MINA

Migration, Nutrition and Ageing Across the Lifecourse in Bangladeshi Families: A Transnational Perspective

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Aims of Project MINA

- Gain a better understanding of women’s nutritional status, food practices and beliefs, and experiences and perceptions of ageing.
- Explore ways to reduce health inequalities and promote healthy ageing among Bangladeshi women and families.
Bangladeshi population is fastest growing and most socially disadvantaged group in the UK.

- Poorer health status and higher rates of diseases such as heart disease and type 2 diabetes.
- Women take a lead role in caretaking for multiple generations.
- Complex challenges – poverty, ageing, racism, and social exclusion.
Why Project MINA?

- To better understand how eating patterns and migration affect the nutritional status and experiences of ageing in this group.
- To gather more information about:
  - Nutritional and health status
  - Food practices
  - Beliefs and experiences with ageing
- Develop culturally appropriate programmes to promote healthy ageing amongst this group.
Who Will Be Participating in MINA?

- Older women (+45 yrs) who migrated from Bangladesh to the UK (n=40)
- Younger women (18–35 yrs) born to migrants in the UK (n=40)
- Women of the same two age groups living in Bangladesh (n=40)
What Question Do We Hope To Answer?

1. Does migration impact on nutritional status, food practices, health, and ageing among first generation Bangladeshi women?
2. What is the impact of migration on lifestyle changes in middle and later life of first generation Bangladeshi women?
What Question Do We Hope To Answer?

3. How does migration affect nutritional status, food practices, health, and ageing of the successive generation of women living in the UK?

4. How does migration affect changes in nutritional status, food practices, health, and ageing compared with non-migrating women of similar age in Bangladesh?
Phases of Study

**YEAR 1**
1. Formation of community advisory committee
2. Ethics approval
3. Scoping of UK Databases
4. Website development
5. UK participant recruitment
6. Data collection in UK
7. Planning for data collection in Bangladesh

**YEAR 2**
1. Explore secondary analyses of existing databases
2. Participant recruitment in UK and Bangladesh
3. Data collection in UK and Bangladesh

**YEAR 3**
1. Data collection completed.
2. Data analysis.
3. Development of products and publications.
4. Full scale dissemination.

**Throughout we are exploring most appropriate products and outputs for all stakeholders**
Work Packages and Outputs

WP1: Community Engagement and Conceptual Development

WP2: Nutritional Status and Physical Function

WP3: Food Ethnobotany and Food Environments

WP4: Migration, Nutrition and Ageing – Health Beliefs, Health Behaviours and Health Status

Outputs:
- Trained Bangladeshi Researchers
- Increased capacity to promote healthy ageing and reduce health inequalities
- Dissemination of research findings
- Multi-media products, website, and photo exhibit
- Educational materials for health and social care practitioners
Work Package 1 – Community Engagement and Conceptual Development

- Establish Community Advisory Committee
- Establish Scientific Advisory Committee
- Use frequent face-to-face meetings and conference calls to exploit synergy of different disciplines and maintain cohesion
- Recruit and train community researchers (10+ currently trained)
- Complete a thorough review of literature in each discipline
- Develop prototype of integrated, multidisciplinary methods and outputs
Work Package 2 – Nutritional Status and Physical Function

- Anthropometry – standing height, seated height, weight, waist, hip, and arm circumference, triceps skinfold
- Bone density at heel – Quantitative ultrasound
- Lower body physical function – standing balance, sit-to-stand, walking pace over 4 metres
Food Ethnobotany:

- In-depth botanical study of traditional food plant uses and assessment of related cultural salience (interviews, focus groups, observation)
- Analysis of home gardens/allotment gardens – frequency of botanical species, agricultural techniques, assessment of social meaning
- Analysis of perception of food plants and plant-based culinary preparations as traditional medicines – includes collection of botanical species
Work Package 3 – Food Ethnobotany and Food Environments (15–20 paired case studies)

- Food Environments (where food is acquired, prepared, and consumed):
  - Analysis of spatial and physical features of food environments
  - Analysis of equipment and tools used
  - Analysis of human involvement in acquisition, preparation, and consumption of food
  - Analysis of main types and quality of food consumed in UK and Bangladesh
  - Integrate parameters of nutritional status with foods consumed and environment data
  - Interviews, photo- and video-ethnography
Quantitative questionnaire (n=120)
- Physical and mental health status
- Demographic data
- Socio-economic status
- Housing and household composition
- Migration history
- Transnational ties
- Eating practices
- Religion
- Educational level
- Language and literacy ability
Work Package 4 – Health Beliefs, Health Behaviours and Health Status

- Interviews – 40 mother/daughter pairs in UK; 20 pairs in Bangladesh
- Obtain accounts of migration and biographical experiences and explore impact on nutritional status, health behaviours and transmission of nutritional knowledge
- Explore influence of cultural beliefs on nutrition, health, and health seeking behaviours and how this has changed across the lifespan and between generations
- Explore impact of social inequalities on nutrition and health status
Work Package 4 – Health Beliefs, Health Behaviours and Health Status

- Explore changes in roles, position and responsibilities of women in household and the impact on their own nutrition, the family unit and wider community
- Obtain detailed accounts of women’s perceptions and expectations of an older person in their community
- Gain an understanding of the extent and nature of transnational ties and their influence on issues related to nutrition and ageing
Trained Bangladeshi researchers – currently 2 of 3 RA’s and 10+ community sessional workers

Ideas for products:

◦ Website to allow for more complete access to secondary datasets that include data on Bangladeshi people
◦ Multi-media resources for communities, health and social practitioners
◦ Interactive video cookbook, scratch and sniff plant book, photographic exhibit across UK
◦ Will be guided by user input throughout project