>Within 10 working days</td>
</tr>
<tr>
<td>Social Security</td>
<td>Within 14 working days</td>
</tr>
<tr>
<td>School registration</td>
<td>Within 30 working days</td>
</tr>
<tr>
<td>30-day second home visit</td>
<td>Within 30 working days</td>
</tr>
<tr>
<td>Cultural orientation</td>
<td>By end of 90-day period</td>
</tr>
<tr>
<td>Case closure</td>
<td>90 calendar days post-arrival</td>
</tr>
</tbody>
</table>
Additional Services

- **Required:**
  - Health screening
  - WIC
  - Childcare assistance
  - SSI for refugees 65+
  - SSDI for qualifying refugees
  - Selective Service
  - Bus training

- **Appreciated:**
  - Early childhood screenings (3-5 years)
  - Bank accounts
  - Assistance purchasing a cell phone
  - MN State ID
Potential Concerns of Refugees

- Well-being of family, both here and still overseas
- Learning English
- Employment and having an income
- Figuring out the American system
- Trauma, memories, feeling alone
Typical Resettlement Challenges

- Being at the agreed-upon place, at the agreed-upon time, with the agreed-upon people/items 😊
- Housing concerns (repairs, cleanliness, rent)
- Medical needs and appointments
- Finding opportunities for empowerment
- BOUNDARIES…
Ongoing Challenges for Refugees

- Orientation to the US healthcare system
  - Primary care v. urgent care v. emergency room
  - Making own appointments and setting up transportation
- Teaching proactive/preventive care
- Sensitivities for working with this population
  - Language & translation barriers
  - Stigma
  - Comfort with the way our medical system works must accompany any services provided
Who Comes to Minnesota?
# Main Countries of Refugee Resettlement, 2013

<table>
<thead>
<tr>
<th>Rank</th>
<th>Country</th>
<th>Resettlements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>United States</td>
<td>66,249</td>
</tr>
<tr>
<td>2.</td>
<td>Australia</td>
<td>13,169</td>
</tr>
<tr>
<td>3.</td>
<td>Canada</td>
<td>12,173</td>
</tr>
<tr>
<td>4.</td>
<td>Sweden</td>
<td>1,902</td>
</tr>
<tr>
<td>5.</td>
<td>United Kingdom</td>
<td>966</td>
</tr>
<tr>
<td>6.</td>
<td>Norway</td>
<td>948</td>
</tr>
<tr>
<td>7.</td>
<td>New Zealand</td>
<td>840</td>
</tr>
<tr>
<td>8.</td>
<td>Finland</td>
<td>674</td>
</tr>
<tr>
<td>9.</td>
<td>Denmark</td>
<td>515</td>
</tr>
<tr>
<td>10.</td>
<td>All Others*</td>
<td>990</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>N=98,426</strong></td>
</tr>
</tbody>
</table>

*Includes the Belgium, Brazil, Czech Rep., France, Germany, Hungary, Ireland, Japan, Netherlands, Philippines, Portugal, and Uruguay

Source: UNHCR Global Trends 2013, United Nations Higher Commissioner for Refugees
### Top U.S. States for Refugee* Resettlement FY 2014

<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
<th>Admitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Texas</td>
<td>7,210</td>
</tr>
<tr>
<td>2.</td>
<td>California</td>
<td>6,111</td>
</tr>
<tr>
<td>3.</td>
<td>New York</td>
<td>4,079</td>
</tr>
<tr>
<td>4.</td>
<td>Michigan</td>
<td>4,006</td>
</tr>
<tr>
<td>5.</td>
<td>Florida</td>
<td>3,519</td>
</tr>
<tr>
<td>6.</td>
<td>Arizona</td>
<td>2,964</td>
</tr>
<tr>
<td>7.</td>
<td>Ohio</td>
<td>2,811</td>
</tr>
<tr>
<td>8.</td>
<td>Pennsylvania</td>
<td>2,743</td>
</tr>
<tr>
<td>9.</td>
<td>Georgia</td>
<td>2,694</td>
</tr>
<tr>
<td>10.</td>
<td>Illinois</td>
<td>2,578</td>
</tr>
</tbody>
</table>

