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

(Project MINA)

**Project Team**
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**Background**
The Bangladeshi population in the UK is one of the fastest growing ethnic groups and amongst the most socially disadvantaged. They have poorer health status and higher rates of diseases such as heart disease and type 2 diabetes.

Older Bangladeshi women are particularly affected as they play a lead role in caretaking for multiple generations within relatively large extended families and many struggle to cope with ageing, poverty, racism, and social exclusion.

There is no clear understanding of how eating patterns and migration affect the nutritional status and experiences of ageing in this group.

**Research Aims**
- Assess the impact of migration on nutritional status, food practices and health among first generation Bangladeshi women migrants;
- Determine if migration affects nutritional status, food practices and health of the successive generation of Bangladeshi women living in the UK;
- Compare nutritional status, food practices and health of non-migrating women living in Bangladesh with women living in the UK.

**Participants & Methods**
The MINA project will investigate the effects of migration, nutrition and eating patterns on ageing using qualitative, quantitative, ethnobotanical, and video/photoethnographic methods.

The intergenerational component includes a sample of 80 women, 40 older women (45+ years old) who migrated from Bangladesh to the UK and 40 adult daughters (18-35 years old) born to migrants in the UK. The transnational component includes 40 women of the same two age groups, who will be interviewed and assessed in Bangladesh.

**Work Packages and Outputs**
The project is divided into four work packages that share and integrate approaches and methods to provide a more holistic understanding of the complexities of migration, nutrition and ageing.

**WP1: Community Engagement & Conceptual Development**
**WP2: Nutritional Status, Bone Density & Physical Function**
**WP3: Food Ethnobotany & Food Environments**
**WP4: Migration, Nutrition & Ageing – Health Beliefs, Behaviours & Status**

**OUTPUTS**
Policy: Evidence to inform policy development to improve the nutritional & health status of ageing Bangladeshi adults
Practice: Promote transmission of nutritional knowledge across generations and raise cultural awareness to improve delivery of care
Products: Develop community-based, participant driven resources for promoting nutrition and healthy ageing.