

Unpacking Acculturation and Migration Health Data

Carmela Alcántara, PhD

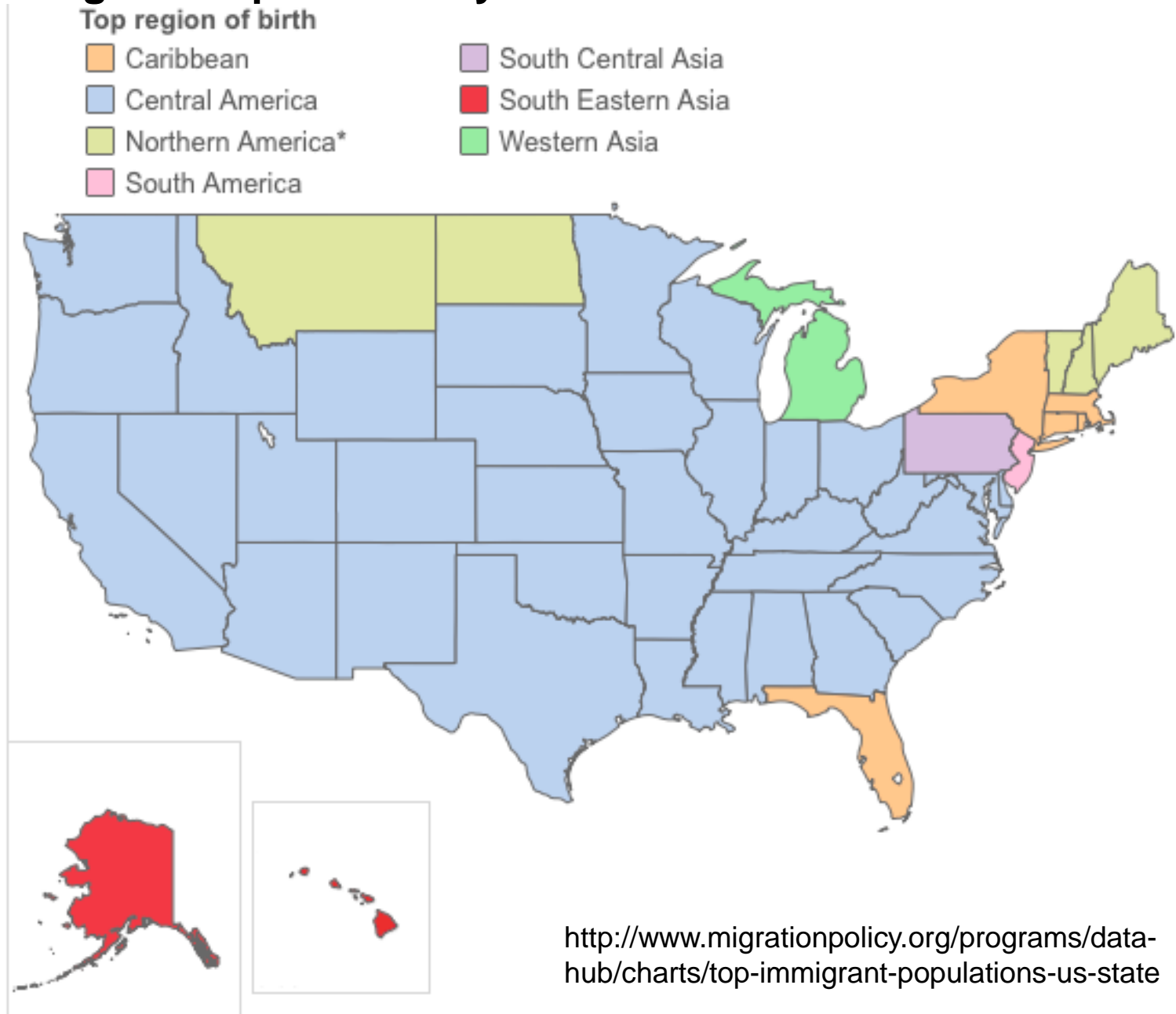
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Outline

- Immigrant Health Paradox
- Acculturation
- Data on Acculturation & Health
- Concluding Remarks