**Total admitted** 69,987

* Numbers include Amerasian, Asylees (Derivatives), Entrants/Parolees and Primary Refugee arrivals

Source: Refugee Processing Center/WRAPS
2014 Primary Refugee Arrival To Minnesota (N=2,465)

Number of Refugees Arrival By Initial County Of Resettlement

- 0
- 1-10
- 11-30
- 31-100
- 101-250
- 251-500
- 501-1,500

Ramsey
Country of Origin by County of Resettlement, 2014

Ramsey
N=1,272

Hennepin
N=451

Steams
N=275

Anoka
N=155

Refugee Health Program, Minnesota Department of Health
Primary Refugee Arrivals, Minnesota 2014

Somalia, 1128 (46%)
Burma, 838 (34%)
Iraq, 191 (8%)
Bhutan, 77 (3%)
Ethiopia, 59 (2%)
All Others*, 172 (7%)

“Other” includes Afghanistan, Belarus, Cambodia, Cameroon, Cuba, DR Congo, Ecuador, El Salvador, Eritrea, the Gambia, Honduras, Iran, Kenya, Liberia, Moldova, Nepal, Russia, Rwanda, Sierra Leone, Sri Lanka, Sudan, Tanzania, Ukraine, and West Bank

Refugee Health Program, Minnesota Department of Health
Age Distribution of Refugee Arrivals, 2014

Refugee Health Program, Minnesota Department of Health
Primary Refugees without U.S. Ties (Free Cases)  
Minnesota, 2014

N=188 (8% of total arrivals)

Refugee Health Program, Minnesota Department of Health
Types of Medical Exams

- Overseas Visa Medical Examination
  - United States Public Health Service

- Domestic Refugee Health Assessment
  - Minnesota Department of Health

- Adjustment of Status Medical Examination
  - From temporary to permanent resident
  - Needed to obtain a green card
  - Immigration and Naturalization Services
"Excludable" conditions:

- Communicable diseases of public health significance
  - Infectious TB, syphilis, Other Sexually Transmitted Diseases (STD) (e.g. chancroid, gonorrhea, granuloma inguinale, lymphogranuloma venereum); Hansen’s disease (leprosy)
  - *As of January 4, 2010, HIV is no longer considered ‘excludable’*

- Physical and mental disorders with associated harmful behaviors

- Psychoactive substance abuse and dependence

- Other physical or mental abnormalities, disorders or disabilities

*Note: every immigrant regardless of their arrival category must have this screening in order to come to the USA*
Refugee Screening Rates by Exam Type
Minnesota, 2013

<table>
<thead>
<tr>
<th>Exam Type</th>
<th>Rate</th>
<th>Total筛选人数</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Screening Rate</td>
<td>99%</td>
<td>2,082/2,109</td>
</tr>
<tr>
<td>Tuberculosis (TB)</td>
<td>98%</td>
<td>2,033/2,082</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>98%</td>
<td>2,050/2,082</td>
</tr>
<tr>
<td>Intestinal Parasites</td>
<td>96%</td>
<td>2,004/2,082</td>
</tr>
<tr>
<td>Lead (&lt;17 yrs old)</td>
<td>96%</td>
<td>807/845</td>
</tr>
<tr>
<td>STIs**</td>
<td>99%</td>
<td>2,059/2,082</td>
</tr>
<tr>
<td>Malaria</td>
<td>9%</td>
<td>185/2,082</td>
</tr>
</tbody>
</table>

**Screened for at least one type of STI

Refugee Health Program, Minnesota Department of Health
## Health Status of New Refugees, Minnesota 2013*

<table>
<thead>
<tr>
<th>Health status upon arrival infection</th>
<th>No of refugees screened</th>
<th>No(%) with among screened</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB infection**</td>
<td>2,033 (98%)</td>
<td>455 (22%)</td>
</tr>
<tr>
<td>Hepatitis B infection***</td>
<td>2,050 (98%)</td>
<td>122 (6%)</td>
</tr>
<tr>
<td>Parasitic Infection****</td>
<td>2,004 (96%)</td>
<td>276 (14%)</td>
</tr>
<tr>
<td>Sexually Transmitted Infections (STIs)*****</td>
<td>2,059 (99%)</td>
<td>25 (1%)</td>
</tr>
<tr>
<td>Malaria Infection</td>
<td>185 (9%)</td>
<td>1 (1%)</td>
</tr>
<tr>
<td>Lead******</td>
<td>807 (96%)</td>
<td>88 (11%)</td>
</tr>
<tr>
<td>Hemoglobin</td>
<td>2,052 (99%)</td>
<td>397 (19%)</td>
</tr>
</tbody>
</table>

