# Unpacking Acculturation and Migration Health Data

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#### **Outline**

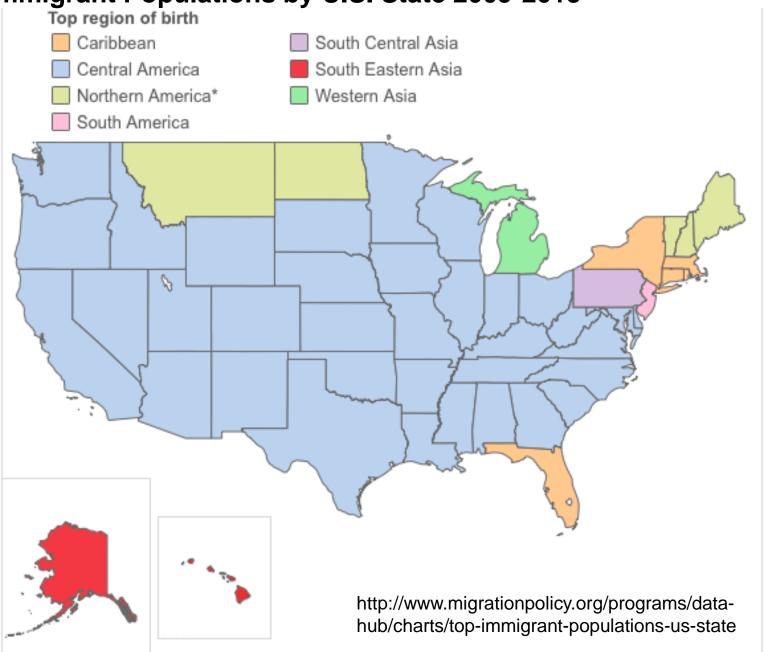
□Immigrant Health Paradox

■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.

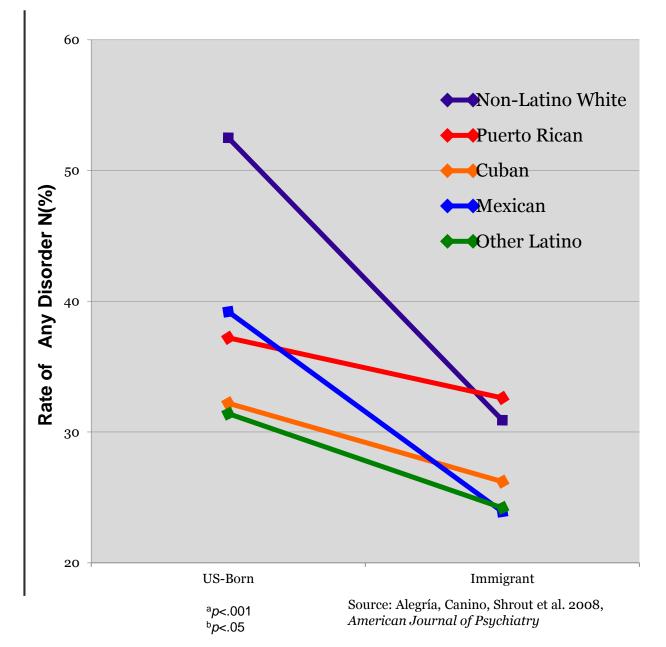
□ Health paradox not consistent across specific immigrant subgroups.

□ Health advantages deteriorate with increased duration in US.

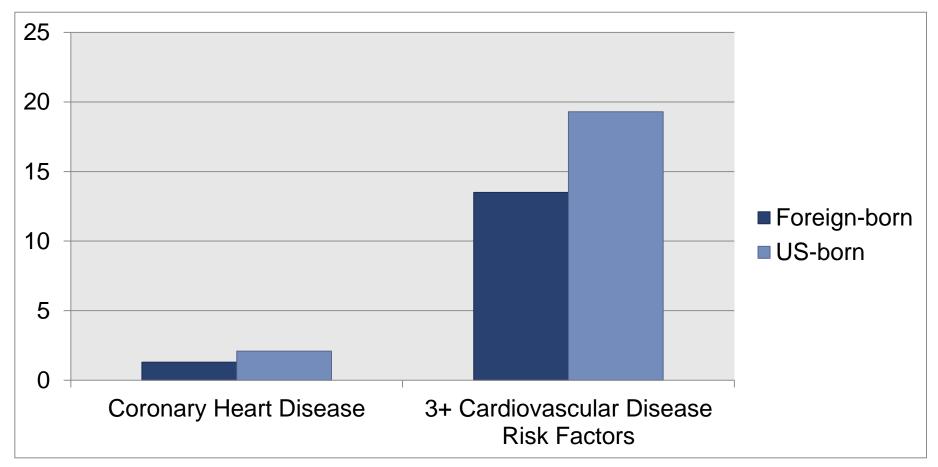
Source: Cunningham et al., 2008; Escarce, Morales, & Rumbaut, 2006; Ruiz et al, 2013

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

**Ethnicity** 



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



Source: Daviglus, Talavera et al. 2012, JAMA

#### Intense Debate

•Is the immigrant health paradox real or an artifact?