Top Immigrant Populations by U.S. State 2009-2013



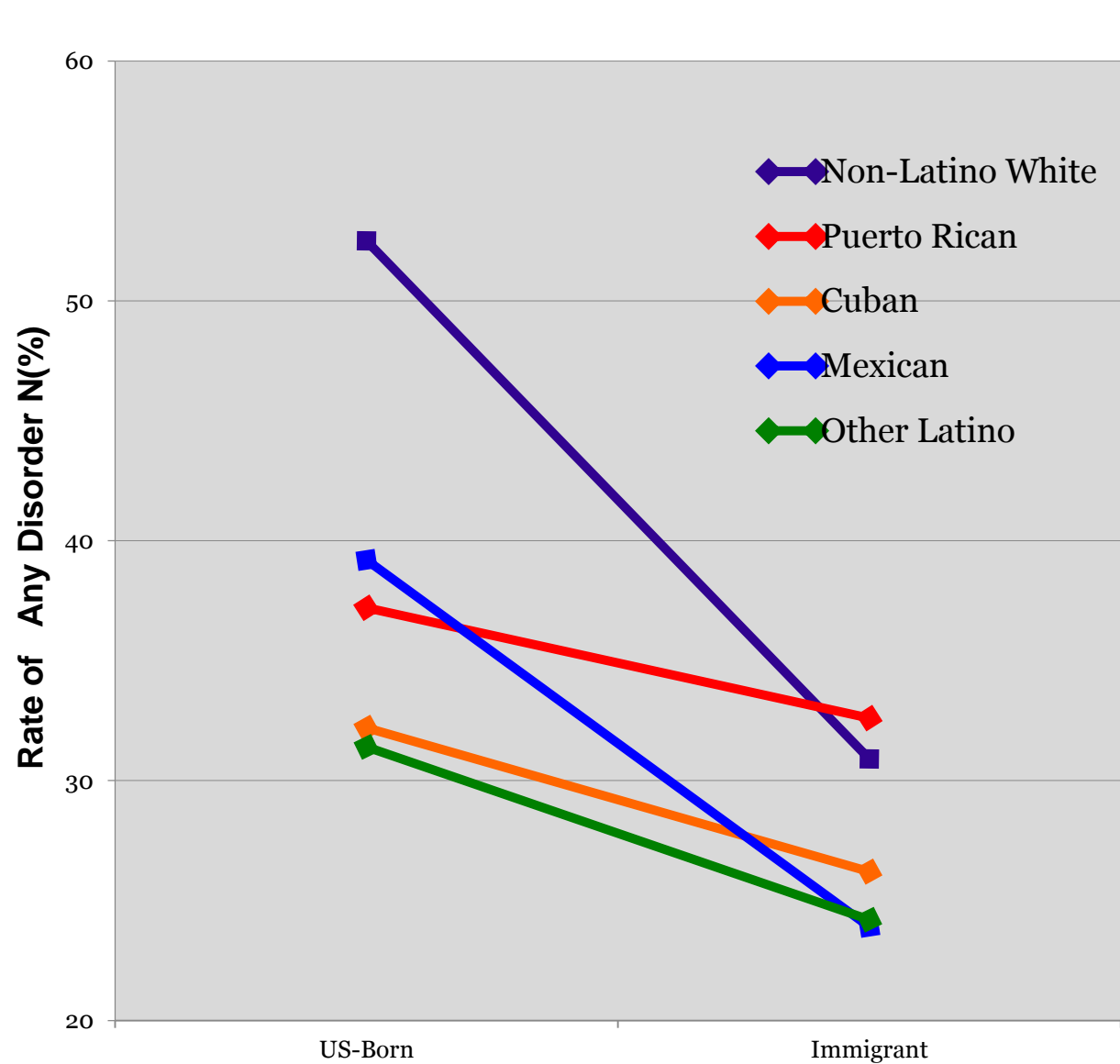
IMMIGRANT HEALTH

What happens to their health after they migrate?

Immigrant Health Paradox

- ❑ Immigrants have better health profiles than their non-Hispanic White and US-born counterparts.
- ❑ Health paradox not consistent across specific immigrant subgroups.
- ❑ Health advantages deteriorate with increased duration in US.

