

Food security in cultural pluralism: the impact of intergenerational conflict, family functioning and parenting on obesity among African migrants

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Background

Ten years have elapsed since the World Food Summit in Rome pledged to halve the number of undernourished people in the world by no later than 2015

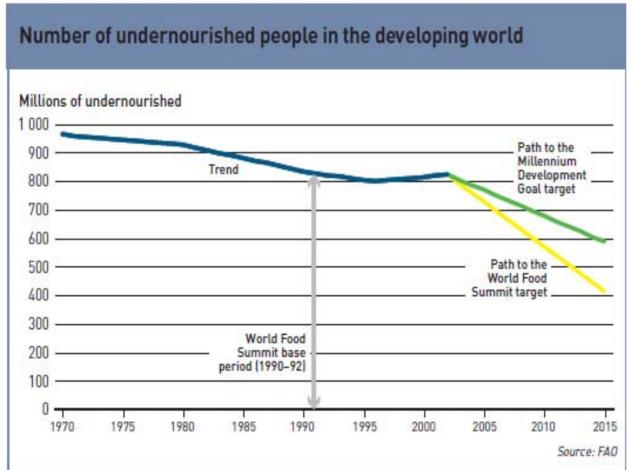
854 million people worldwide are chronically hungry and undernourished

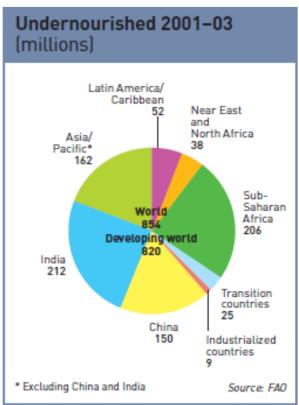
= 12.6 percent of the estimated world population of 6.6 billion





Distribution of under-nourishment









Issues of food availability (FAO et al 2002)



- 1. Although the world population has increased by 70 percent since the 1970s', the world produces enough food to feed everyone on earth without putting excessive pressure on food prices or environmental degradation
- 2. Agricultural outputs provide 17 percent more calories per living person today than it did 40 years ago
- 3. The global per capita dietary energy supplies will continue to increase for at least another 25 years

Issues with the distribution of food and the resources with which to access it



Food aid – is it necessary?

















What went wrong? The dilemmas!

Accelerating Globalization and Further Trade Liberalization Sweeping Technological Changes

Degradation of Natural Resources/Increasing Water Scarcity

Health and Nutrition Crises

Rapid Urbanization

The Changing Face of Farming

Continued Conflict

Climate Change

Changing Roles and Responsibilities of Key Actors

(IFPR, 2002)





African migration to developed countries



- Sub-Saharan African migrants constitute a fast growing cluster of the population in the developed world
- predominantly to the <u>Americas</u>- <u>Dispersal through</u> slavery and lately through immigration
- Then later to <u>Europe</u>, the <u>Middle East</u>, The Pacific (Australia) and other corners of the globe under different migration streams:
 - Skilled migration and the brain drain
 - Refugees and humanitarian entrants
 - Family reunion
 - Migration for educational attainment





The African experience











WHO Collaborating Centre for Obesity Prevention

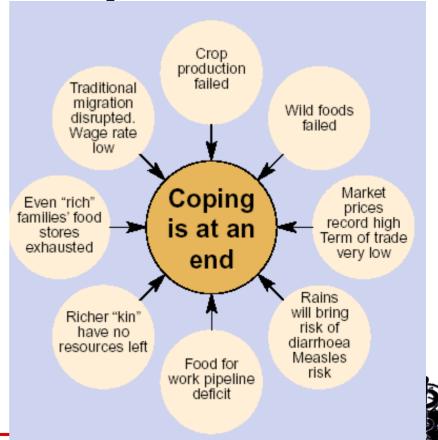
Principle factors undermining coping strategies in Northern Darfur



Normal livelihood patterns

Crop production Migration and wage Wild foods labour Market Food Coping purchases stores Public health Kinship environsupport ment Food for work

When livelihood is compromised





Food availability and access-=FS?

