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

New Dynamics of Ageing Programme Meeting
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Professor Janice L. Thompson
Project Team: Co-investigators

• Professor Joy Merrell – Swansea University; Public Health Nursing
• Dr. Barry Bogin – Loughborough University; Biological Anthropology
• Dr. Petra Meier – Sheffield University; Health Psychology
• Dr. Andrea Pieroni – Bradford University; Ethnobotany
• Dr. Vanja Garaj – Brunel University; Environmental and Media Design
Project Team: Collaborators and Partners

- Professor Christina Victor – Reading University; Social Gerontology
- Dr. Katy Gardner – Sussex University; Migration and Social Anthropology
- University of Dhaka in Bangladesh
- The NGO International Centre for Diarrhoeal Disease Research, Bangladesh (ICDDR,B)
- Local UK Black and minority ethnic (BME) organizations
Aims of Project MINA

• Develop processes and products to reduce existing health inequalities and promote healthy ageing among Bangladeshi women.

• Gain a better understanding of women’s nutritional status, food practices and beliefs, and experiences and perceptions of ageing.
Why Project MINA?

• Bangladeshi population in the UK is one of the fastest growing and most socially disadvantaged.
• They have 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 and struggle with poverty, ageing, racism, and social exclusion.
Why Project MINA?

• We do not have clear understanding of how eating patterns and migration affect the nutritional status and experiences of ageing in this group.

• We need to gather more information about their nutritional and health status, food practices, and beliefs and experiences with ageing so we can develop culturally appropriate programmes to promote healthy ageing amongst this group.
Who Will Be Participating In Project MINA?

- Older women (+45 yrs) who migrated from Bangladesh to the UK
- Younger women (18-35 yrs) born to migrants in the UK
- Women of the same two age groups living in Bangladesh
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?
Work Packages and Outputs

WP1: Community Engagement and Conceptual Development (ALL)

WP2: Nutritional Status and Physical Function (Thompson, Bogin)

WP3: Food Ethnobotany and Food Environments (Pieroni, Garaj, Gardner, Thompson)

WP4: Migration, Nutrition and Ageing – Health Beliefs, Health Behaviours and Health Status (Merrell, Meier, Gardner, Victor, Thompson)

Outputs (ALL):
- 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