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Nutrition & Health Issues in Immigrant Children

PRAIRIE METROPOLIS CENTRE SASKATCHEWAN RESEARCH SYMPOSIUM
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Outline

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 - Immigration to Saskatchewan
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 - Policy Implication
 - Acknowledgment

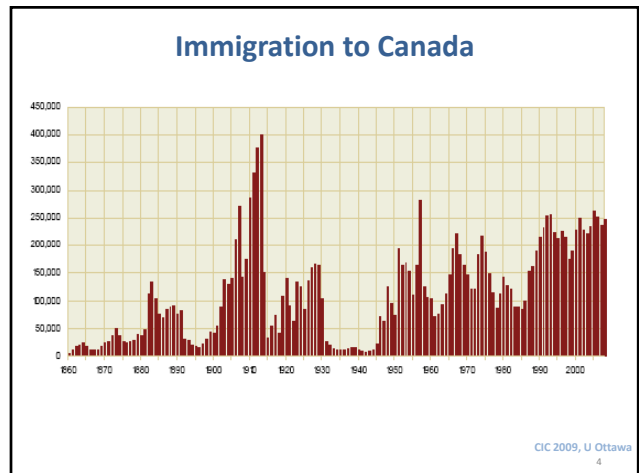
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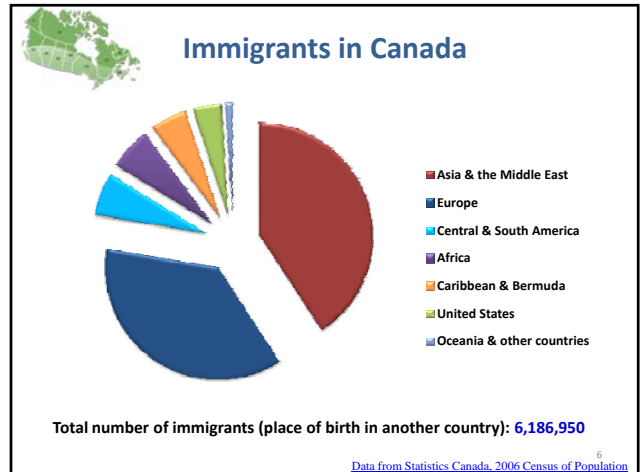
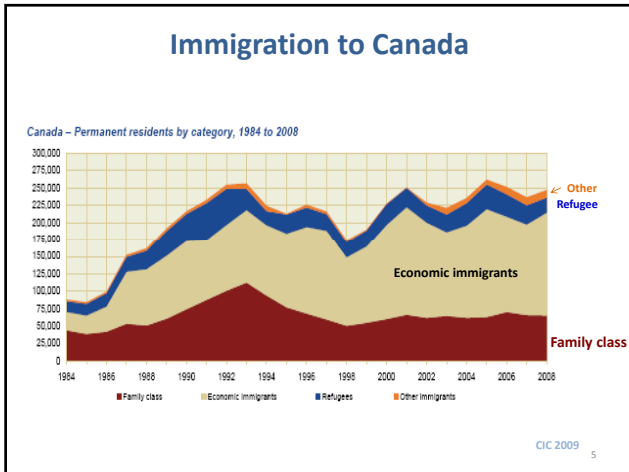
Immigration to Canada

- Canada has proud tradition of welcoming immigrants; results:
 - culturally wealthy,
 - affluent ,
 - progressive nation
- One of every six Canadian residents was born outside the country



