

# **PUBLIC VOICE** FOR FOOD & HEALTH

## Public Voice Migrant Nutrition Study Fact Sheet

1001 Connecticut Avenue, N.W.  
Suite 522  
Washington, D.C. 20036  
(202) 659-5930

### FACT SHEET

### MIGRANT NUTRITION STUDY

#### GENERAL DEMOGRAPHICS

- There are between 1,000,000 and 3,500,000 migrants and their dependents nationally.
- Median annual household income is \$5,291.
- Migrants are generally not covered by standard employee benefits, such as paid health care, paid vacation, overtime pay, unemployment or worker's compensation.

#### KEY FINDINGS FROM STUDY

- Nearly one-third reported running out of food or not having enough to eat during the past year.
- More than 50% had diets that failed to meet their RDA for vitamin A, iron (for women), and calcium.
- Less than one-quarter (24%) were participating in the food stamp program, although most probably qualified.
- The primary reason for not participating was the misconception that they were not eligible.
- Parasitic infection, which takes a serious toll on nutritional status, was rampant, affecting 25%-50% of the migrant population.
- The highest rates of infection were among children, who face the most severe nutritional consequences from the infestation.

#### KEY RECOMMENDATIONS

- Implementation of a targeted outreach program to increase migrants' understanding of food stamp program eligibility regulations and program benefits.
- Implementation of an innovative nutrition intervention campaign to address the specific dietary inadequacies migrants experience.
- A coordinated nation-wide effort to study, treat and prevent the spread of parasitic infection among the migrant population.
- Improvement of migrant housing conditions, especially regarding kitchen facilities and sanitation conditions.