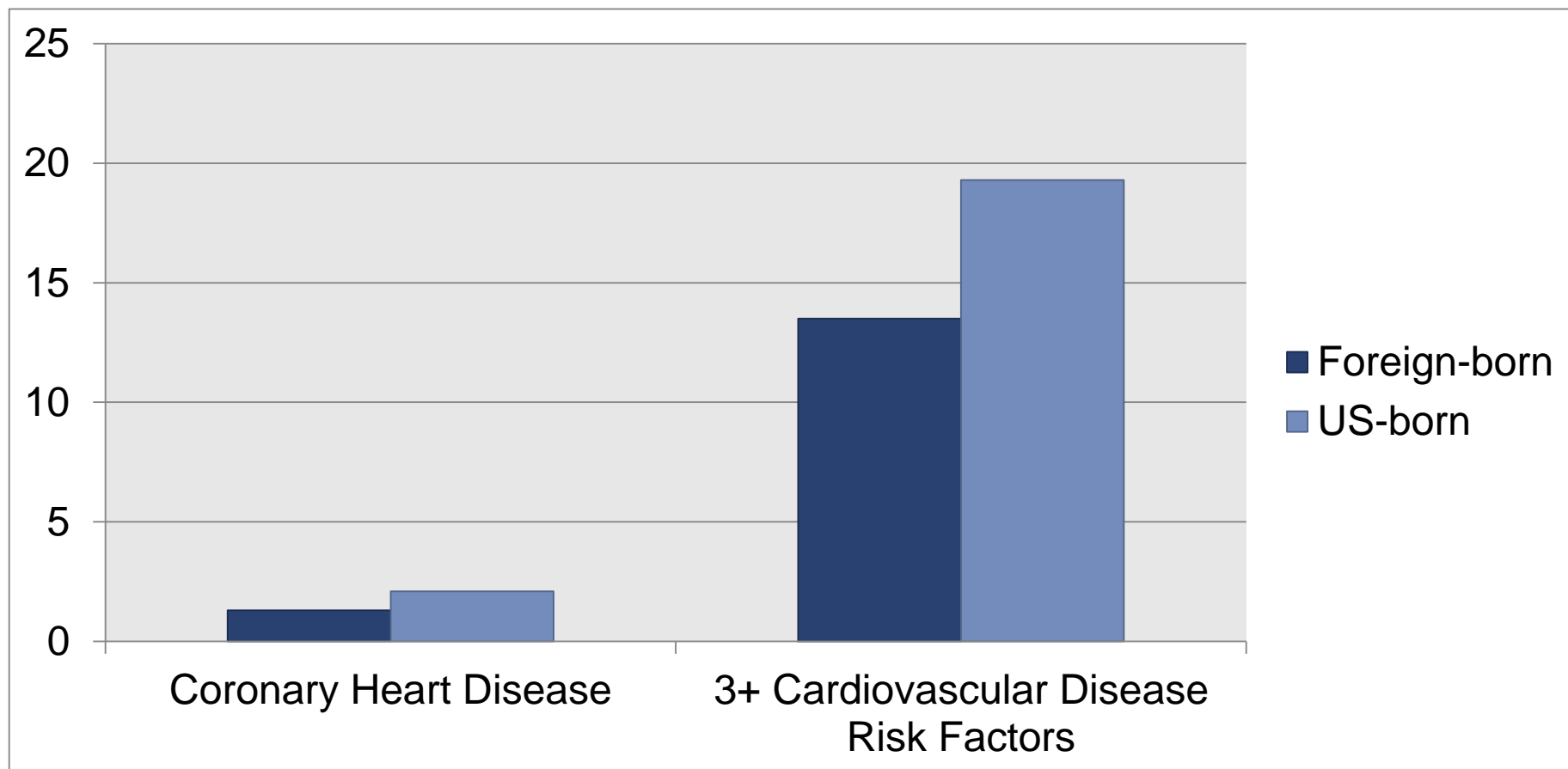
Source: Cunningham et al., 2008; Escarce, Morales, & Rumbaut, 2006; Ruiz et al, 2013

Figure 1. Lifetime Prevalence Rates of Any Psychiatric Disorder According to Nativity and Ethnicity

