



# **FAMILY CHANGE AND HEALTH: A Framework for Latino/a and Immigrant Populations**

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Krista M. Perreira  
Department of Public Policy and  
Carolina Population Center  
UNC -Chapel Hill



# My World Turned Upside Down

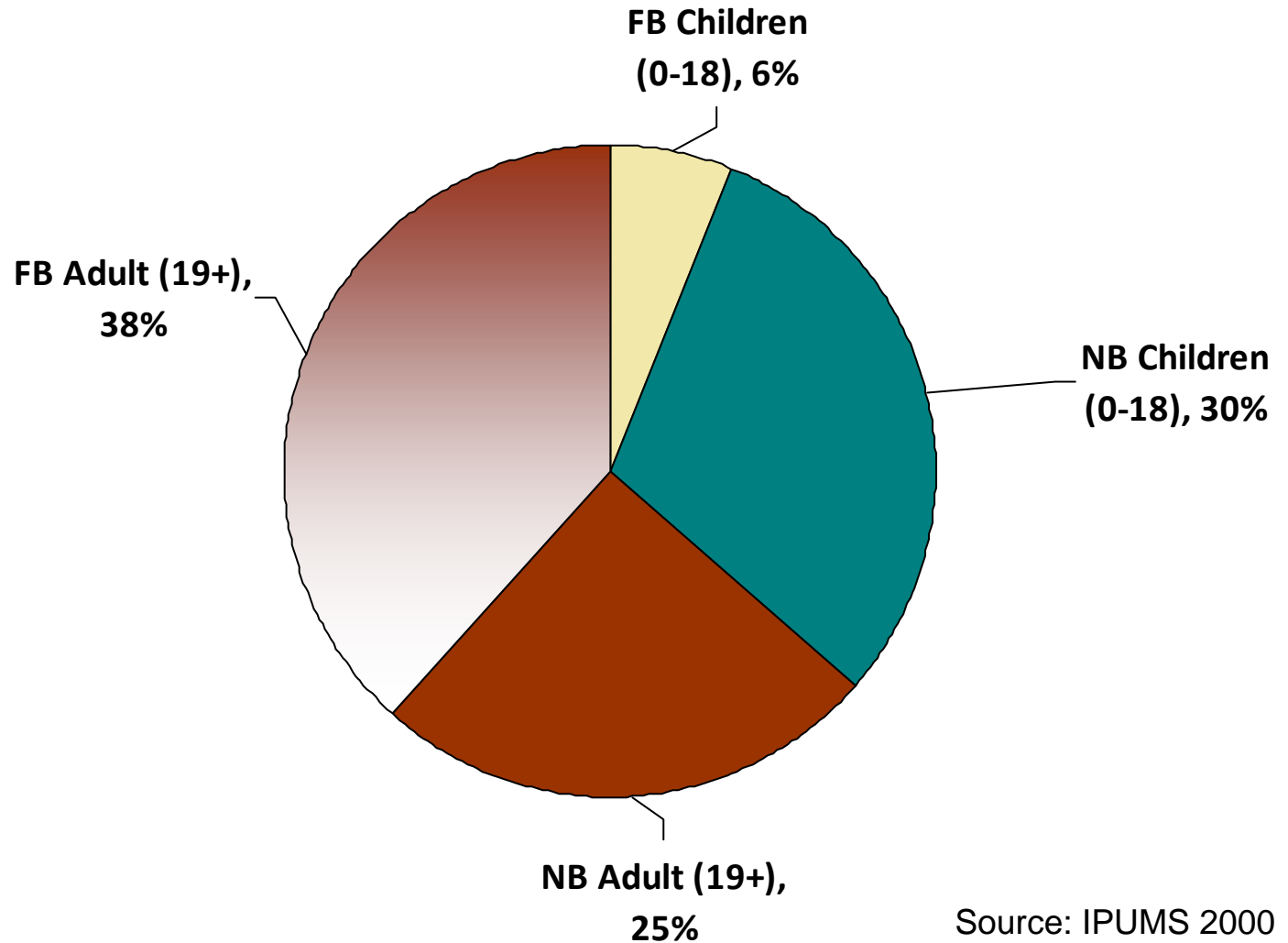
“It was like the world just turned upside down for me. I was like why did we move? I got to learn this other language and it was killin' me. I had to go to school and I heard everybody around me talking and I was like “what are they sayin'?” It was a complete change from where I used to live. And everything just turned upside down, the language, the way I had to do things. I had to sleep with my parents, I had to share rooms with other people. ...It was strange, hard. My mom used to work as a secretary [back home], she used to wear little skirts, high heels and make up. It was real hard... to come here and work with turkeys and wake up early in the morning. The sun wasn't even up! It was strange, hard.”

