

**Understanding the Impact of Migration on Health and Education on
Children: A systematic review**

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Abstract

This review paper aims to comprehensively analyze the complex interplay of factors influencing the health and well-being of migrants in India. It explores the diverse dimensions of migrant health, encompassing pre-migration, migration, and post-migration factors. The study will delve into the challenges faced by migrants, including issues related to working conditions, vulnerabilities of migrant women, and the mental health trends among migrant children. Drawing from an extensive literature review, the paper will identify research gaps and underscore the need for comprehensive healthcare policies and interventions to address the unique health needs of migrants. The study will present a data and methodology section detailing the search strategy and objectives to understand migration's impact on health better. The results show that the literature underscores adverse living and working conditions contribute to migrant's poor mental and physical health, while discrimination and poverty significantly impact their well-being. Parental migration universally impacts children's health and education negatively, emphasizing the urgent need for support programs. Migrant children face heightened health risks, including mental health issues and disparities in healthcare access, highlighting the necessity for comprehensive policies and interventions.

Keywords: *Migration, Child Health, Child education,*

1. Introduction,

Migration is a multifaceted phenomenon with far-reaching implications for the health and well-being of individuals, particularly migrant workers and their families, as well as their children. The COVID-19 pandemic has further highlighted the vulnerabilities faced by migrant populations, exacerbating existing disparities and underscoring the urgent need for comprehensive policy interventions and support systems. This literature review delves into the complex interplay between migration and health, focusing on migrants' health challenges, child health, and educational outcomes. The literature presents a grim picture of the health disparities experienced by migrant populations worldwide. From adverse living and working conditions to inadequate access to healthcare services, migrants face numerous obstacles that significantly impact their mental and physical well-being. Discrimination, poverty, and social isolation further compound these challenges, underscoring the need for targeted interventions to address the unique needs of migrant communities.

Moreover, the impact of migration extends beyond the migrants themselves, significantly affecting the health and development of their children. Migrant children often face higher rates of

hospitalization, psychological problems, and educational disruptions, highlighting the need for tailored support systems and educational policies to mitigate these adverse effects. In addition to health challenges, migrant children also encounter barriers to accessing quality education, further perpetuating cycles of disadvantage and inequality. Language barriers, financial constraints, and social marginalization pose significant hurdles to educational attainment, underscoring the importance of inclusive educational policies and support mechanisms for migrant children.

Furthermore, the review explores the intersecting factors influencing migrant health and child well-being, including socioeconomic status, parental migration status, and cultural factors. Understanding these complex dynamics is crucial for developing effective strategies to promote the health and educational outcomes of migrant populations and their children. In light of the growing global migrant population and the profound impact of migration on health and well-being, this review underscores the pressing need for comprehensive, evidence-based approaches to address the multifaceted challenges faced by migrants and their families. By prioritizing the health and educational needs of migrant populations, policymakers and stakeholders can work towards creating more inclusive and equitable societies for all.

2. Objectives

The broad objectives of this study are to understand migration's impact on children's health and education. Specifically, this review aims to analyze the existing literature to identify areas where research gaps exist and to propose potential directions for further research and policy implications.

3. Methodology

A systematic search strategy was devised to comprehensively explore the literature on "The Migrants Health Pattern in India." This review aimed to identify relevant research studies across multiple databases, including Jstore, SCOPUS, PubMed, Research Gate, and Google Scholar. Various combinations of keywords, such as "Migration," "Health," "Pre and post-migration health," "Living conditions," "Mental health," "Vulnerability of migrants," "India," "Child health," "Child education," and "Covid-19," along with synonyms and closely related terms, were employed during the internet search to locate potential articles and references for inclusion. The screening process involved evaluating titles, abstracts, and content to determine their suitability for this study. Cross-referencing was utilized to check the references cited in the review papers

and articles identified through search engines and to discover additional relevant papers. The study's focus was to investigate the impact of migration on health and education through a systematic review of the existing literature. The initial screening of 145 records aimed to identify studies relevant to the subject. Subsequent database searches yielded 92 records related to the impact of migration on health and education, supplemented by seven additional records from alternative sources such as NSSO surveys and reports to ensure a comprehensive literature review. Eligibility assessment of 99 full-text articles led to the exclusion of eight articles based on predefined criteria, including the absence of data or discussion on the impact of migration on migrant health and irrelevant data to the specified research topics such as child education. A total of 91 studies meeting the eligibility criteria were selected for the final analysis due to their direct relevance to the research focus on migration's impact on health and education. The systematic screening and selection process was meticulously applied to ensure the relevance, quality, and rigour of the included studies in exploring the dual impact of migration on health and education.