- 1. Food is one of a whole range of factors that determine why the poor take decisions. Assets preservation can effect the behaviour of the poor at times of food insecurity
- 2. Maxwell (2002): dilemma facing small farm households involves a trade-off between immediate subsistence and long-term sustainability.
- 3. Corbett (1988): Preservation of assets takes priority over meeting immediate food needs until the point of destitution, when all options have been exhausted
- 4. Oshaug (1985): 3 kinds of households:
 - 1. Enduring households: Maintain household food security on a continuous basis;
 - 2. Resilient households: Suffer shocks but recover quickly; and
 - 3. Fragile households: Become increasingly insecure because of their vulnerability to external shocks.





Food availability and access=FS?

De Waal (1989):

During the famine period Sudanese in Dafur chose to go hungry in order to preserve their assets and thus their future livelihoods. They were quite prepared to put up with considerable levels of hunger, in order to preserve seeds for planting, or to avoid having to sell an animal





Acculturation Strategies Framework (Berry 2006)

ISSUE 1:

MAINTENANCE OF HERITAGE CULTURE AND IDENTITY

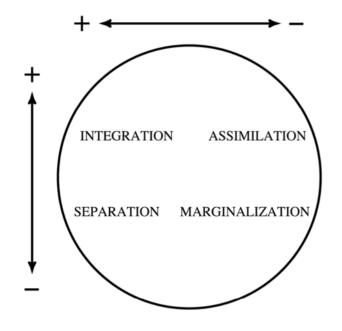
ISSUE 2:

RELATIONSHIPS

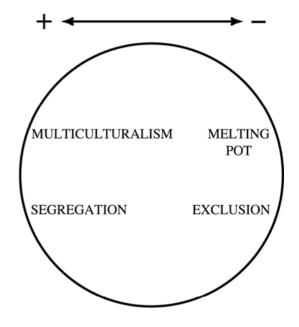
SOUGHT

AMONG

GROUPS



STRATEGIES OF ETHNOCULTURAL GROUPS



STRATEGIES OF LARGER SOCIETY



Culture and food



- 1. Cultural constructs of healthy food
- 2. Body image
- 3. From substance farming/food aid to diversified daily food provision (Increased purchasing power)

Paradox

- 1. Housing
- 2. Family size
- 3. Limited choices/ familiarity with food





Modifiable risk factors for childhood obesity

Acculturation may affect:

Familial factors

- parental overweight
- parental eating, diet
- rapid infant growth

Child feeding practices

- few fruits, vegetables
- energy dense foods
- food away from home
- sweetened drinks
- large portions
- frequent snacking





Consequences of unfamiliarity with food



1. New foods adopted since arrival were pizza, breakfast cereals and fast foods, but also included new fruits and vegetables

2. Dietary acculturation characterised by three processes: substitution, supplementation/addition and modification of recipes

Renzaho and Burns, 2006





Acculturation and obesity and its risk factors among

African orientation



Traditional

15.1%

BMI (kgm⁻²) =18.1±0.3 Ov/Ob prev (%)= 9.8±4.2 PA (Min/day)= 94.8±6.0 SB(Min/day)= 188.6±11.1 ED (Kj/100g)= 472.6±12.6

Integration

38.0%

BMI (kgm⁻²) =16.0±0.4 Ov/Ob prev (%)= 32.0±4.1 PA(Min/day)= 137.4±8.6 SB(Min/day)= 241.1±8.2 ED (Kj/100g)= 468.1±7.0

Marginalisation

34.1%

BMI (kgm⁻²) =17.9±0.3 Ov/Ob prev (%)= 27.8±4.1 PA(Min/day)= 96.9±5.9 SB(Min/day)= 179.0±11.0 ED (Kj/100g)= 518.4.6±8.5

Australian orientation

Assimilation

12.8%

BMI (kgm⁻²) =18.3±0.7 Ov/Ob prev (%)= 30.2±5.1 PA(Min/day)= 99.6±9.7 SB(Min/day)= 221.2±14.1 ED (Kj/100g)= 490.5±9.9





