The aim is to identify and assess the available evidence regarding different strategies used in nutrition education targeting refugees in the US and other Western countries. Refuges face many nutrition-related challenges upon resettling in their new environment. These include limited resources, food insecurity, and unfamiliar food environment. Cooking demonstrations and food safety education are important. However, more research with rigorous design is needed to understand the delivery of nutrition education among refugees. A culturally appropriate standardized tool to measure outcomes and educators' training are needed to deliver culturally competent nutrition education among the refugee. Also, a culturally appropriate modified training program is needed to assess the efficacy of these strategies and identify best practice. Identifying nutrition education strategies for refugees in Western countries: a scoping review was conducted to assess the delivery of nutrition education to refugees in the US. This study was supported by a grant from the Security among Adult Burundian and Congolese Refugee Females Resettled in the US. (2019). doi:10.1080/03670244.2019.1598981

Conclusion and Implications

The scoping review identified that adopting a context-centered and evidence-based information on this subject is needed. However, more research with rigorous design is needed to understand the delivery of nutrition education among refugees. A culturally appropriate standardized tool is needed to measure outcomes and educators' training are needed to deliver culturally competent nutrition education among the refugee. Also, a culturally appropriate modified training program is needed to assess the efficacy of these strategies and identify best practice. Identifying nutrition education strategies for refugees in Western countries: a scoping review was conducted to assess the delivery of nutrition education to refugees in the US. This study was supported by a grant from the Security among Adult Burundian and Congolese Refugee Females Resettled in the US. (2019). doi:10.1080/03670244.2019.1598981