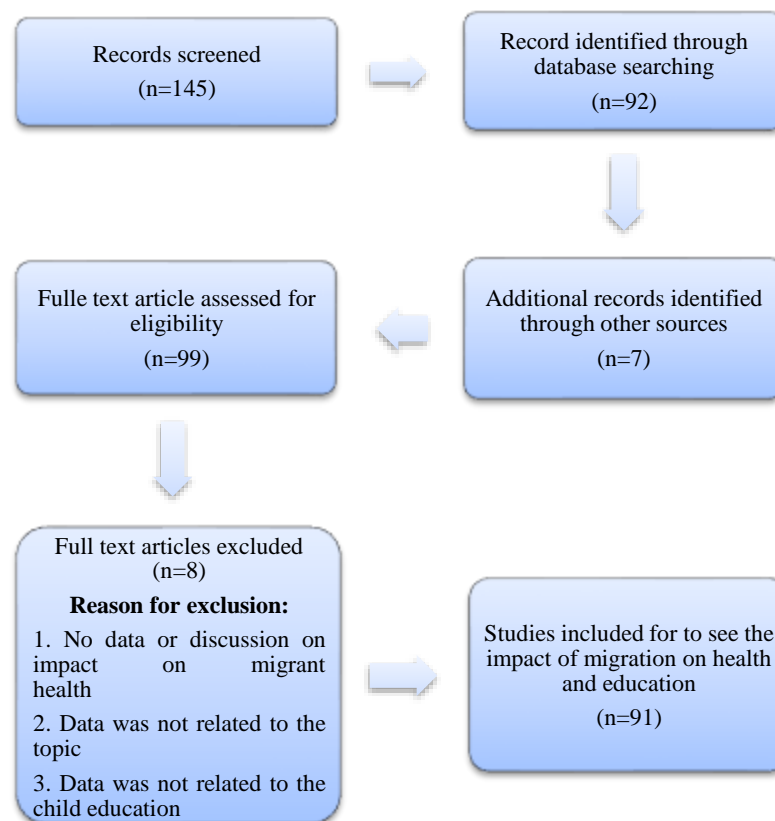


Fig 1. PRISMA flow diagram of included and excluded data sources.

4. Review of Literature

4.1 Migrants Health

4.1.1 Health and Well-being of Migrant Workers

Adverse living and working conditions contribute to poor mental and physical health among migrant workers (Devakota H.R et al., 2020). These harsh conditions not only increase stress levels but also elevate the risk of developing various health issues, underscoring the urgent need for improved working environments and support systems for migrant populations. Due to poor economic or health conditions or any other issues, an individual moved from one place to another. Adult migrants face mental health challenges, including social isolation resulting from inadequate housing (Teariki M., 2017). Individual migrants keep themselves alienated because they face a language barrier; therefore, unfortunately, they face mental health issues. The major health issues identified among internal migrants in India encompass work-related injuries, non-communicable diseases such as diabetes and hypertension, and communicable diseases like malaria and HIV, emphasizing the urgent need to enhance healthcare access (Yadlapalli Y.S., & Babu B.V., 2018). Poverty among migrant workers exacerbates health challenges, manifesting in malnutrition due to inadequate resources for nourishing meals and restricted access to healthcare services, leading to untreated illnesses and exacerbation of health disparities. Addressing socioeconomic inequalities is essential to ensure migrant workers' health and well-being. Poverty significantly impacts various aspects of health for migrant workers, including malnutrition and limited access to healthcare services (Akinola, A. B. et al. 2014). Migrant women confront barriers to accessing healthcare services, increasing the likelihood of underutilization and compromising their health outcomes. Implementing inclusive and accessible healthcare strategies tailored to the specific needs and challenges of migrant women is imperative to ensure equitable access to essential medical care and promote overall well-being. Migrant women face risks of underutilizing healthcare services, necessitating inclusive and accessible strategies (Yadlapalli S. K. et al. 2018).