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CIC 2009

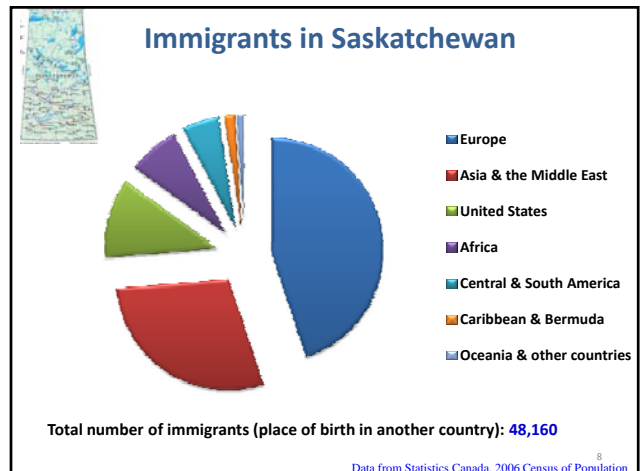


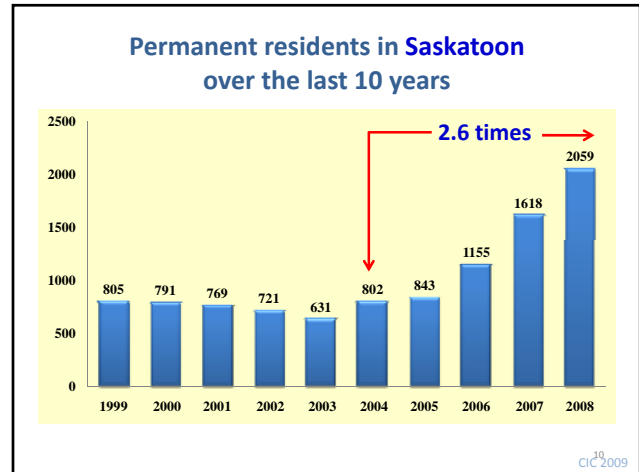
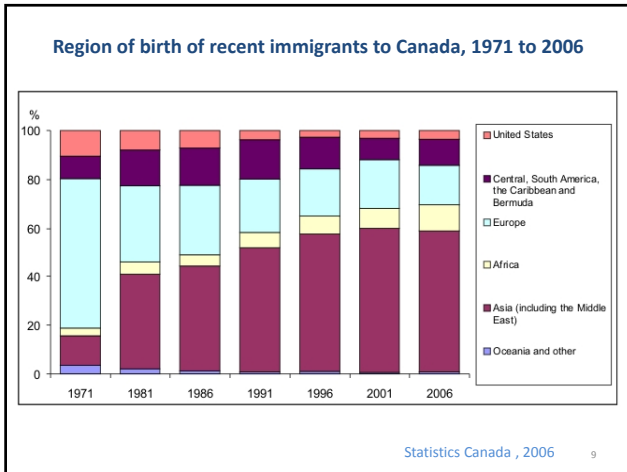


Immigration to Saskatchewan

- Saskatchewan Immigrant Nominee program (SINP) & other initiatives:
 - Number of immigrants & refugees arriving to Saskatchewan is increasing rapidly.
 - During the fiscal year of 2008-09, over **7,500** newcomers came here or will be arriving in Saskatchewan
 - City of Saskatoon policy: accommodating more immigrants

Government of Saskatchewan, 2009; City of Saskatoon, 2009





Health issues among immigrants

- The health of immigrant population in Canada is an important determinant of the overall population health
- The health status of immigrants is high upon their arrival (**Healthy immigrant effect**) but declines toward that of the Canadian-born population within only a few years

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Health issues among immigrants

- The immigration screening process disqualifies those with serious medical conditions
 - Most immigrants are relatively healthy at the point of entry
- Various new stresses after arrival:
 - Social
 - Economic
 - Unemployment & low socio-economic status after arrival is associated with poorer health status
 - Immigrants with non-European origin, more affected by low SES compared to non-immigrants.
 - Cultural
 - language barriers: difficult to access and use available health resources

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Newbold, B 2009, Dunn, JR & Brotanek J, 2000

Health issues among immigrants

- Declines in self-assessed physical and mental health are observed amongst immigrants in as little as **two years** after arrival
- Within 4 years after arrival, the proportion of immigrants reporting fair or poor health almost **triple**.
- Objective measurements show declining health among immigrants after arrival (e.g. chronic conditions, prevalence obesity)

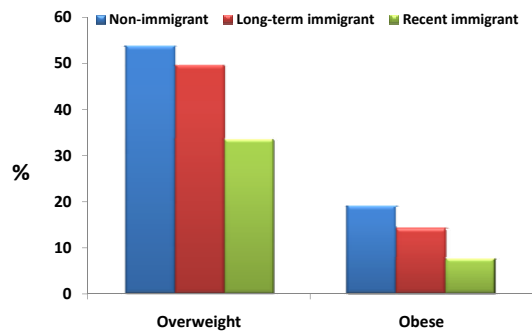
Newbold, B., 2005, 2009, Dunn, JR & Brotanek J., 2000 13

Health issues..., overweight & obesity

- The prevalence of overweight & obesity: **higher** among long-term (11 yrs or more) than more recent immigrants
- Obesity rates have been shown to increase in **refugee children** with the length of time following resettlement.
- The increase in rate of overweight & obesity, may result from **transition** away from cultural diets & lifestyle pattern to a more "**western**" diet & sedentary lifestyle (*Nutrition Transition*)

