

# The Health Status of Migrants in Australia: A Review

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**Key Words:**

systematic review, migrant health, healthy migrant effect

**Research aim:**

This review summarizes the findings of studies conducted in Australia between 1980 and 2008 that focused on the health status of migrants in one or more Australia's National Health Priority Areas (NHPAs), identifies gaps in knowledge, and suggests further research directions.

**Results/Conclusion:**

It has found that the majority of migrants enjoy better health than the Australian-born population in the conditions that are part of the NHPAs, with the exception of diabetes. Mediterranean migrants have particularly favourable health outcomes. The migrant health advantage appears to deteriorate with increasing duration of residence. Many of the analyzed studies were conducted more than 10 year ago or had a narrow focus. Little is known about the health status of migrants with respect to a number of NHPAs, including musculoskeletal conditions and asthma. The health status of recently arrived migrant groups from the Middle East and Africa has not been explored in detail.

**Implications:**

**Cultural Group(s):**

Mixed

**Location of study:**

**Age group:**

**Number included in study:**

N/A

**Type of participants:**

**Research approach:**

Literature review

**Type of data:**

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**

Not primary research