Migrant mortality differences emerge as initial health advantages diminish over time, particularly affecting rural migrants who encounter heightened vulnerability to epidemics due to limited access to healthcare infrastructure and resources. Addressing the evolving health needs of migrants, particularly those from rural areas requires comprehensive public health interventions and equitable healthcare provisions to mitigate mortality disparities and safeguard migrant populations'

well-being. Migrant mortality differences stem from initial health advantages eroding over time, with rural migrants facing epidemic vulnerability (Altet G., & Oris M., 2010).

4.1.2 Challenges and Complexities of Migration

Migration constitutes a multifaceted phenomenon impacting regions of departure, arrival, and the migrants themselves, influenced by diverse factors, including marriage, employment opportunities, educational pursuits, and security concerns (Bala A., 2017). This complexity underscores the need for comprehensive approaches to understanding and addressing migration dynamics to support migrant communities and enhance social and economic development effectively. Migrants exhibit more frequent engagement in HIV risk behaviors compared to non-migrants (Anglewicz. P., 2012). Discrimination within migrant populations shows associations with demographic characteristics, including younger age, lower educational attainment, decreased religiosity, and increased acculturation levels, heightening susceptibility to mental health challenges (Nguyen, T. et al., 2020).

Migration can positively impact elderly health, yet challenges like depression and cognitive decline persist (Bohme M.H. et al., 2015). Highlighting the importance of comprehensive healthcare support tailored to the unique needs of ageing migrants. Personal social capital significantly influences the well-being of elderly parents left behind by migrant adult sons (Dakua M. et al., 2023). Limited implementation of migrant health policies underscores the need for comprehensive, inclusive approaches (Mladovsky P. et al., 2012). Addressing these intersecting factors is crucial in developing tailored interventions aimed at mitigating mental health disparities and promoting the well-being of migrant communities.

4.1.3 Vulnerabilities of Specific Populations

Immigrants and refugees encounter distinct challenges in accessing healthcare, stemming from cultural, linguistic, and systemic barriers. However, these challenges also offer opportunities for healthcare providers to implement strategies for early illness detection and prevention (Gushulak D. et al., 2011), thereby addressing health disparities and promoting better health outcomes. Personalized approaches considering immigrant and refugee populations' unique needs and backgrounds can facilitate more effective healthcare provision and contribute to overall community well-being.

The resettlement of slum residents negatively impacts their healthcare access (Shriyuta A., & Kannuri N. K., 2023). A migrant who lives in the slums faces many issues, such as limited access to health care and hygienic issues. Displacement from familiar environments disrupts established support networks and creates additional barriers to accessing essential medical services, compounding the health inequalities faced by slum dwellers. The individuals residing in slums constitute the most disadvantaged and vulnerable segment of society, facing physical, mental, and emotional hardships (Sundari S., 2003). Addressing these complex issues necessitates comprehensive interventions prioritizing the unique needs and vulnerabilities of slum communities, striving to ensure equitable healthcare access for all segments of society.

4.2 Child Health

4.2.1 Mental Health Focus

Migration is frequently perceived as a medium for mental health challenges (Belhadj Kouider E. et al., 2015), with individuals undergoing migratory processes facing heightened risks of psychological distress. Highlight the prevalent association between migration and mental health issues, emphasizing the need for targeted interventions and support mechanisms to address the psychological well-being of migrants. Individuals with a migration background exhibit a lower propensity to seek psychological assistance in comparison to their native counterparts (Gutmann M.T. et al., 2019), underscoring potential barriers to mental health care access within migrant communities. Higher levels of mental health issues were found in the first and second generations of migrant children as compared to the native children (Zhang J.J. et al., 2010). The higher prevalence of depression and Internet addiction among migrant children compared to the other groups discusses the complex relationship between migration, Internet addiction, and depression (Guo J. et al., 2012).

Moreover, it delves into the intricate dynamics between migration, Internet dependency, and depressive symptoms, offering insights into the complex relationship among these factors. It highlights the need for a nuanced understanding of how migration experiences intersect with digital behaviours to influence mental health outcomes in migrant children. The mental health implications of adult children migration on older parents, particularly women, in community settings and policy interventions should emphasize raising awareness among migrant children

about the importance of maintaining frequent contact and visits with their ageing parents (Muhammad, T. et al., 2022).