*Total screened: N=2,082 (99% of 2,109 eligible refugees)

** Persons with LTBI (>= 10mm induration or IGRA+, normal CXR) or suspect/active TB disease

*** Positive for Hepatitis B surface antigen (HBsAg)

**** Positive for at least one intestinal parasite infection

***** Positive for at least one STI (tested for syphilis, HIV, chlamydia or gonorrhea)

****** Children <17 years old (N=845 screened); lead level ≥5 µg/dL
Tuberculosis Infection* Among Refugees By Region Of Origin, Minnesota, 2013

N=2,033 screened

- Overall TB Infection: 455/2,033 (22%)
- Sub-Saharan Africa: 266/886 (30%)
- SE/East Asia: 173/986 (18%)
- Latin America/Caribbean: 0/3 (0%)
- North Africa/Middle East: 14/150 (9%)
- Europe: 2/8 (25%)

*Diagnosis of Latent TB infection (N=445) or Suspect/Active TB disease (N=10);
Refugee Health Program, Minnesota Department of Health
Intestinal Parasitic Infection* Among Refugees by Region of Origin, Minnesota, 2013

Overall Parasitic Infection Rate

- Sub-Saharan Africa: 130/892 (15%)
- SE/East Asia: 132/956 (14%)
- Latin America/Caribbean: 0/3 (0%)
- North Africa/Middle East: 14/142 (10%)
- Europe: 0/8 (0%)

Overall Parasitic Infection Rate: 276/2,004 (14%)

*N=2,004 screened

* At least one stool parasite found (excluding nonpathogenic)
Hepatitis B* infection Among Refugees by Region of Origin, Minnesota, 2013*

N=2,050 screened

- Overall Hepatitis B Infection Rate: 6%
  - 122/2,050
- Sub-Saharan Africa: 5%
  - 43/897
- SE/East Asia: 8%
  - 77/990
- Latin America/Caribbean: 0%
  - 0/3
- North Africa/Middle East: 1%
  - 2/152
- Europe: 0%
  - 0/8

* +HBsAg; Data are preliminary

Refugee Health Program, Minnesota Department of Health
# Health Status of New Refugees, Minnesota
## January – June 2014*

<table>
<thead>
<tr>
<th>Health status upon arrival</th>
<th>No of refugees screened</th>
<th>No (%) with infection</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB infection**</td>
<td>1,008 (94%)</td>
<td>207 (21%)</td>
</tr>
<tr>
<td>Hepatitis B infection***</td>
<td>1,055 (99%)</td>
<td>60 (6%)</td>
</tr>
<tr>
<td>Parasitic Infection****</td>
<td>996 (93%)</td>
<td>126 (13%)</td>
</tr>
<tr>
<td>Sexually Transmitted Infections (STIs)*****</td>
<td>1,045 (98%)</td>
<td>25 (2%)</td>
</tr>
<tr>
<td>Malaria Infection</td>
<td>107 (10%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>Lead******</td>
<td>404 (92%)</td>
<td>47 (12%)</td>
</tr>
<tr>
<td>Hemoglobin</td>
<td>1,050 (98%)</td>
<td>217 (21%)</td>
</tr>
</tbody>
</table>

*Total screened: N=1,068 (89% of 1,206 eligible refugees); data are preliminary
** Persons with LTBI (>= 10mm induration or IGRA+, normal CXR) or suspect/active TB disease
*** Positive for Hepatitis B surface antigen (HBsAg)
**** Positive for at least one intestinal parasite infection
***** Positive for at least one STI (tested for syphilis, HIV, chlamydia or gonorrhea)
****** Children <17 years old (N=440 screened); lead level ≥5 µg/dL

Refugee Health Program, Minnesota Department of Health
# Complex Cases by Health Condition, 2013