^a $p < .001$
^b $p < .05$

Source: Alegría, Canino, Shrout et al. 2008,
American Journal of Psychiatry

Cardiovascular Health in the Hispanic Community Health Study/Study of Latinos

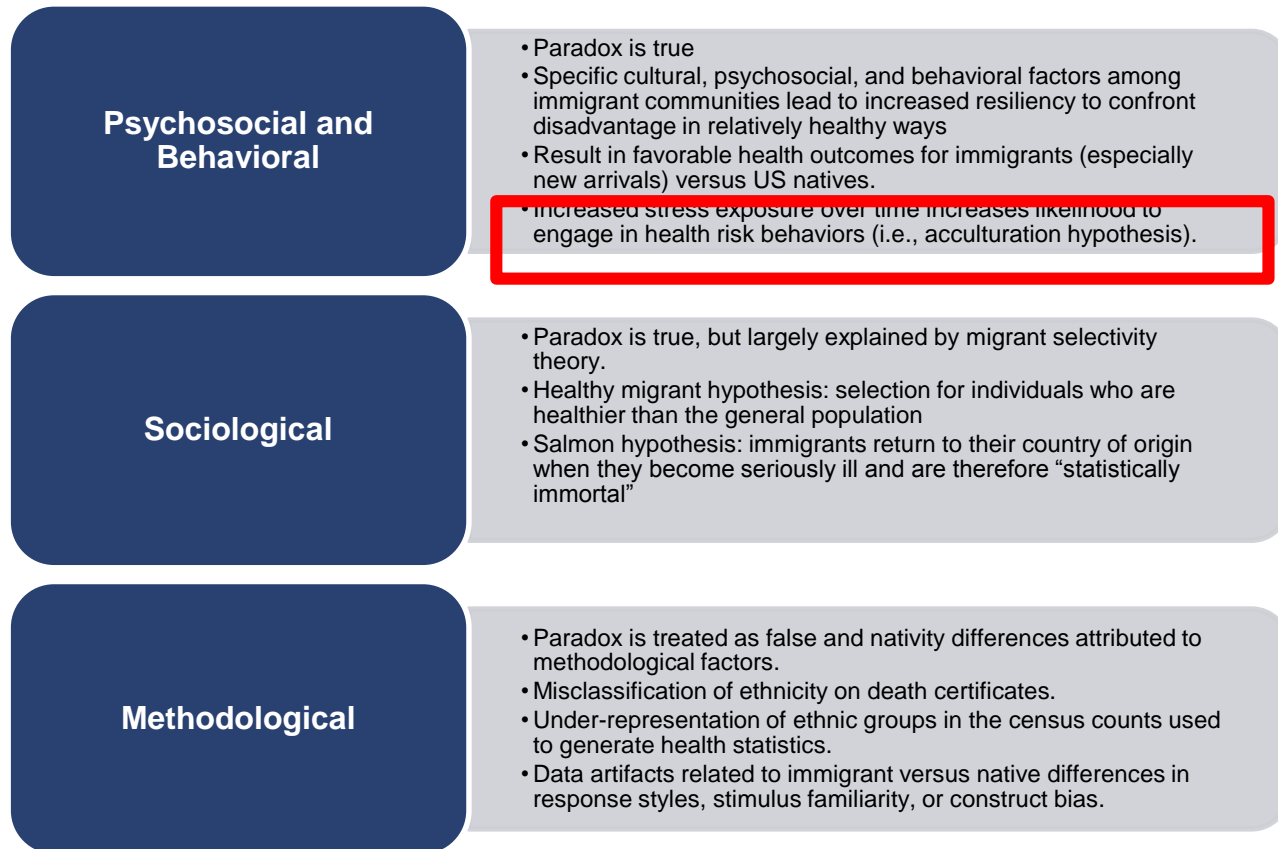


Source: Daviglius, Talavera et al. 2012, *JAMA*

Intense Debate

- **Is the immigrant health paradox real or an artifact?**

Figure. Contemporary Explanations for the Immigrant Paradox



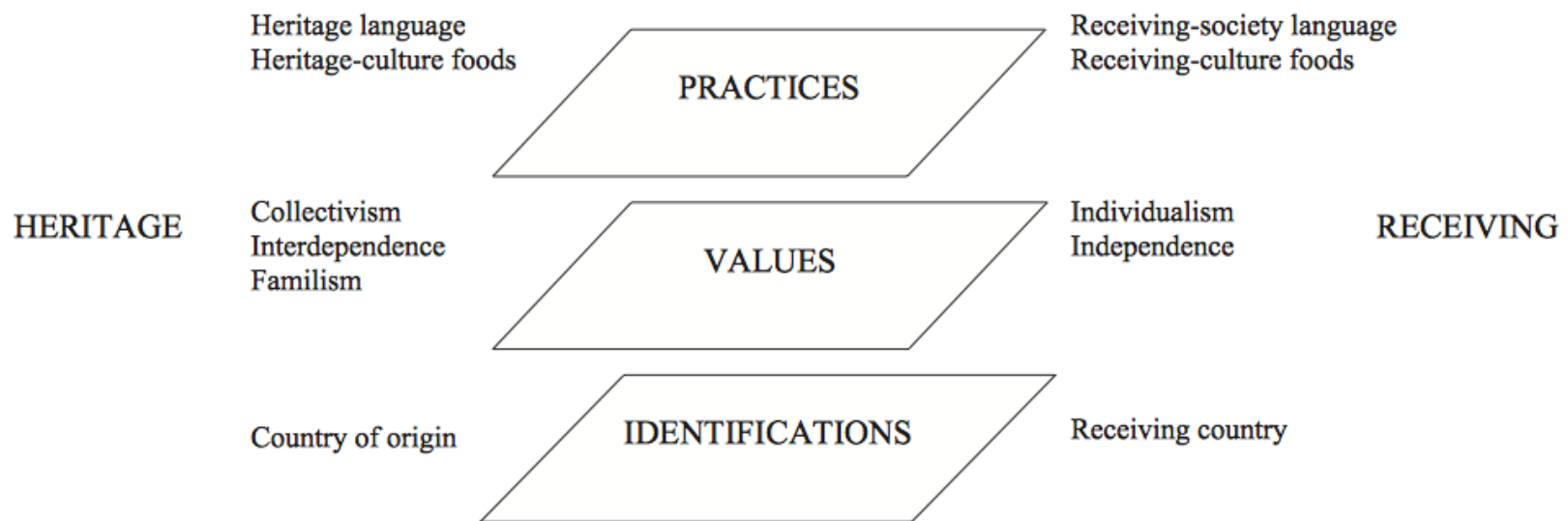
ACCULTURATION

What happens after they migrate?