4.2.2 Disease

Migrant children exhibit elevated rates of hospitalization and intensive care admissions, coupled with increased instances of dental cavities and obesity. Additionally, they are disproportionately susceptible to encountering psychological challenges, underscoring the complex array of health disparities within migrant communities (Jaeger F.N. et al., 2012). Moreover, certain infectious diseases, including tuberculosis, intestinal parasites, *H. pylori* infection, and Hepatitis A, are more prevalent among migrant children (Jaeger F.N. et al., 2012). The consequences of displacement and migration due to climate change pose significant threats to children's physical and mental well-being within or across national borders (Uddin, R. et al., 2021). Child mortality rates in slums compared to non-slum areas, particularly for children born to recent migrant mothers, urging targeted interventions (Bocquier, P. et al. 2011) Due to limited access to healthcare, poor sanitation, and poverty. Recent migrant mothers face added challenges like social isolation and lack of support networks, necessitating targeted interventions addressing healthcare access, sanitation, education, and community support. There is a concerning prevalence of under nutrition among children, with high rates of stunting, wasting, and underweight found among the migrant child population (Ravindranath, D. et al., 2019). Addressing these multifaceted issues requires holistic approaches prioritizing physical and mental well-being.

4.2.3 General Health and Healthcare Access

Child health is paramount for their well-being and prospects, relying heavily on access to quality healthcare services and preventive measures. Ensuring optimal child health requires a comprehensive approach encompassing timely medical interventions, nutrition, sanitation, and education for caregivers. Poor health during childhood can have significant and lasting effects on an individual's health, education, and job prospects in adulthood (Perreira. M., & Ornelas J., 2011). The adverse effects of parental separation on children's development advocate for awareness programs and support for migrant families, stressing the importance of addressing social determinants of health (Wickramage K. et al., 2015). The general health of migrant children is inferior to that of non-migrants, with chronic diseases being the most commonly cited health

problem. Cultural and linguistic factors were predominant barriers to healthcare access (Carrasco Sanz A. et al., 2018). Parental migration minimizes children's height, suggesting that nutritional and environmental factors remain relatively stable (Mu, R., & Brauw, A. 2015). However, it positively correlates with increased weight, likely due to improved economic conditions and access to better nutrition in migrant households. Migrant women, especially recent migrants, are at risk of not receiving adequate maternal healthcare, urging the implementation of measures to mitigate disadvantages associated with migration (Kusuma, Y. S., et al., 2013). Maternal migration status independently shapes child health outcomes, with children of migrant mothers showing diminished overall health indicators (Kumar A. et al., 2016). Highlighting the need for targeted interventions to address their unique challenges and vulnerabilities. The existing urban and rural care systems are identified as insufficient to meet the specific needs of migrant populations (Cheung, N. F., & Pan, A., 2012). Overall, life satisfaction does not significantly differ between left-behind children and those with both parents, emphasizing the need for nuanced consideration of child welfare dimensions and perspectives (Murphy R. et al., 2016). This underscores the necessity of addressing broader factors influencing children's well-being beyond familial structure alone.

4.3 Child Education

4.3.1 Impact of Parental Migration on Children's Health and Education

Children of migrants often face unique challenges and opportunities in accessing education as they navigate new environments and cultural landscapes. This diverse group encounters various barriers, including language, financial constraints, and social integration issues, which can impact their educational outcomes. Despite these challenges, interventions and policies aimed at addressing the specific needs of migrant children are crucial for promoting equitable access to quality education and fostering their academic success. Remittances can alleviate financial strain and support education; solely relying on them to enhance school attendance overlooks deeper systemic issues. Sustainable improvements in education require addressing structural barriers beyond economic support, such as the quality of schools, educational infrastructure, and community engagement, to ensure lasting positive impacts on children's educational outcomes. In certain communities, remittances positively affect school attendance for all children, irrespective of whether their households have members living abroad (Amuedo-Dorantes C. et al., 2010). Significant disadvantages faced by children with a migration background in Germany,