<table>
<thead>
<tr>
<th>Condition</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiology/HTN</td>
<td>68</td>
<td>28%</td>
</tr>
<tr>
<td>Mental Health</td>
<td>24</td>
<td>10%</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>20</td>
<td>8%</td>
</tr>
<tr>
<td>Deaf/Hearing</td>
<td>16</td>
<td>7%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>14</td>
<td>6%</td>
</tr>
<tr>
<td>Seizure Disorder/Neurology</td>
<td>14</td>
<td>6%</td>
</tr>
<tr>
<td>Blind/Vision</td>
<td>14</td>
<td>6%</td>
</tr>
<tr>
<td>Physical Disability</td>
<td>11</td>
<td>5%</td>
</tr>
<tr>
<td>Asthma</td>
<td>9</td>
<td>4%</td>
</tr>
<tr>
<td>Developmental Delay</td>
<td>8</td>
<td>3%</td>
</tr>
<tr>
<td>Infectious Disease</td>
<td>8</td>
<td>3%</td>
</tr>
<tr>
<td>Other†</td>
<td>32</td>
<td>13%</td>
</tr>
<tr>
<td><strong>Total‡</strong></td>
<td>238</td>
<td>100%</td>
</tr>
</tbody>
</table>

†Includes alcoholism, hematology, OBGYN, ENT, cancer, dental, kidney, migraines, malnutrition, gastroenterology
‡Sum of health conditions > total due to multiple conditions per case (30% of cases had more than one condition)
Health Status of New Refugees, Minnesota Immunization Status, 2002 – June 2014*

*2014 data are preliminary
Secondary Refugees

• Who is a secondary refugee?

Secondary refugees are individuals who initially settle in a state other than Minnesota but soon migrate to live in Minnesota. This migration can occur within days, weeks, months or a year of a refugee’s arrival to the U.S.

• Who notifies MDH of the arrival of a secondary refugee?

MDH is most often notified of a secondary refugee’s arrival into Minnesota from Local Public Health or a clinic. However, in some instances, the primary state may notify MDH that the refugee has moved to Minnesota.
Secondary Refugee Arrival Notifications to Minnesota, 2014

Somalia, 756 (94%)
Iraq, 25 (3%)
Burma, 13 (2%)
All Others*, 6 (1%)

“Other” includes Bhutan, China, and Ethiopia

N=800
2014 Secondary Refugee Arrival Notifications To Minnesota (N=800)

Number of Refugees Arrival By Initial County Of Resettlement

- 0
- 1 - 10
- 11 - 20
- 21 - 40
- 41 - 100
- 101 – 300
- >301
<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
<th>Notifications</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Georgia</td>
<td>73</td>
<td>9%</td>
</tr>
<tr>
<td>2</td>
<td>New York</td>
<td>71</td>
<td>9%</td>
</tr>
<tr>
<td>3</td>
<td>Texas</td>
<td>71</td>
<td>9%</td>
</tr>
<tr>
<td>4</td>
<td>Missouri</td>
<td>53</td>
<td>7%</td>
</tr>
<tr>
<td>5</td>
<td>Arizona</td>
<td>50</td>
<td>6%</td>
</tr>
<tr>
<td>6</td>
<td>Connecticut</td>
<td>48</td>
<td>6%</td>
</tr>
<tr>
<td>7</td>
<td>Massachusetts</td>
<td>46</td>
<td>6%</td>
</tr>
<tr>
<td>8</td>
<td>North Carolina</td>
<td>41</td>
<td>5%</td>
</tr>
<tr>
<td>9</td>
<td>Colorado</td>
<td>40</td>
<td>5%</td>
</tr>
<tr>
<td>10</td>
<td>Pennsylvania</td>
<td>35</td>
<td>4%</td>
</tr>
<tr>
<td>11</td>
<td>All Others</td>
<td>271</td>
<td>34%</td>
</tr>
<tr>
<td>12</td>
<td>Total</td>
<td>800</td>
<td>100%</td>
</tr>
</tbody>
</table>
Quiz!
For more information

- **Website**  [www.health.state.mn.us/refugee](http://www.health.state.mn.us/refugee)
- **Phone**  (651) 201-5414 or 1-877-676-5414