Abstract
Nutrition education can improve nutrition and health for refugees. Directors of Extension programs providing nutrition education to refugees were surveyed regarding current program implementation, successful program strategies, program challenges, and future program needs. Grounded theory was used to explore qualitative data. Hands on skill-based learning emerged as a main theme of successful programs. Language barriers emerged as a main theme of challenges to programs.

Introduction/Objective
- Refugees have increased rates of nutrition-related disease. This may be in part due to high prevalence of food insecurity and assimilation to a Western lifestyle. Providing nutrition education may help refugees adjust to their new food environment, while still maintaining the healthy practices they often bring from their home country.
- The objective of this research was to determine what programs are currently being offered to refugees, as well as their perspectives regarding successful strategies and challenges.

Methods
- A 31-item online (Qualtrics) survey was sent out to Extension program directors in the US.
- Four open response questions were transcribed and coded in Dedoose by two independent researchers using grounded theory and inductive reasoning. All discrepancies were discussed and agreed upon. Broader themes were developed from the codes identified.
- Responses from the four open-ended questions were:
  1. What techniques used in this program did you find to be especially successful in educating refugees about nutrition?
  2. What were your biggest challenges in this program regarding educating refugees about nutrition?
  3. What barriers to healthy eating do the refugee populations that you work with have?
  4. What strengths do the refugee population have that support healthy eating?

Results
- One major theme (engaging learning activities) and three minor themes (shared experiences, cultural relevance, and community collaboration) were identified regarding the question about essential components of nutrition education programs.
- The biggest challenge that emerged in providing nutrition education to refugees was language barriers. Other prominent but less common barriers include fostering a safe learning environment in which learners feel comfortable sharing, program attendance, and program evaluation.
- Adjusting to the new food environment, limited food access, and assimilation to Western eating styles were themes that emerged regarding refugees' barriers to healthy eating.
- Strengths to healthy eating refugees have were evident in the following themes: cultural food practices, strong support systems, and high receptivity to nutrition education.

Conclusion
- Education programs targeted to refugees should implement engaging learning activities to familiarize refugees with the new food environment, ensure cultural competence, and create open and safe learning environments in which refugees feel comfortable sharing their unique experiences.
- Future programs should focus on improving the success of nutrition education delivered to refugees by eliminating barriers to food access and using innovative strategies to address language barriers.

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