

## Information for promoting migrants' health and wellbeing

Research data will produce important new information on migrant health.

### The goal is to promote the wellbeing of migrants and their families by

- developing measures that promote health and decrease inequalities in health
- facilitating integration, employment and success in the labour force
- targeting services to those who need them most

Through research data, problem areas of working life can be addressed and resources can be more efficiently targeted.

### Study participants will receive

- information about their health status
- an opportunity to influence the types of services they, their family and different migrant groups will receive in the future

There will be a prize draw among the participants of the study.



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## For more information, contact

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Maamu Facebook pages  
[www.facebook.com/maamututkimus](http://www.facebook.com/maamututkimus)

The Maamu Study is funded by The Social Insurance Institution of Finland, The European Social Fund (ESF) and The Finnish Work Environment Fund (Immigrants' Success at Work Study).

Our collaboration partners are The Finnish Ministry of Social Affairs and Health, The Finnish Institute of Occupational Health and the cities participating in the study.



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[www.thl.fi/maamu](http://www.thl.fi/maamu)

# Migrant Health and Wellbeing Study Maamu



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## What is the Maamu Study?

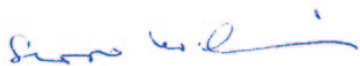
The Maamu Study is the first Finnish population study that specifically focuses on collecting information on the health and wellbeing of adults who have migrated to Finland from other countries.

The study is conducted by The National Institute for Health and Welfare (THL). THL has produced information on the health and wellbeing of Finns through numerous comprehensive population studies. The Finnish Institute of Occupational Health is responsible for the sub-study on working life.

**The National Institute for Health and Welfare** is a research and development institute under the Finnish Ministry of Social Affairs and Health. THL works to promote the well-being and health of the population.

**The Finnish Institute of Occupational Health** is the leading national research institute specialising in occupational wellbeing.

**For the study to be successful, it is important that each invited person participates. Thank you for your co-operation!**



Seppo Koskinen  
Head of the Study, Senior Physician,  
Research Professor  
National Institute for Health and Welfare (THL)

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## Who will be invited to take part in the study?

Adults of Somali, Russian-speaking and Kurdish origin will be invited to participate in the study.

To be chosen to participate, one must be 18–64 years of age, born in Somalia, Russia (or the former Soviet Union), Iran or Iraq and speak Somali, Russian or Kurdish as their mother tongue. Individuals who were born in Russia but speak Finnish as their mother tongue can also take part in the study. Participants must have lived in Finland for at least a year.

To ensure the results give a reliable picture of these migrant groups, participants of the study will be randomly selected from the Population Register.

**An invitation letter will be sent out to 3000 selected individuals, who will be contacted by phone shortly after receiving the letter.**

Participants of the study will receive more information and instructions in their native language. Collected data is strictly confidential. Research data will be stored and analysed so that individual persons cannot be identified.



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## How will the study be conducted?

The study consists of two parts: an interview and a health examination.

### Interview

The interview will be conducted in a place of convenience for the participants, for example at their home or the National Institute for Health and Welfare. The interviewers and study nurses are native Somali, Russian or Kurdish speakers.

The interview includes questions on

- health and diseases
- living conditions
- experiences of Finnish health care and social support and benefits

### Health examination

The health examination will be conducted in a health centre of the city of residence and is free of charge.

The health examination will consist of

- measurements of height, weight, blood pressure, pulse, haemoglobin as well as waist and hip circumference
- examination of mouth and dental health
- measurement of functional capacity
- with the permission of the participant, blood tests will be taken, consisting of for example fasting glucose levels, blood lipid content, liver function tests and inflammatory markers

### The study will be carried out in

- Helsinki in 2010–2011
- Vantaa and Espoo in 2011
- Tampere, Turku and Vaasa in 2011–2012

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