encompassing financial strain, inadequate housing, preschool challenges, language proficiency issues, delayed school entry, health care disparities, and a higher propensity for involvement in violent crimes, emphasizing the multifaceted nature of their disadvantage compared to native children (Clauss, S., & Nauck, B., 2010). While acknowledging the challenges faced by migrant children in Germany, it is essential to avoid their experiences solely through a deficit lens. Parental migration has a significant negative impact on children's health and education outcomes, particularly emphasizing the effects on boys (Meng, X., & Yamauchi, C. 2017). Migrant children in Ghana face minimal legal hurdles in accessing public schools (Kyereko, D. O., & Faas, D. 2022); the differential treatment of migrant children based on language proficiency underscores systemic biases within educational systems, perpetuating inequalities and hindering their integration. Advocating for nuanced language policies is crucial to ensure equitable access to education and address linguistic barriers that impede academic success and social inclusion. Migrant children face challenges such as lack of access to formal education, health issues, and vulnerability to exploitation (Saini, A., & Vakil, S. 2001).

Poor and vulnerable migrant Family sometimes unable to carry their children with them at any time; therefore, parental migration has a negative and lasting effect on school attendance. Specifically, there is a higher risk (hazard) of school dropouts among children left behind by migrating parents (Giannelli, G. C., & Mangiavacchi, L., 2010). There are positive and negative sides to parental migration. For example, female children tend to hold more favourable views when their parents are abroad and in stable marriages, especially when one parent remains in Ghana to care for them, alongside frequent changes in caregiving arrangements and the receipt of remittances. However, these associations do not extend to male children (Cebotari V. et al., 2017). Migration's impact on unintentional injuries among Chinese children, finding higher rates among left-behind children due to parental absence (Hu H. et al., 2018). Quality disparities, especially for disadvantaged children, worsen existing inequities and signal the unsatisfactory nature of education for these groups (Govinda, R., & Bandyopadhyay, M., 2010). Children's role in acquiring cultural and linguistic capital as 'accumulation strategies' for family advancement (Waters, J. 2015).

4.3.2 Educational Opportunities and Challenges for Migrant Children

Navigating educational opportunities and challenges is a complex journey for migrant children, whose experiences are often shaped by factors like language barriers, cultural adjustments, and access to resources. While education holds the promise of empowerment and integration, these children frequently encounter hurdles such as disrupted schooling, discrimination, and lack of support systems, underscoring the pressing need for tailored interventions to ensure their academic success and social inclusion. The dual impact of migration on children's education in India: Remittances improve access and reduce gender disparities for children left behind. However, children migrating with their parents face educational disruptions and the risk of child labour due to seasonal work patterns (Roy A. K. et al., 2015). Educational opportunities for rural migrant children, concluding that administrative, financial hurdles and discrimination hinder their entry into state schools (Goodburn, C., 2009). The formidable hurdles faced by undocumented or migrant children in the U.S. education system include mobility issues, poverty, language barriers, and gaps in prior schooling. These challenges hinder academic progress, social integration, and access to vital support services despite legal entitlements to education, reflecting broader societal and institutional barriers fueled by anti-immigrant sentiments (Green, P. E. 2003). This underscores the multifaceted obstacles confronting undocumented or migrant children within the U.S. education system, ranging from mobility constraints to socioeconomic disadvantages. It highlights how these challenges impede academic advancement, social assimilation, and access to essential support networks.

Moreover, it attributes these barriers to individual circumstances, systemic prejudices and anti-immigrant sentiments ingrained within society and institutions. The educational disparities experienced by immigrants are largely influenced by social and educational background rather than specific ethnic factors (Kristen C. et al., 2019). Educational disparities such as funding, book distribution, technology and academic resources are being provided to the native child. This is inequality and is driven historically. Additionally, the difficulties migrant families encounter are financial limitations and limited awareness of Early Childhood Education, alongside constraints on parental involvement. However, despite these challenges, the playgroup positively impacted children's behaviour, language abilities, and overall development (Nyland B. et al., 2011). A concerning trend where migrant children, due to the lack of residential registration and access to

public services, often attend substandard and informal schools organized by their communities (Wang, L. 2008).