**Alex, Mexican origin, English Interview, 10 years in U.S.**



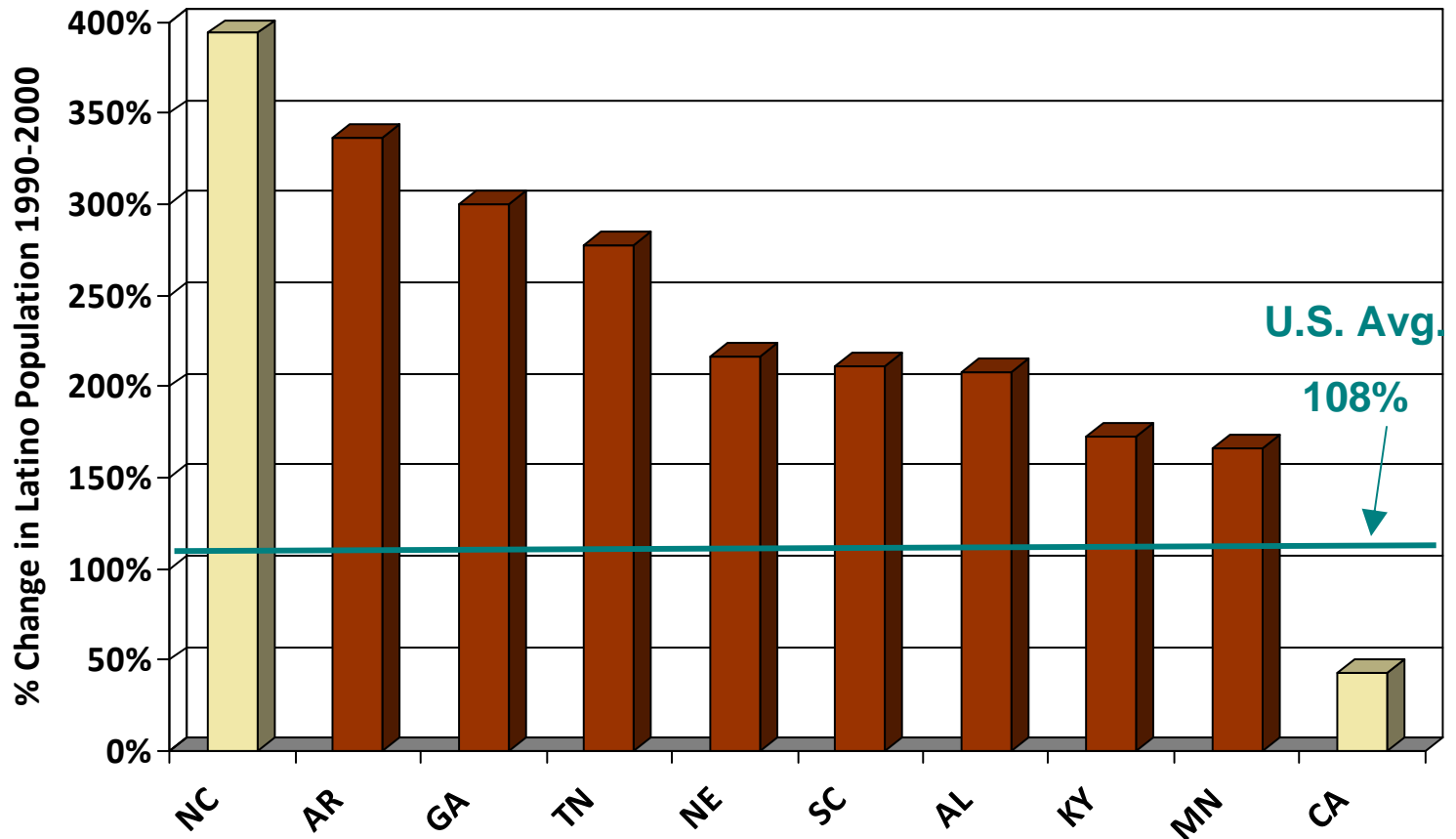


# Latino Populations in U.S. are Growing (N= 35.2 million)





# Latino Populations in the U.S. are on the Move





# Latino Families in the U.S. are Increasingly Diverse

- **Race:** Asian, Black, White, Mixed, Indigenous(?)
- **Heritage:** Represent one U.S. territory and 23 countries
- **Language:** Spanish dialects and Indigenous languages
- **Legal Status:** temporary resident, immigrant, refugee, asylee, citizen => mixed-status families
- **Class:** Upper, middle, and lower class
- **Education:** College graduate, High school graduate, primary school graduate, illiterate





# Defining Family

- Nuclear
- Extended
- Random
  - Fictive Kin
  - Kinscription





# Sources of Family Capital

- **Financial Capital:** Sources of income and assets
- **Social Capital:** Facilitate strong and weak ties
- **Cultural Capital:** Provide know-how and experience
- **Emotional Capital:** Create meaning, purpose, understanding, and identity





# Sources of Family Obligations and Burdens

- **Financial Obligations:** Debts and Remittances
- **Social Obligations:** Promises and Payback
- **Cultural Burdens:** Out-of-place knowledge and experience
- **Emotional Burdens:** Embarrassment, Stress, and Threats





# Sources of Family Change

- Internal and International Migration
- Partnerships and Separations
- Socio-economic and Social Class Transitions
- Births, Deaths, Morbidity
- Developmental and Life Cycle



# Contexts of Family Change

- Historical (e.g., economic, fertility, gender trends)
- Geographic (e.g., countries, states, rural areas)
- Legal/Policy (e.g., immigration, public assistance, and civil rights laws)
- Social Settings (e.g., work, schools, and health care systems)





# The Role of Migration in Family Change

- **Financial:** Deplete and Expand Financial Resources
- **Social:** Break up and Extend Social Networks
- **Cultural:** Exchange and Adapt Cultural Capital
- **Emotional:** Reformulate Identities, Roles, and Responsibilities





# Implications for Health

- **Health Access**

- Costs, Eligibility, and Coverage
- Systems Knowledge
- Provider Trust

- **Health Behaviors**

- Physical Activity and Nutrition
- Sleep
- Mental Health and Substance Use

- **Health Outcomes**

- Obesity
- Asthma
- Cognitive Development



# Next Steps

- Work towards a more comprehensive delineation of family and family-like relationships
- Consider the dualities of family capital and family obligations and burdens when designing research
- Conduct bi-national research
- Utilize mixed-methods, daily-diary, and videotaped observation approaches to data collection and analysis
- Incorporate family generations in data collection strategies



# To Learn More

- Contact [perreira@email.unc.edu](mailto:perreira@email.unc.edu)  
or visit
- [www.cpc.unc.edu/projects/LAMHA](http://www.cpc.unc.edu/projects/LAMHA)
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