

Living conditions, diet and lifestyle of Asian and African undocumented immigrants in Athens, Greece

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AIM: To study the living conditions, diet and lifestyle of undocumented migrants of Asian and African origin living in Athens, Greece.

Methods

- An exploratory study
- A snowball sample of 200 participants
- Completion of a questionnaire survey administered by hand
- Setting a non-governmental day-care facility for homeless immigrants in Central Athens.
- Response rate 60 % (120 / 200 surveys returned).

Shared a house (82%)

Living conditions

Living in Basement (13%)

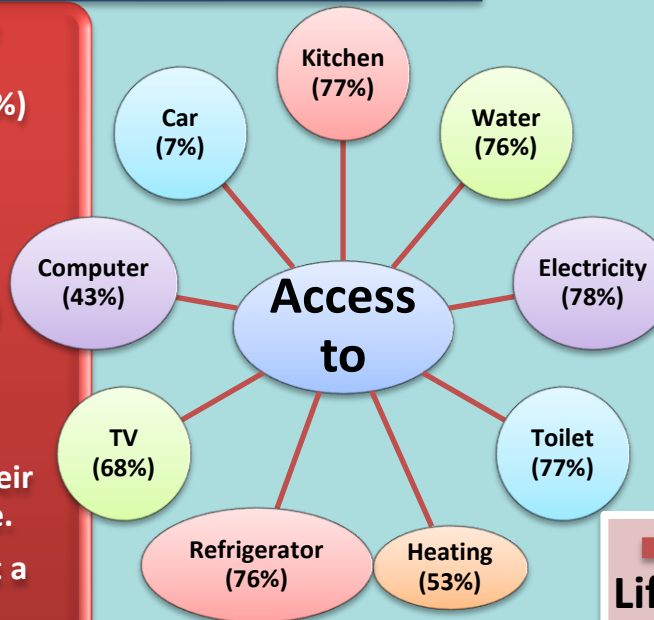
Homeless / on streets (13%)

Results
Participants: Mainly male (96%), aged 20-40 years (84%) and unmarried (61%) with secondary school education (33%).

Origin: From different countries of South Asia (81.7%), Middle East (5%) and Africa (11.5%).

Journey: Travelled on average for 52 days (median 30 days) from their home countries to Greece.

Status: 69% were without a White Card (formerly the Pink Card) for asylum applicants.



Dietary intake and habits

- 86% had normal to very good appetite
- 52% ate two meals a day
- 38% ate breakfast daily
- 35% (n=42) did not eat any breakfast in a whole week

Diet included

- Chicken meat (83%)
- Red meat (63%)
- Eggs (60%)
- White bread (79%)
- Wholemeal bread (33%)
- Rice or noodles (79%)
- Potatoes (74%)
- Vegetables (77%)
- Fresh fruit (66%)
- Dry fruits and Pulses (50%)
- Dairy products (65%)

Lifestyle

- 59% non-smokers
- 13% recreational drugs users

Conclusion

Undocumented migrants from Asian and African countries take perilous journeys to Europe for a better life and they have very poor living conditions, diet and lifestyle in the host country in Europe.

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