Implications of forced migration, particularly on children, who are disproportionately affected by crises such as pandemics, climate change, and conflict. It highlights the need for attention and concerted action to address the multifaceted challenges faced by migrant children, including disruptions to education, psychological trauma, and vulnerabilities to exploitation and abuse. The significant impact of forced migration, particularly on children, is driven by crises like pandemics, climate change, and conflict (Juang, L. P., & Schachner, M. K. 2020). In the context of parental migration, left-behind children exhibit enhanced cognitive abilities and increased school engagement but experience a decline in physical health (Xu DuoDuo, X. D. et al., 2018). While left-behind children may display improved cognitive abilities and heightened school engagement due to increased responsibilities, their physical health often suffers, reflecting the complex trade-offs and challenges associated with parental migration. Migrants' family migration decisions, shaped by children's ages, result in diverse and sometimes divided family structures, emphasizing the complication of these decisions (Ryan, L., & Sales, R. 2013).

4.3.3 Other Factors Affecting Child Education in the Context of Migration

Sometimes, male migrants move from one place to another, leaving their Family behind. In such situations, his Family often faces immediate financial difficulties, and as a result, even young children are forced to take on some responsibility to help mitigate these challenges (Antman, F. M., 2011). The intricate dynamics of migration in tribal regions of rural northwest India reveal a notable prevalence linked to maternal migration duration (Coffey D., 2013). Despite the unexpected decrease in labour engagement among migrating children, the adverse effects on their educational achievements challenge prior assumptions. This highlights the nuanced interplay between migration, labour dynamics, and educational outcomes in economically challenged regions, calling for tailored interventions to support the holistic development of migrant children in such contexts. Social interaction and language barriers occur between the education, especially when the migrant child does not know the language. Therefore, cultural and linguistic disparities significantly impact decision-making (Tuangratananon, T. et al., 2019).

The visibility of migrant children in global policy reflects a push for adaptable future workers shaped by school performance. Despite efforts to reform them, they face challenges within a neoliberal framework where educational success determines their value (Devine, D., 2013). This perspective overlooks the multifaceted realities faced by migrant children and reduces their worth solely to their potential as future workers based on academic performance. It neglects the diverse needs and experiences of migrant children, including their rights to education, well-being, and cultural integration. By narrowly framing their visibility in global policy through the lens of economic productivity, it fails to address the broader social, psychological, and systemic challenges they encounter, undermining efforts for comprehensive and equitable policy solutions. Migrant children in informal migrant schools face poorer academic achievement and greater loneliness compared to their counterparts enrolled in regular urban public schools (Lu, Y., & Zhou, H., 2013). The passing rate of schools plays a crucial role in the educational progression of left-behind children in rural areas, with higher passing rates positively influencing grade-for-age (Chea, V., & Wongboonsin, P., 2020). African and Asian pupils in schools with fewer migrant peers are at a discerning risk of bullying and diminished well-being (Hjern, A. et al., 2013). Migration can pose obstacles to education, such as increased responsibilities or disruptions to enrollment; it can also offer opportunities for children to acquire education or training through labour exchange (Hashim, I. (2007)). Maternal health literacy is independently associated with child health (Johri M. et al., 2015). Maternal health literacy undoubtedly plays a crucial role in child health outcomes; emphasizing its independent association may oversimplify the complex web of factors influencing child well-being. It risks overlooking the broader socioeconomic, environmental, and healthcare system determinants intersecting maternal health literacy to shape child health outcomes. A more comprehensive approach that acknowledges the interconnectedness of various factors is necessary to effectively address the multifaceted nature of child health disparities.

5. Results

The literature highlights various health and social challenges faced by migrant populations worldwide. The COVID-19 pandemic has exacerbated power imbalances for foreign domestic workers in Hong Kong, necessitating urgent policy interventions. Adverse living and working conditions contribute to poor mental and physical health among migrants. Discrimination and

poverty significantly impact migrant health outcomes, with demographic factors playing a notable role. Migration is linked to various health issues, including communicable diseases and mental health challenges, with migrants facing violations of basic human rights and diminished access to healthcare services. The health disparities between migrant groups and native populations underscore the need for comprehensive, inclusive healthcare policies and interventions. Moreover, migration has complex implications for elderly health, labour dynamics, and regional socioeconomic disparities.

One of the significant findings across the reviewed literature is the negative impact of parental migration on children's health and education outcomes. This finding resonates across various contexts, highlighting the universal challenges faced by children in migrant families.