Adjusted coefficients (β ; 95%CI) of BMI, physical activity, sedentary behaviours, energy density by acculturation (a)



| | BMI (kgm-2) | | Physical activity (min/day) | | Sedentary behaviours (min/day) | | Energy density (kj/100g) | |
|--------------------|-----------------------------------|--------------|----------------------------------|----------------|-----------------------------------|-----------------|----------------------------------|---------------|
| | β | 95%CI | β | 95%CI | β | 95%CI | β | 95%CI |
| Acculturation type | | | | | | | | |
| Traditional | (ref) | | (ref) | | (ref) | | (ref) | |
| Bicultural | 1.1 | (0.2, 2.1)* | 46.9 | (19.0, 74.8)** | 43.0 | (4.4, 81.5)* | -14.8 | (-52.1, 22.4) |
| Assimilated | 1.2 | (-0.6, 3.0) | -6.2 | (-36.4, 24.0) | 57.5 | (15.0, 100.0)** | -5.6 | (-49.8, 38.6) |
| Marginalized | 1.4 | (0.4, 2.5)** | 1.1 | (-24.2, 26.4) | 7.3 | (-31.2, 45.9) | 42.0 | (1.0, 83.1)* |
| | r ² =0.185, p<0.001 | | r ² =0.122, p<0.05 | | r ² =0.184, p<0.001 | | r ² =0.141, p<0.01 | |

(a) Model adjusted for household income, parental educational level, religion, child's age, child's gender, and length of stay in Australia. * p<0.05; ** p<0.01



Inter-generational acculturation gap

Relocation to another country affects all aspects of life. Acculturation:

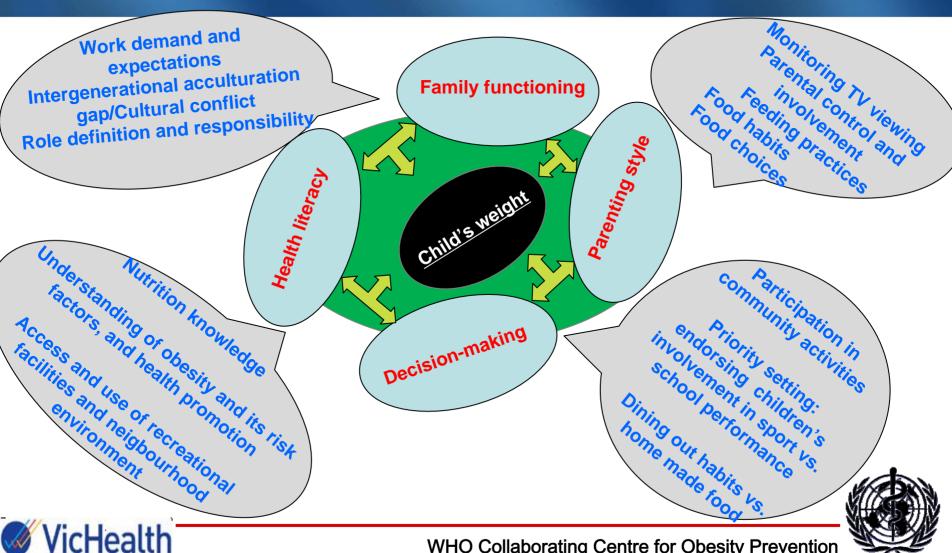
- 1. Affects values, perceptions, attitudes, language and learned behaviours that shape one's life
- 2. Erodes traditional beliefs and cultural rules

3. Facilitates learning of both acceptable or unacceptable new values



Acculturation and obesity risk (Renzaho, 2009)





WHO Collaborating Centre for Obesity Prevention

Sustainable food security: African migrant (Renzaho and Mellor, 2009)



Food Security

Food availability

Food Access

Food Utilisation

Asset creation

From own production or the market:

- FOOD volume: domestic food stocks or food production, commercial food imports, food aid
- Food storage
- Irrigation
- Climate
- •Rainfall.
- Seeds,
- drought
- Harvest manpower

 Household resources and purchasing power e.g. income level

 Physical, social and policy environment
 e.g. Trade, infrastructure (e.g. transport), merchants, border regulations, government policies, subsidies, incentives, war zones, battle lines etc. Bio-utilization:

- Caretaker behavior, knowledge, family structure, hookworms, hygiene, cuisine patterns, micronutrient synergy or antagonism etc.

 Physical utilization
- Cooking facilities, lack of cooking skills, inadequate housing (e.g. lack of air conditioning in summer), social function e.g. food offering for community cohesion, ritual meals
- Culturally inappropriate food resulting in trading or selling the food
- ·Loss through food processing

Maintain/ rehabilitate assets people rely on to obtain food:

- Stability and sustainable coping strategies eg homestead gardening, conservation farming, or water harvesting eg small dam construction, roof water harvesting.
- Resource conservation: and land reclamation (e.g. tree seedling establishment and tree planting, etc.
- Employment generation or income transfer,

Internal factors: loss of an income-earner in the family, female- or elderly-headed households, pr esence of a chronically-ill person in a ho usehold, large family etc.