Acculturation

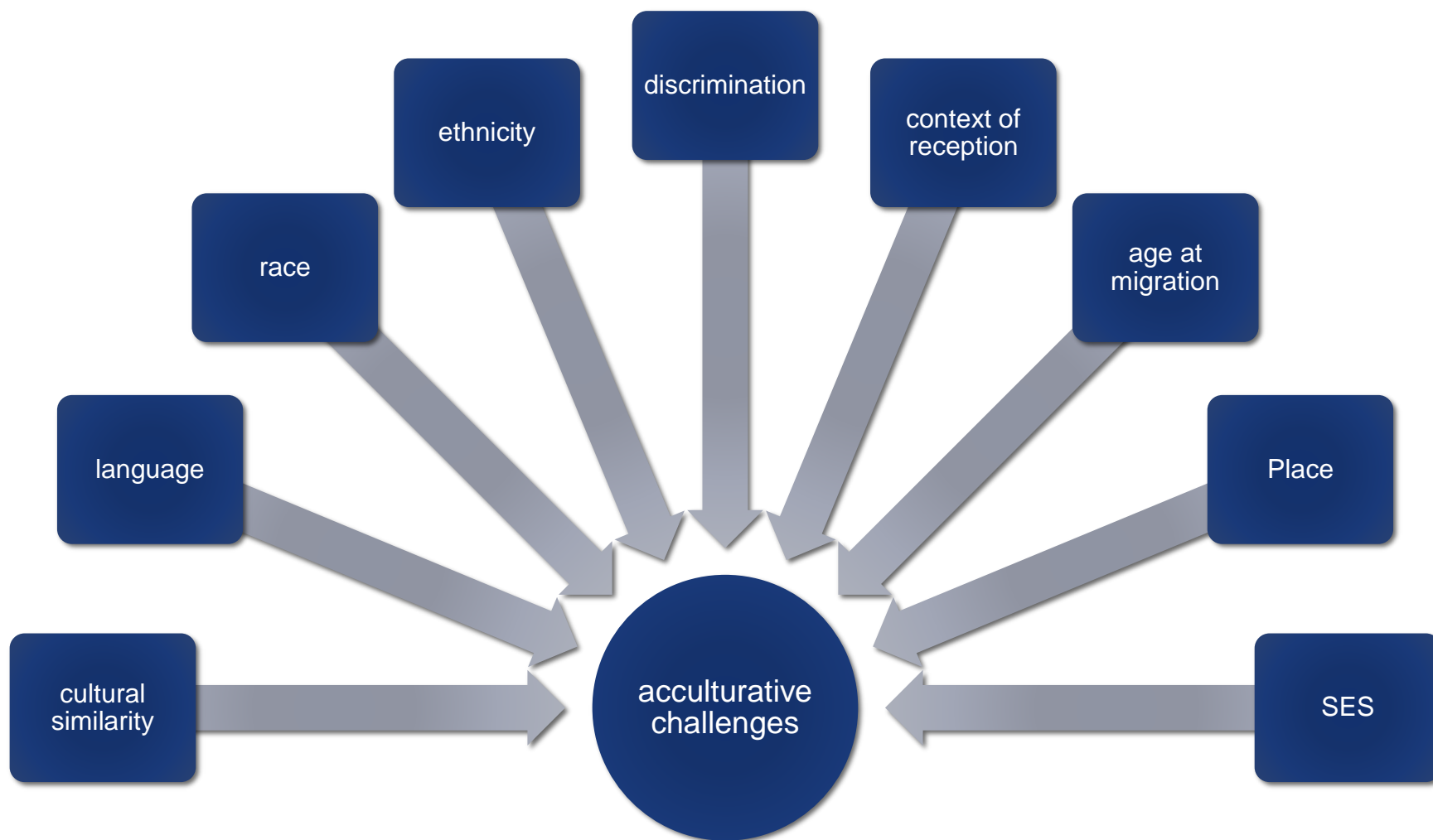
“changes that take place as a result of contact with culturally dissimilar people, groups, and social influences”

Figure 1
Multidimensionality of Acculturation



Schwartz, S. J., Unger, J. B., Zamboanga, B. L., & Szapocznik, J. (2010). Rethinking the concept of acculturation: Implications for theory and research. *American Psychologist*, 65(4), 237-251. doi:10.1037/a0019330