The literature presented reveals several significant findings regarding migration's impact on children's health and well-being. Migrant children exhibit higher rates of hospitalization, intensive care admissions, and various health issues, including dental cavities, obesity, and infectious diseases. The adverse effects of parental separation on children's development are highlighted, emphasizing the importance of awareness programs and support for migrant families. Cultural and linguistic factors are identified as barriers to healthcare access, particularly among migrant populations. Mental health issues, including depression and Internet addiction, are prevalent among migrant children, presenting complex challenges.

Additionally, migration status influences child health outcomes, with children of migrant mothers exhibiting lower overall health status. Gender discrimination in diet diversity and feeding practices, along with disparities in immunization coverage, are also observed among migrant children. Overall, migration poses opportunities and challenges for child health, with implications for policy and healthcare systems.

6. Discussion

This major finding underscores the complex interplay between migration, family dynamics, and child well-being. Parental migration can have far-reaching consequences on children, ranging from economic hardships to emotional stress and educational challenges. The absence of one or both parents due to migration disrupts the traditional family structure, leaving children vulnerable and

exposed to various risks. The literature suggests that the impact of parental migration on children's health and education outcomes is multifaceted, influenced by factors such as gender, age, family stability, and socioeconomic status. Furthermore, the negative effects of parental migration on children's health and education outcomes are compounded by other structural barriers and societal inequalities. For instance, migrant children often face discrimination, language barriers, and limited access to essential services such as healthcare and education (Green, 2003; Wang, 2008).

Moreover, disparities in educational opportunities and resources exacerbate existing inequities, particularly for disadvantaged migrant children (Govinda & Bandyopadhyay, 2010). While some studies highlight the resilience and adaptability of migrant children in navigating these challenges (Xu DuoDuo et al., 2018), it is essential to recognize that the burden of parental migration disproportionately falls on children, impacting their overall well-being and prospects. Addressing the negative impact of parental migration on children's health and education requires comprehensive and holistic interventions that address both individual and structural barriers. This includes providing support services for children left behind, promoting inclusive education policies, and addressing systemic inequalities that perpetuate the marginalization of migrant families and their children.

The findings presented in the literature underscore the complex and multifaceted nature of the impact of migration on child health and well-being. While migration can provide opportunities for improved living standards and access to healthcare, it also exposes children to various risks and challenges. The prevalence of health issues among migrant children, including chronic diseases and mental health disorders, highlights the need for targeted interventions and healthcare policies that address the unique needs of migrant populations. Cultural and linguistic barriers to healthcare access underscore the importance of culturally sensitive and inclusive healthcare services.

Moreover, the findings shed light on the interplay between migration and other social determinants of health, such as gender, socioeconomic status, and parental education. Gender disparities in diet diversity and feeding practices, along with variations in immunization coverage, reflect broader inequalities within migrant communities. These disparities underscore the need for comprehensive approaches that address the underlying social determinants of health and promote equity and inclusion.

Furthermore, the findings highlight the importance of considering the long-term implications of migration on child health and well-being. The mental health implications of parental migration on older parents, particularly women, underscore the need for policies and interventions that support family cohesion and maintain social connections across generations.

The findings presented in the literature shed light on the significant health and social inequalities experienced by migrant populations globally. The COVID-19 pandemic has magnified vulnerabilities among foreign domestic workers, highlighting the urgent need for policy reforms to safeguard their rights and well-being. Adverse living and working conditions, discrimination, and poverty contribute to poor health outcomes among migrants, underscoring the need for targeted interventions addressing these social determinants of health. Furthermore, the literature underscores the complex interplay between migration, socioeconomic factors, and health outcomes. Migrants face unique challenges, including limited access to healthcare services, violations of human rights, and increased vulnerability to communicable diseases. Discrimination exacerbates these challenges, particularly among marginalized migrant groups. Additionally, migration has implications for elderly health, labour dynamics, and regional socioeconomic disparities, emphasizing the need for holistic approaches that consider the multifaceted nature of migration's impact on health and well-being.

Moreover, the findings highlight the importance of regionally specific interventions tailored to the needs of migrant populations. Healthcare systems should implement targeted strategies to address migration-related disadvantages and ensure inclusive and accessible services for economically vulnerable migrants. Addressing social determinants of health, such as poverty, discrimination, and inadequate living conditions, is essential for promoting equitable health outcomes among migrant populations.

Review paper

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