The Effect of Acculturation on the Health of New Immigrants to Canada between 2001 and 2005

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Introduction

- Immigrant’s health: Area of concern in the development of policies for population health. 60% of the Canadian’s population growth is due to immigration.
- Foreign-born health advantage, also known as the “healthy migrant effect”. Pattern of worsening health with increased length of residency and as immigrants adjust to their new homeland
- Acculturation of Western norms: potent explanation mechanism

Background

- Acculturation measure in large sample surveys remains a challenge (Salant et Lauderdale, 2003).
- Few studies links immigrant’s mental health in Canada with acculturation (Ballantyne and al., 2013) or with acculturation strategies (Pan and Wong, 2011)

Discussion and conclusion

- Similar effect modification of SES on the relationship between acculturation and health of immigrants was underlined by Salant and Lauderdale (2003)
- Acculturation alone isn’t direct mechanism affecting the health of all immigrants similarly as very mentioned in the literature. Conversely, its predicting effect on health differs by specific group of immigrants.

Data and method

- Data source: Longitudinal Survey of Immigration to Canada (LSIC, Statistics Canada)
- Longitudinally designed: One arrival cohort of 20322 immigrants who had landed in Canada. LSIC dataset used contains cohort of 7716 landed immigrants: 3819 men and 3897 women

Variables and analysis

- Outcome: Having emotional or mental health problem since arrival (yes or no)
- Acculturation variable: Four-scale variable based on Berry’s (1997) 2X2 typology

Acculturation strategies: It is considered to be of value to maintain one’s identity and characteristics?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Integrate</td>
<td>Separation</td>
</tr>
<tr>
<td>Assimilation</td>
<td>Marginalisation</td>
</tr>
</tbody>
</table>

Logistic regressions taking advantage of the longitudinal design of LSIC, characteristics at wave 1 on mental health status at wave 3

Testing effect modifiers with interaction variables between:
- Acculturation and education
- Acculturation and financial status

Objective

- Analyze predictive effect of acculturation strategies on mental health of immigrants.

Models

- Models 0: Unadjusted estimates
- Models 1-5: Nested models with controls
- Models 3-5: Include interactions

Models of effect of mental health on acculturation (Wave 3). Odds Ratio reported.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Model 0 Unadjusted estimates</th>
<th>Model 1 Pre-migration financial variables</th>
<th>Model 2 Pre-prediction migration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intercept</td>
<td>0.035 (0.008)</td>
<td>0.019 (0.006)</td>
<td>0.002 (0.001)</td>
</tr>
</tbody>
</table>

Effect of acculturation on mental health (Wave 3). Odds Ratio OR reported.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Model 3 Education Interaction</th>
<th>Model 4 Financial status Interaction</th>
<th>Model 5 Both fin/ed/acculturation interaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intercept</td>
<td>0.039 (0.010)</td>
<td>0.057 (0.010)</td>
<td>0.060 (0.010)</td>
</tr>
</tbody>
</table>

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