**Immigration and Food Insecurity: Additional Information**

Bidopia, T., Fertig, A. R., Burke, N. L., Loth, K. A., Trofholz, A. C., & Berge, J. M. (2024). Understanding the relationships between acculturation, food insecurity, and food parenting practices among socioeconomically/racially diverse parents. *Appetite, 196*, 107292. <https://doi.org/10.1016/j.appet.2024.107292>

The study investigated the intricate connections between acculturation, food insecurity, and food parenting practices among a diverse group of parents in the United States. Certain food parenting practices, such as coercive control and unstructured food parenting practices, were related to negative health consequences in children, such as disordered eating behaviors. Food security status significantly modified the relationship between acculturation strategies and food parenting practices, specifically in the Latinx, Hmong, and Somali/Ethiopian families. Future longitudinal studies could educate on how these practices evolve upon migration to the U.S.

Bushelle, Chantal A., "The Risks for Eating Disorders/Disordered Eating in Refugee & Immigrant Experiences and the Imperative of Culturally Alert Screening" (2021). *Graduate School of Professional Psychology: Doctoral Papers and Masters Projects. 414*. <https://digitalcommons.du.edu/capstone_masters/414>

The article highlighted the dearth of data on the epidemiology of disordered eating within refugee and immigrant communities. It underscored the lack of attention given to the impact of stress, trauma, and cultural change on food attitudes and eating behaviors in these populations. The article urgently called for mental health professionals and humanitarian organizations to acknowledge and address the emergence of disordered eating behaviors from societal transitions, interpersonal disruption, and acculturative stress.

Distel, L. M., Egbert, A. H., Bohnert, A. M., & Santiago, C. D. (2019). Chronic stress and food insecurity: Examining key environmental family factors related to body mass index among low-income Mexican-origin youth. *Family & Community Health, 42*(3), 213-220. <https://doi.org/10.1097/FCH.0000000000000228>

This study considered the associations between food insecurity and chronic stress of 104 Mexican American children with an average age of 8.39 years; 61% were females. They found undocumented status was associated with both food insecurity and chronic stress; however, the association disappeared when accounting for poverty. They also reported that chronic stress could impact body weight among food-insecure children.

Flores, H. L., & Amiri, A. (2019). CE: Addressing food insecurity in vulnerable populations. *AJN, American Journal of Nursing, 119*(1), 38-45. <https://doi.org/10.1097/01.NAJ.0000552585.15471.a7>

This article focused on addressing food insecurity in vulnerable populations such as immigrants, the elderly, low SES homes, single parents, and LGBTQ communities. Nurses are called to be advocates for patients, have proper screenings, and promote health and well-being. The study focused on collaborative efforts among healthcare professionals, community organizations, and policymakers to combat food insecurity.

Kim, J., Nicodimos, S., Kushner, S.E., Rhew, I.C., McCauley, E., Vander Stoep, A. (2018). Comparing mental health of US children of immigrants and non-immigrants in 4 racial/ethnic groups. *Journal of School Health, 88*(2), 167-175. <https://doi.org/10.1111/josh.12586>

The study aimed to compare the mental health status of children of immigrant (COI) and non-immigrant (NI) parents and determine whether differences in mental health status between COI and NI vary across four racial/ethnic groups. The groups were Asian American/Pacific Islanders and Latinos, Blacks/African, and European Americans. The researchers conducted well-validated adolescent depression and disruptive behavior problem questionnaires. They reported the emotional health of COI relative to children of NI depends on the child’s race/ethnicity. It also highlighted the importance of considering cultural context and ethnicity when addressing mental health disparities among immigrant and non-immigrant youth. The article focused on migrants and their experiences related to food security. It stressed the unique challenges related to food access and availability. They called for future research to address mobility, cultural differences, and economic status.

Orjuela-Grimm, M., Deschak, C., Aragon Gama, C. A., et al. (2022). Migrants on the move and food (In)security: A call for research. *Journal of Immigrant Minority Health, 24*, 1318–1327. <https://doi.org/10.1007/s10903-021-01276-7>

The article focused on migrants and their experiences related to food security. It stressed the unique challenges related to food access and availability. They called for future research to address mobility, cultural differences, and economic status.

Potochnick, S., Perreira, K. M., Bravin, J. I., Castañeda, S. F., Daviglus, M. L., Gallo, L. C., & Isasi, C. R. (2019). Food insecurity among Hispanic/Latino youth: Who is at risk and what are the health correlates?. *Journal of Adolescent Health, 64*(5), 631-639. <https://doi.org/10.1016/j.jadohealth.2018.10.302>

The study aimed to examine the correlates and health implications of household food insecurity among Hispanic/Latino youth aged 8-16 years, a population at high risk for food insecurity. The researchers used data from the Hispanic Community Children’s Health/Study of Latino Youth. From this data source, they found that 42% of Hispanic/Latino youth experienced household food insecurity, 33% faced child food insecurity, and 10% lived in a very low food secure household. Associations between food insecurity and health outcomes varied by sex, age, household income, parent nativity, and child acculturative stress levels. The authors recommend reducing food insecurity and improving health among Hispanic/Latino youth will likely require comprehensive policies addressing their multiple migration, familial, and economic stressors.

Trofholz, A. C., Tate, A., Keithahn, H., de Brito, J. N., Loth, K., Fertig, A., & Berge, J. M. (2021). Family meal characteristics in racially/ethnically diverse and immigrant/refugee households by household food security status: A mixed methods study. *Appetite, 157*(2), <https://doi.org/10.1016/j.appet.2020.105000>

The study focused on meal patterns of immigrant and refugee households. The study found that families that were less food secure promoted restricted or strict meal patterns that could lead to disordered eating. The authors indicated that households higher in food security had more frequent family meals and engaged in communication during meals which contributed to supportive environments.