Factors Involved in Acculturation Process

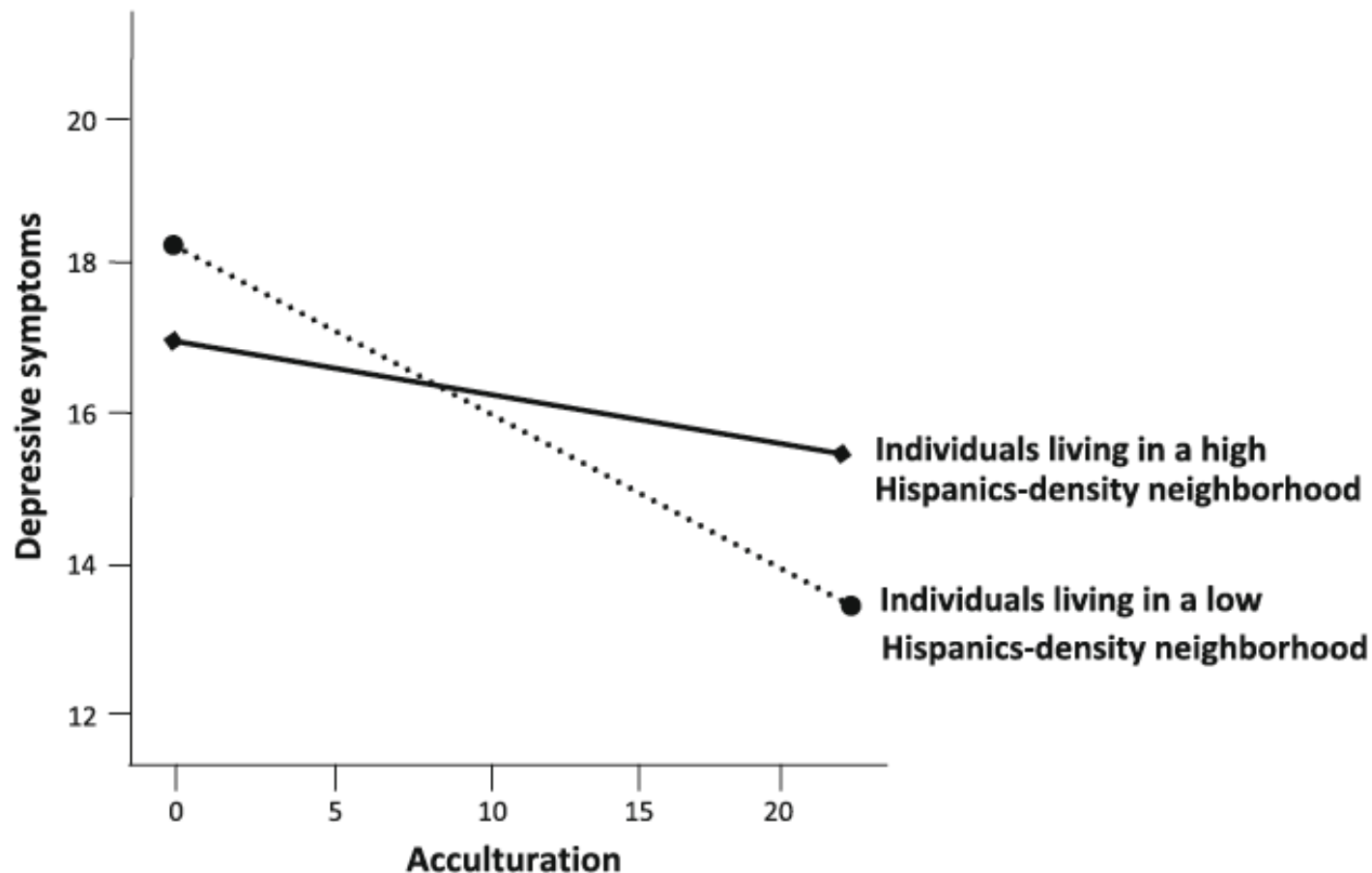


Source: Schwartz, Unger, Zamboanga, & Szapocznik, 2010

ACCULTURATION & HEALTH

Place, Acculturation, and Depression in Latina/os

Fig. 1 Plot illustrating the interaction between acculturation and perceived density of Hispanics in neighborhoods in predicting depressive symptoms after controlling for demographic variables



Source: Kwag et al., 2012, *Journal of Immigrant Minority Health*

BUT, ALSO ACCULTURATION STRESS

Acculturation Stress

- a psychosocial stressor
- refers to the psychological distress/worry associated with the multidimensional process of acculturation

Figure. Effect of Acculturation Stress on Insomnia Symptom Severity by Employment Status

