Growing in a context of socioeconomic vulnerability. Parent’s perspective.

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Objectives

- Parent’s perceived health status of their minors
- Parent’s perception about the factors that impact their children’s health in their poverty context
- Resources that parents are using or initiating in order to prevent or reduce ill-health of their children

Methods

- Study population
  - TETUÁN DISTRICT, City of Madrid, Spain, 2015
- PUBLIC SOCIAL HELPS:
  - 812 households were receiving Minimum Income Subsidies
  - 1,278 children were receiving a dining scholarship
  - 1,494 people were beneficiaries of other financial helps
- THE 15M TETUÁN FOODBANK:
  - (March 2015)
  - 54 family units
  - Immigrants + Nationals:
    - 42 under 18y children

Qualitative methodology

- Access to the foodbank
  - Approval from the Foodbank Assembly
  - Methodological design
    - Theoretical profiles & Intentional selection
    - Thematic guide
  - 15 in depth interviews
    - To women and their minor under 18y children
    - Interviews were digitally registered and lasted between 45min and 2h15min.
    - Participation was voluntary, confidential, and secured by informed consent (orally registered).
- Observations & participation in the foodbank dynamics
  - Verbatim transcription and data anonymization
  - Classic content analysis and triangulation of the results

Parent’s perceived health impact on minors

- Sadness and low self-esteem
  - Conscience about their adverse situation (food and shelter insecurity perception)
  - Class and/or racial discrimination
  - Difficult caring relationships in a stressed home
  - Acute events worsen the already frail mental health

Reducing or preventing ill-health

- Conscience about their adverse situation (food and shelter insecurity perception)
- Try to alleviate financial difficulties to reduce material deprivation and insecurity perception of their children
- Create a supportive and caring environment / avoid crying and showing preoccupation
- Stimulate playing and break of social isolation
- Look for psychological help at school

Main impact on mental health

- Overweight and obesity vs. Underweight and Growth retardation
- Cold in the house + frequent house changes + weaker defenses + non-vaccination with non affordable vaccines
- Health System EXCLUSION among some asthmatic girl

Conclusion

- The risk of ill-health in children exposed to severe socioeconomic vulnerability in Spain can be positively balanced by affectionate parenting, supportive care, stable shelter and food security, or negatively reinforced when social barriers and chronic psychosocial stress impede any of them.