Tremblay MS et al. 2005 14

Health issues..., overweight & obesity



Data from CCHS 1.1 2001, CCHS 3.1, 2003, adopted from Tremblay MS et al. 2005 15

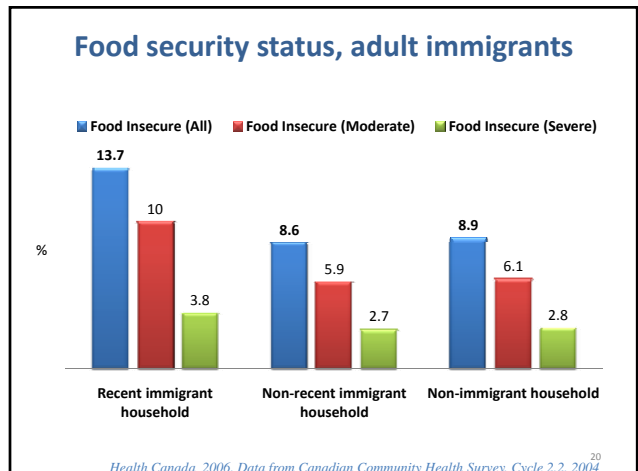
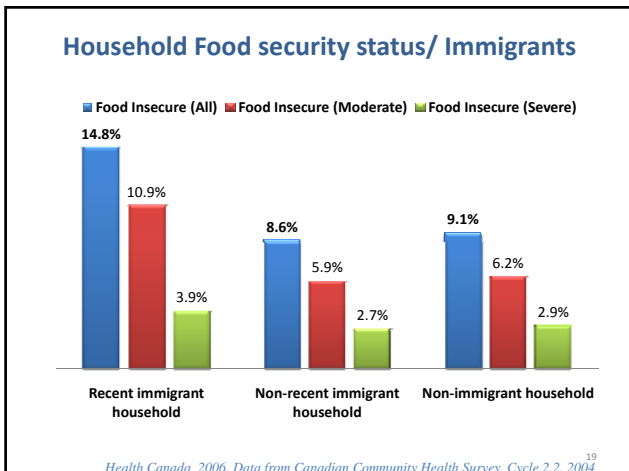
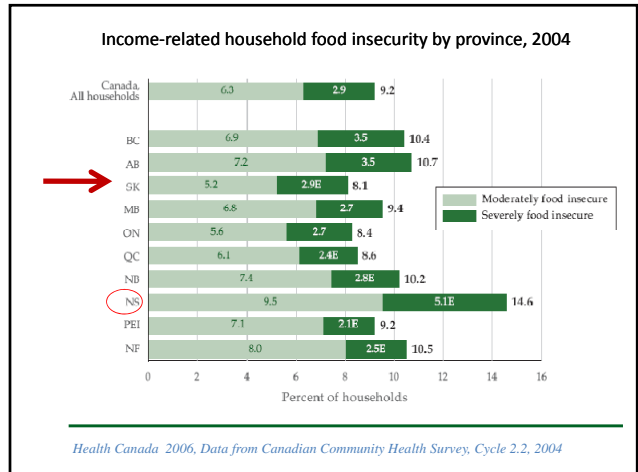
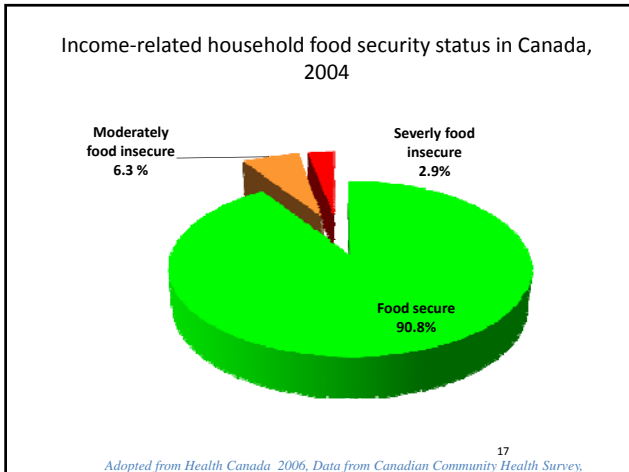
Food security, definition

Food security exists when **all** people, at **all** times, have physical & economic **access** to:

- **sufficient,**
- **safe**
- **nutritious food**

to meet their dietary needs & food preferences for an **active & healthy life.**

Food and Agriculture Organization 1996



Health issues ...; Nutrients

- Higher prevalence of nutrient inadequacy among adolescents & adults in **food-insecure households** for specific vitamins, minerals & macronutrients
- Immigrant children with dark skin/protected from sunlight through covering for religious/ other reasons are at increased risk for:
 - **vitamin D deficiency rickets**
 - **vitamin D insufficiency**

*Hintzpetter B et al. 2008; Ward LM et al. 2007, Newbold KB 2005,
Kirkpatrick SI & Tarasuk V, 2008*

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Health issues among immigrants

- Determining the impact of lifestyle changes on the health of immigrants is **vital** to the development of appropriate interventions to improve the health status of immigrant children & their families
- Several gaps in the literature, particularly in regards to immigrant children.

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