#### Figure. Contemporary Explanations for the Immigrant Paradox

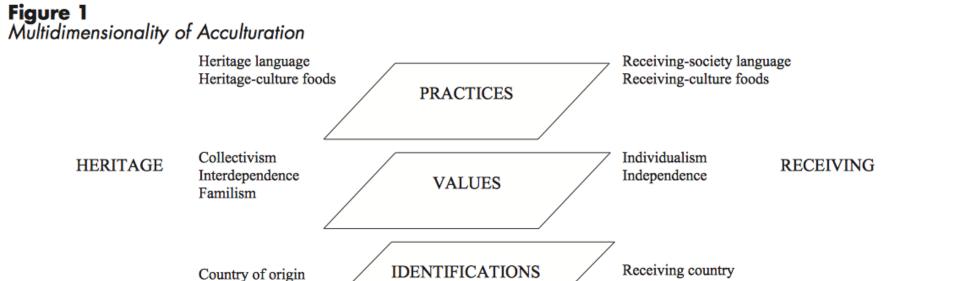
 Paradox is true · Specific cultural, psychosocial, and behavioral factors among immigrant communities lead to increased resiliency to confront Psychosocial and disadvantage in relatively healthy ways **Behavioral** • Result in favorable health outcomes for immigrants (especially new arrivals) versus US natives. increased stress exposure over time increases likelinood to engage in health risk behaviors (i.e., acculturation hypothesis). Paradox is true, but largely explained by migrant selectivity theory. • Healthy migrant hypothesis: selection for individuals who are healthier than the general population **Sociological** • Salmon hypothesis: immigrants return to their country of origin when they become seriously ill and are therefore "statistically immortal" Paradox is treated as false and nativity differences attributed to methodological factors. · Misclassification of ethnicity on death certificates. Methodological • Under-representation of ethnic groups in the census counts used to generate health statistics. Data artifacts related to immigrant versus native differences in response styles, stimulus familiarity, or construct bias.

### ACCULTURATION

What happens after they migrate?