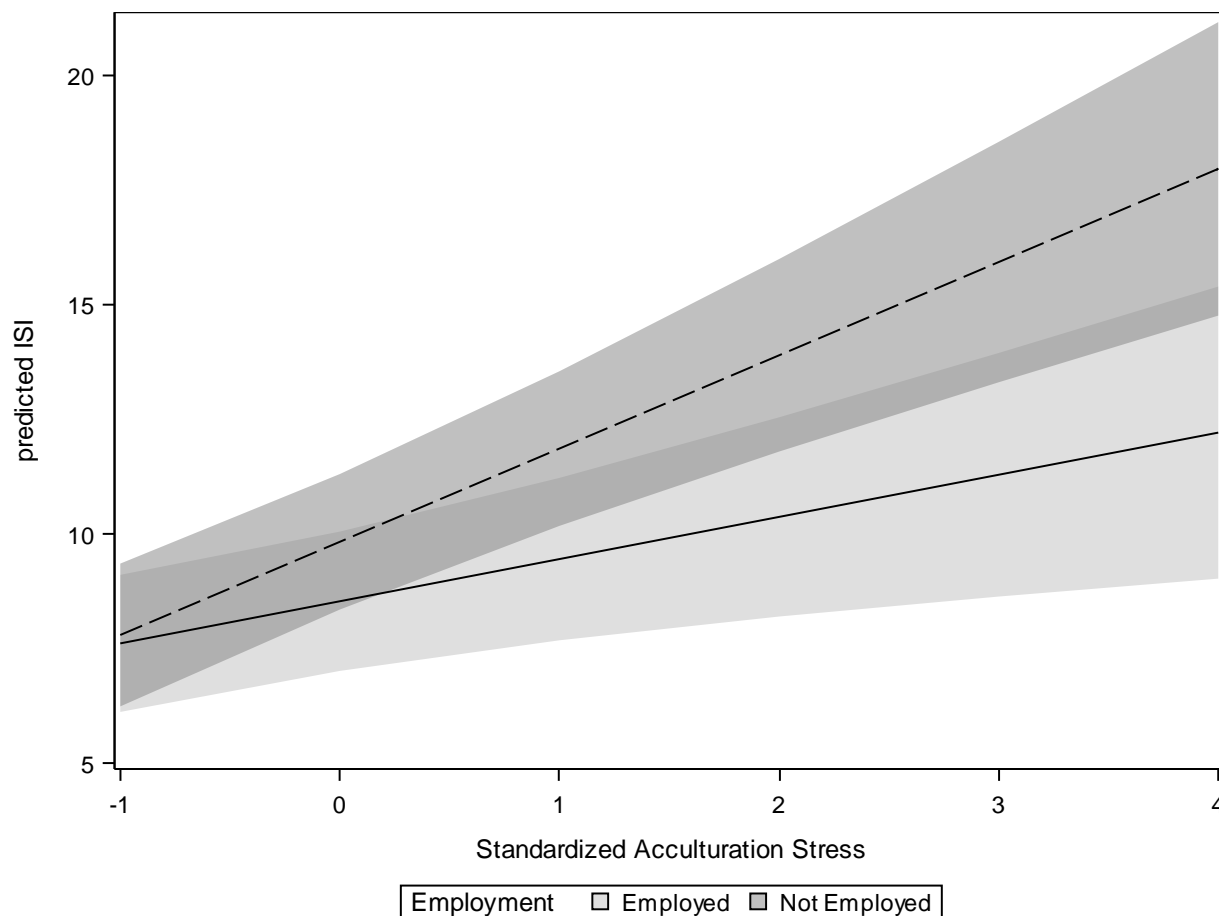


Figure Legend: Effect of acculturation stress (continuous) on ISI (continuous) in analyses weighted for sampling weights and adjusted for age, sex, site and ethnicity with an employment term (dichotomous), an acculturation stress term and an acculturation stress X employment term (interaction).

