

# Health Status Survey of Somali Immigrants in Barron County, Wisconsin



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## INTRODUCTION

The Purpose of this pilot study was to describe the general health status and health behavior of Somali population in Barron County Wi. The study aims to acquire preliminary data regarding the prevalence of common chronic diseases among adults (e.g. Diabetes, hypertension, etc.) and the existence of both stunting and/or obesity cases among Somali children residing in Barron County, WI.

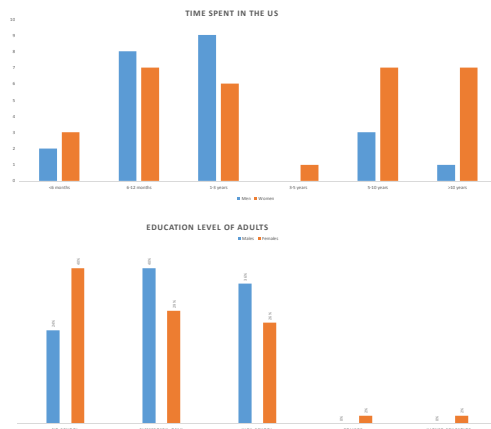
## METHODS

Somali population in Barron County form the recruiting pool for this study. Advertising for the study was completed by the key community organizers (Mrs. Xashi and Mr. Abdialsttar). Data collected include: weight, height, personal medical history, food security questionnaire and food frequency questionnaire. BMI and BMI percentile were calculated using the CDC and WHO anthropus software. Subjects who don't speak English were provided a translator at the time of interview.

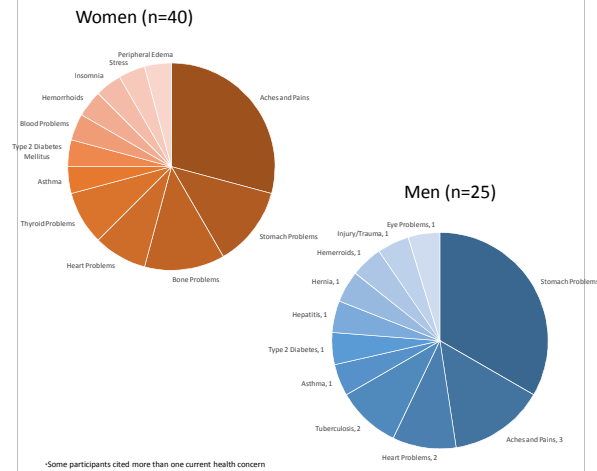
## RESULTS

AVERAGE MEASUREMENTS	Age (years)	Weight (kg)	Height (cm)	BMI
Females (n=40)	34	164.7	162.3	28.9
Males (n=25)	37	155.2	174.3	23.2

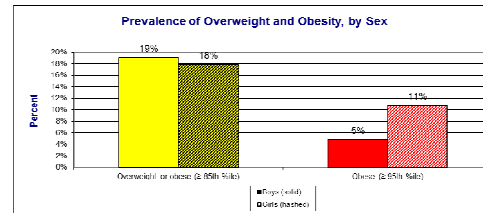
## ADULT DEMOGRAPHICS



## CURRENT HEALTH CONCERNS AMONG ADULTS

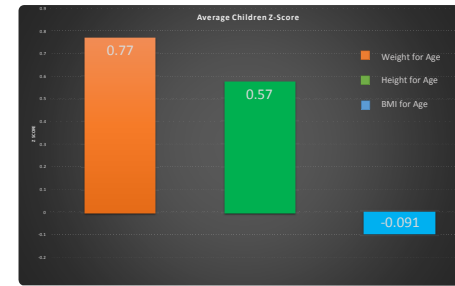


## CHILD DEMOGRAPHICS



## Children's BMI For Age

	Boys	Girls	Total
Number of children assessed:	21	28	49
Underweight (< 5th %ile)	10%	14%	12%
Normal BMI (5th - 85th %ile)	71%	68%	69%
Overweight or obese (≥ 85th %ile)*	19%	18%	18%
Obese (≥ 95th %ile)	5%	11%	8%



## NUTRITION

### DIET QUALITY

- 43.5% of respondents eat fast food 3 or more times per month
- 31.8% of respondents choose fast foods high in fat, such as cheeseburgers, fried chicken, and French fries
- 21.2% of respondents consume 2 or more desserts per day
- 58.8% of respondents consumed pastries, desserts, or candies as a daily "snack"
- 18.5% of respondents stated they were confused about what food options are considered to be "healthy" when shopping for meals
- 70% of respondents stated they consume at least one serving of fruits and one serving of vegetables a day

## CONCLUSIONS

### ADULT POPULATION

- "Stomach problems" among males and "aches and pains" among women were the most prevalent concerns among participants
- More data is needed to explore risk factors of prevalent health concerns among the adult population

### CHILD POPULATION

- Although the findings do not suggest stunting among the children, more physiological testing is needed to determine their overall health status.

### DIET QUALITY

- An excess amount of unhealthy and processed foods are consumed by children and adults
- Education regarding healthy food choices is recommended as an effort to improve diet quality and overall nutritional status