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 al., Lauderdale, 2003).
- Few studies link immigrant’s mental health in Canada with acculturation (Ballantyne et al., 2013) or with acculturation strategies (Pan and Wong, 2011).

## Objective

Analyse predictive effect of acculturation strategies on mental health 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.

## Models

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

## 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.