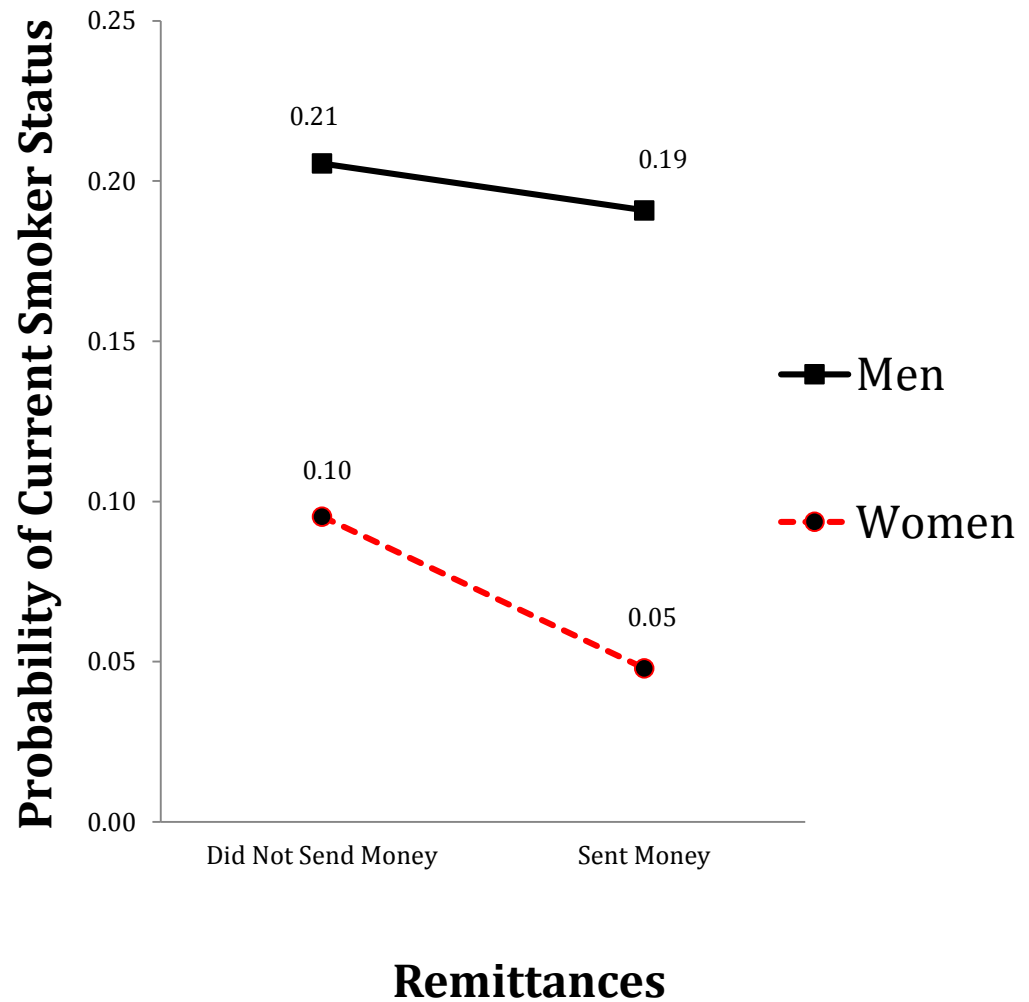
AND TRANSNATIONAL TIES

Transnational Ties

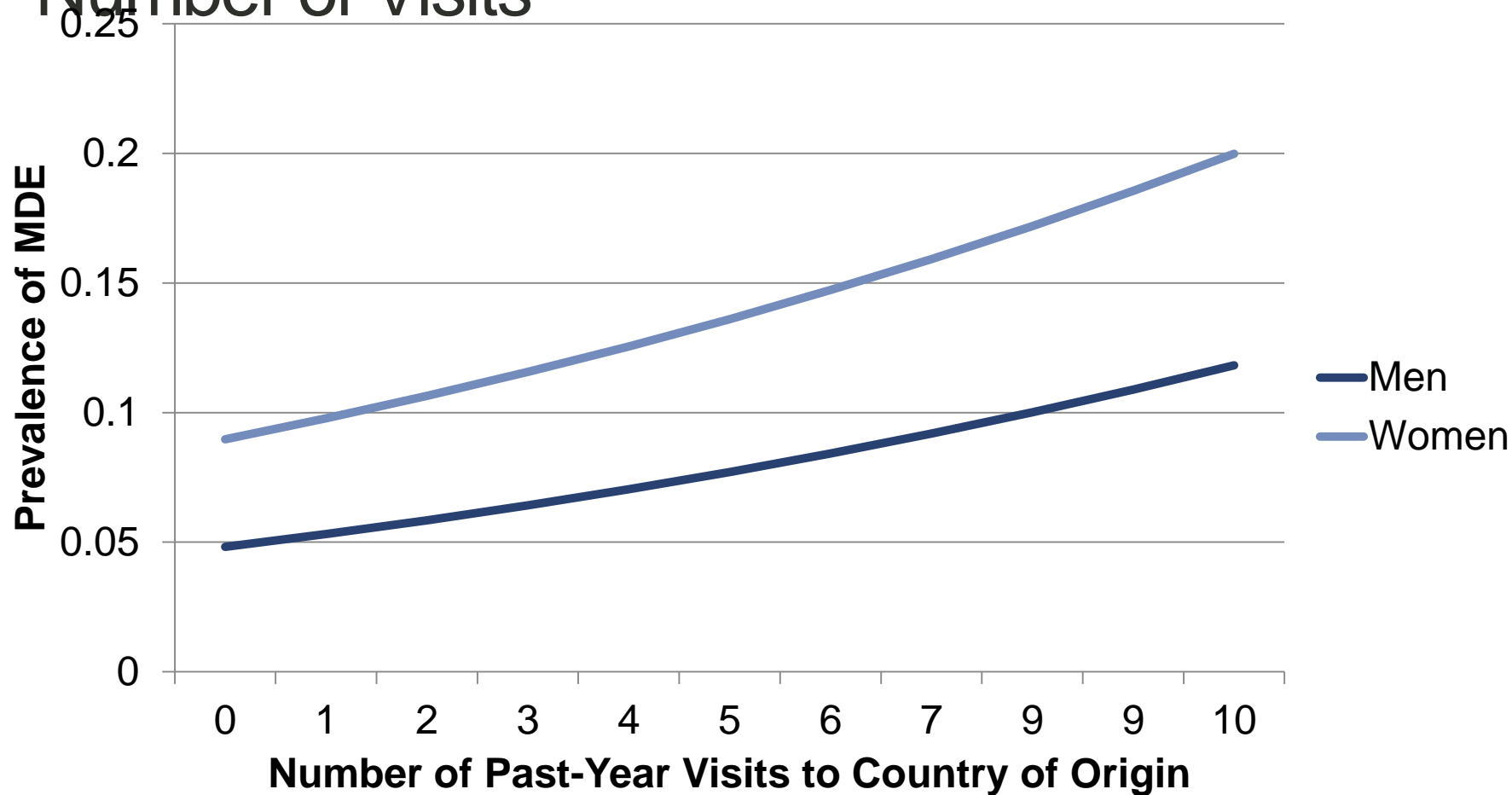
- “development of frequent and enduring social, economic, political, or cultural ties between two or more countries”

Figure.

*Predicted
Probability of
Current Smoker
Status as a
Function of
Gender and
Remittances*



Prevalence of Past-Year MDE by Gender and Number of Visits



Concluding Remarks

- ❑ Acculturation is not assimilation.
- ❑ Limits to the acculturation proxies.
- ❑ Need to use acculturation measures that reflect the current multidimensional conceptualization.
- ❑ Acculturation processes interact with other social and contextual factors to alter health risk.
- ❑ Immigrants actively maintain transnational ties.

Thank You

Carmela Alcántara, PhD
Columbia University
ca2543@columbia.edu