External factors: depletion of natural resources, food price inflation, emergencies/ disasters, limited employment opportunities, dise a se outbreak Cultural factors: Cultural beliefs, practices and attitudes, power processes, ge nder-specific roles and responsibilities, decision making hierarchies etc.

Social organisations: farmers associations, clan-based groups and their food rituals or faith groups and their religious rituals





Parenting and FS-# values (Renzaho et al 2009)

DEAKIN

Food choices and consumption

- 1.Parental preference for adopting traditional values for certain food groups and cooking methods
- 2.Limited access to fresh and organic foods
- 3. Easy access to junk food, but also culturally valued
- 4. Change away from community eating and engagement
- Beliefs about food and health risks associated with unhealthy
- food
- 1.Different beliefs between parents and children about importance if healthy lifestyle and healthy eating
- 2. Knowledge about health risks associated with poor diet



Family functioning (Renzaho et al 2009)



Control of children

- 1. Control of behaviour through strict boundaries around children's behaviour activities
- 2. Control of children's social development through close monitoring of interests, activities and friends

Low independence of children

- 1.Close monitoring and involvement in children's social activities
- 2. Tight boundaries relating to children's daily routines
- 3.Lack of control for children's regarding food choice at home
- 4.Control of children's activities leading to boredom and sedentary behaviour



Decision making (renzaho et al 2009)

Decision making

- 1. Acknowledgement that parents have authority in making decisions
- 2. Children included in early stages of decision making

Mentoring/support

- 1. Children taught cultural norms and expected to follow them
- 2.Gender dependent support (mum with daughter, dad with son)
- 3. Taught importance of family unit and adhering to rules of culture

Support for children's physical activity

- 1. Concern about community environment in which children engage in activities leads to discouragement of incidental physical activity (eg., safety of playing in street)
- 2.Limited involvement in children's sporting activities



Parenting style and obesity risk

- USA: A study of 812 multiethnic children aged 54 months found that:
 - Children of authoritarian parents had almost 5 times the odds of overweight in first grade, and odds of children of permissive and neglectful parents were twice those of authoritative parents (Rhee et al, 2006)
- Australia: a study involving 4983 children (-5 years) and their parents found that:
 - Mothers' parenting behaviors and styles were not associated increased risk of obesity in children.
 - Higher father control scores were associated with lower odds of the child being in a higher BMI category.
 - Compared with authoritative style, children of fathers with permissive and disengaged parenting styles had higher odds of being in a higher BMI category (Wake et al 2006).





Family functioning and obesity

Wilkins et al (1998) found that:

 Higher score on poor family functioning scale were associated with higher child BMI among US children.

Chen and Kennedy (2005) found that:

 Poor family communication contributed to increased body mass index in Chinese-American children

Beverley et al (2006) found that:

 Obese girls rated their families lower on Cohesion and Expressiveness. Obese boys did not differ from normal weight boys on any of the measures.





Summary

- Migrants undergo different levels of acculturation once they relocate to another country
- Acculturation affects many facets of life related to food availability, access and utilisation, hence pre-disposing them to obesity
- Food security programs and frameworks need to be rooted in traditional values and habits in order to maintain and reinforce healthy traditional practices





Areas of attention

- Promotion of intergenerational congruence
 - Minimise intergenerational conflict
 - Maximise child-parent agreement in values and behaviours
- Acknowledging cultural differences as the key to tackling obesity
 - Interventions need to be customised and culturally tailored. Intervention content and the setting are more important than the duration of the intervention
 - An understanding of the meaning and use of the concept of food security and obesity within varied cultural contexts should be used as a stepping stone to promoting healthy eating



Getting right for migrants-way forward

- 1. Investing in Human Resources.
 - The Victorian Coalition for Migration and Health
- 2. Improving Access to Productive Resources and Remunerative Employment
- 3. Improving Markets, Infrastructure, and Institutions
- 4. Cultural competence and cultural capital in food programming





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For further contact or to explore collaboration opportunities

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