

*Mirzayeva Maxporaxon Mamadaliyevna*

*Department of Basics of Preventive Medicine,*

*Andijan State Medical Institute. Republic of Uzbekistan*

## CHRONIC DISEASES IN CHILDREN OF MIGRANT WORKERS: RISK FACTORS AND CHALLENGES

**Relevance:** This topic is highly relevant due to the increasing global migration trends and the significant health disparities affecting children in migrant communities. The discussion surrounding chronic diseases in children of migrant workers is crucial for public health, policy-making, and social equity, particularly as these populations face unique barriers to healthcare, nutrition, and stable living conditions. Migration is on the rise: The number of international migrants surpassed 280 million in 2023, with millions of children affected. Internal migration is even higher: Countries like China, India, and Brazil have large internal migrant populations, where children experience poor healthcare access. Health policies need adaptation: Many host countries struggle to provide healthcare for undocumented migrant children, making this topic crucial for policymaking [1].

**Key words:** Migrant children health, Chronic diseases, Risk factors, Socioeconomic status, Environmental exposure, Healthcare access, Nutritional deficiencies, Psychosocial stress, Parental occupation

**Introduction.** The health and well-being of children of migrant workers have become a growing concern globally, particularly regarding their susceptibility to chronic diseases. These children face multiple health risks due to their families' socio-economic instability, limited access to healthcare, poor living conditions, and exposure to environmental hazards [2]. Migration often disrupts a child's healthcare continuity, leading to undiagnosed or untreated chronic illnesses such as asthma, malnutrition, cardiovascular diseases.

This paper explores the key risk factors contributing to chronic diseases in children of migrant workers, analyzing how socio-economic determinants, environmental factors, and healthcare disparities shape their health outcomes. Additionally, it highlights potential policy interventions and healthcare solutions aimed at improving the well-being of this vulnerable population [3]. By understanding these challenges, we can develop more inclusive healthcare strategies that address the specific needs of migrant children and promote long-term public health improvements [4,5].

### Risk Factors for Chronic Diseases in Migrant Children

**Socioeconomic Status and Limited Healthcare Access** - Children of migrant workers frequently lack access to healthcare services due to financial constraints and lack of legal documentation. Studies show that they are less likely to receive vaccinations, regular check-ups, and treatment for chronic illnesses such as asthma, diabetes, and heart disease.

**Poor Nutrition and Malnutrition** - Migrant families often experience food insecurity, leading to malnutrition in children. A lack of essential vitamins and minerals increases the risk of stunted growth, anemia, and immune system deficiencies. Consumption of cheap, low-nutrition foods also increases the risk of obesity and type 2 diabetes.

**Infectious Diseases and Poor Living Conditions** - Migrant workers often live in overcrowded and unsanitary conditions, which promote the spread of infectious diseases. Limited access to clean water and proper sanitation increases the risk of respiratory infections, tuberculosis, and gastrointestinal diseases. Recurrent infections weaken the immune system and increase susceptibility to chronic illnesses.

**Mental Health and Psychological Stress** - Migrant children frequently experience psychological stress due to family separation, language barriers, and social discrimination. This can lead to anxiety, depression, and even PTSD, which, if left untreated, may contribute to the development of chronic conditions like hypertension and cardiovascular diseases.

**Exposure to Harmful Environments** - Many migrant children work in hazardous environments alongside their parents, exposing them to toxic chemicals, pesticides, and extreme temperatures. Such exposure has been linked to chronic respiratory diseases, neurological disorders, and developmental issues.

**Lack of Health Education** - Many migrant families have low health literacy, leading to poor disease management and preventive care. Parents often lack knowledge about nutrition, hygiene, and disease prevention, which increases the likelihood of chronic health problems in children.

### **Recommendations for Improving Health Outcomes**

**Improved Healthcare Access:** Implementing policies to provide affordable and accessible healthcare to migrant families [6]. **Nutrition Programs:** Schools and community centers should offer free or subsidized meals rich in essential nutrients. **Better Living Conditions:** Government and NGOs should focus on improving housing and sanitation facilities for migrant families. **Mental Health Support:** Providing counseling services and stress management programs for migrant children. **Education Initiatives:** Conducting health awareness programs for migrant parents and children to improve disease prevention.

### **Conclusion**

The children of migrant workers face a multitude of health risks due to socio-economic instability, inadequate healthcare, and psychological stress. Addressing these challenges requires a multifaceted approach that includes policy reforms, healthcare access, and community support programs.

### **References:**

1. McGregor, G. (2024). Observed Impacts of Heatwaves. In: Heatwaves. Biometeorology, vol 6. Springer, Cham. [https://doi.org/10.1007/978-3-031-69906-1\\_11](https://doi.org/10.1007/978-3-031-69906-1_11)

2. Dabar, D., Yadav, V., Goel, A.D., Mangal, A., Prasad, P. and Singh, M., 2020. Risk factors for undernutrition in under-five children living in a migrant populated area of South Delhi. *Journal of Family Medicine and Primary Care*, 9(4), pp.2022-2027.
3. Moreira-Moreira, Z., Guevara-Cando, D., Paredes-Oñate, G., Cabezas-Lucio, Á., Nazareno-Valencia, Y., Villacis-Aveiga, M., Avellán-Cevallos, G., Prieto-Cuesta, E., Valle-Hidalgo, M. and Guerrero-Maila, H., 2024. Chronic Child Malnutrition in Ecuador and Associated Risk Factors. *Journal of Medical and Health Studies*, 5(2), pp.26-36.
4. Shaydullaevna, M.F., Farkhaddinovna, R.D., Shoymardonovna, G.D. and Sobirovich, E.B., 2024. ANALYSIS OF THE PREVALENCE AND RISK FACTORS OF INFECTIOUS DISEASES IN PEDIATRIC PRACTICE. *Eurasian Journal of Medical and Natural Sciences*, 4(6), pp.124-129.
5. Carvalho, G.S. and Vilaça, T., 2024. Health promotion in schools, universities, workplaces, and communities. *Frontiers in Public Health*, 12, p.1528206.
6. Bakhodirovna, Mirzakarimova Dildora, and Abdukodirov Sherzodjon Taxirovich. "CHARACTERISTICS OF RHINOVIRUS INFECTION." *International journal of medical sciences* 4, no. 08 (2024): 55-59.