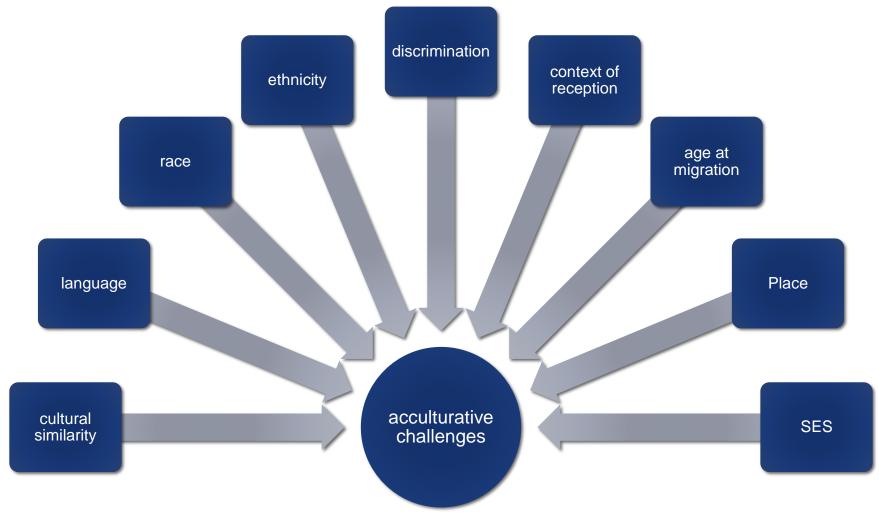
#### Acculturation

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



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

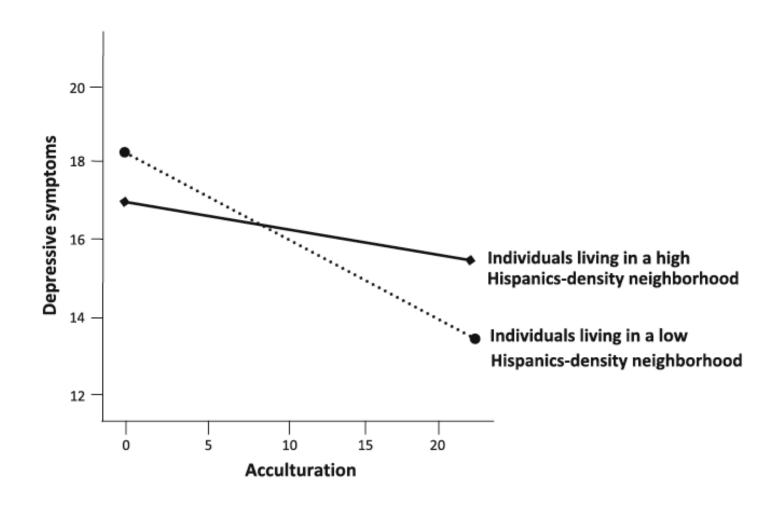


Source: Schwartz, Unger, Zamboanga, & Szapocznik, 2010

## 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

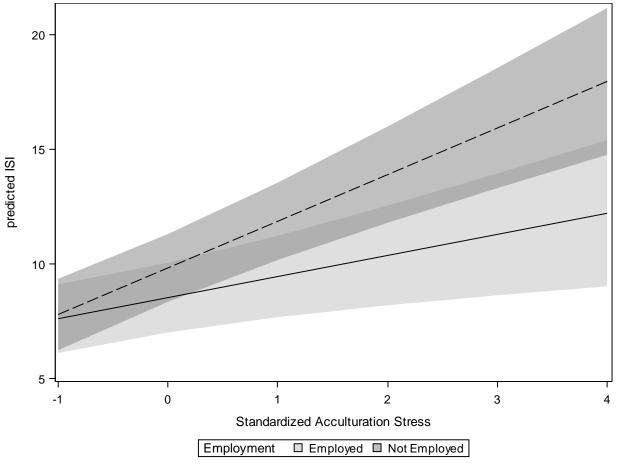


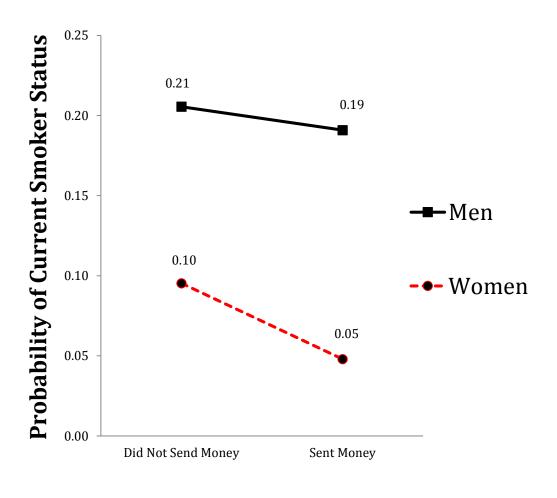
Figure Legend: Effect of acculturation stress (continuous) on ISI (continuous) in analyses weighted for sampling weights and adjusted for age, sex, site and ethnicity with an employment term (dichotomous), an acculturation stress term and an acculturation stress X employment term (interaction).

## AND TRANSNATIONAL TIES

#### **Transnational Ties**

 "development of frequent and enduring social, economic, political, or cultural ties between two or more countries" Figure.

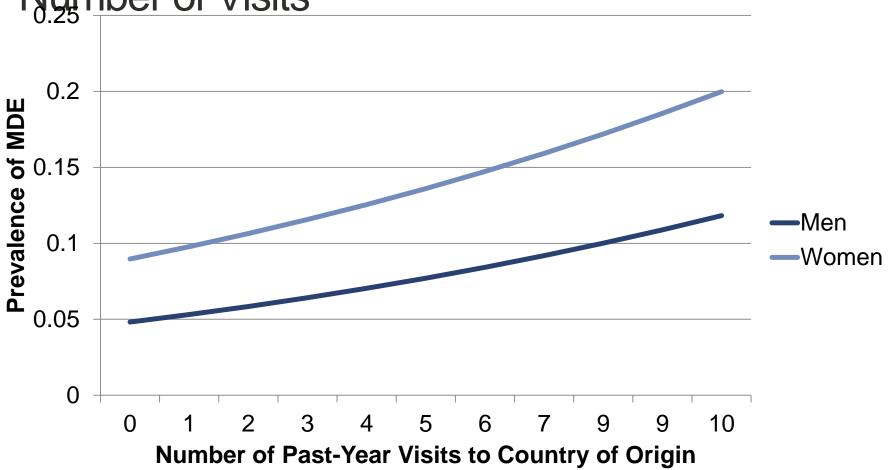
Predicted
Probability of
Current Smoker
Status as a
Function of
Gender and
Remittances



Remittances

Source: Alcantara, Molina, & Kawachi, 2015, American Journal of Public Health

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

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