

# A Study on Malnutrition And Illegal Migration

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**Abstract-** *The relationship between malnutrition and illegal migration is a significant challenges faced by people. India having huge population and actively take part in many initiatives and come up with new policies to increase country's economic growth and development. Undocumented migrants increases their count because of food insecurity and challenges to living a quality life. This may leads to double burden of nutrition both undernutrition and overnutrition. The country faces a dual challenges this may also lead people to illegally migrate from country to country which will be another burden for the country's economic growth and development. Due to which the country could not achieve its targeted sustainable development goals with the specific timing. The main idea of this paper could be how the problem of food insecurity can be solved and the policies and recommendations that the government could initiate to reduce illegal migration.*

**Keywords-** Malnutrition, illegal migration, undocumented migrants, undernutrition, sustainable development.

## I. INTRODUCTION

Now-a-days nutrition concerning migrant population is abundant. Country like India faces a massive problem of malnutrition due to which people from every part of India tends to move from our country to other country illegally. Due to this the country faced lots of problems like reduction in economic growth and development, unemployment etc. The main reason why people suffer from malnutrition is that because of poverty and food insecurity, health issues and diseases, conflict and displacement. As of 2022, an estimated 7,25,000 undocumented Indian Immigrants resided in the United States. This is mainly due to poverty and food insecurity.

### Statement of Problem

Malnutrition and illegal migration are two significant issues affecting the country's socio-economic factors and economic development. Malnutrition occurs due to improper food intake, leading to severe health issues. Even after introducing government initiatives malnutrition is the significant issue till now illegal Migration on otherhand mainly affect the socioeconomic factors by poverty, lack of

employment and food security. Most of the Indians migrate to other countries for good living conditions, employment to improve their standard of living.

This study aims to examine the relationship between malnutrition and illegal migration and examining whether food insecurity and poor health are the major factors of for migration.

## II. REVIEW OF LITERATURE

**Migration and Poverty: (Towards Better opportunities for the poor), Edmundo Murrugarra, Jennica Larrison Sasin (2010)** This book helps to find of the relationship between poverty and illegal migration in developing countries. This matches the nexus between migration and poverty. The main reason for migration could be expected due to poverty and unemployment.

**Protracted Refugee Situations: (International Security Implication Gil Loescher James Miner (2008).** This book helps in finding Protracted refugee populations not only constitute over 70% of the world's refugees but are also a principal source of many of the irregular movements of people around the world today. The long-term presence of refugee populations in much of the developing world has come to be seen by many host states in these regions as a source of insecurity.

**Rethinking Migration: (New Theoretical and Empirical Perspectives), Alejandro Portes (2006).** With the increasing worldwide problems of migration, research into its causes and effects become ever more urgent. This book helps finding out stock of recent advancements that social science research in both Europe and the United States has made to understand us about central aspects of international migration. The focus is on conceptual, methodological, and theoretical contributions that have emerged out of empirical research with regard to state policies and interests toward migration, dual citizenship, incorporation, transnational ties, entrepreneurship, illegal migration, intergenerational incorporation, and religion.

**The Economic and Fiscal Consequence of Immigration: (By national academies of sciences, engineering and medicine). Francine D. Blau and Jennifer Hunt (2017).**

The Economic and Fiscal Consequences of Immigration details us that the long-term impact of immigration on the wages and employment of native-born workers overall is very small, and that any negative impacts are most likely to be found for prior immigrants or native-born high school dropouts. First-generation immigrants are more luxury to governments than are the native-born, but the second generation are among the strongest fiscal and economic contributors in the U.S.

### **Objective of the study:**

- (1) To find the main reasons for malnutrition and illegal migration.
- (2) To investigate the concept of food security.
- (3) To access proper nutrition to reduce illegal migration.
- (4) To recommendation policy that the government can enhance.

### **Hypothesis:**

- H1: Reduction in poverty and food insecurity.  
 H2: Improved in policy framework for addressing poverty and food insecurity.

### **Significance of the Study:**

Studying the relation between malnutrition and illegal migration provides us with how what are the reasons for malnutrition and illegal migration. Many people in the country are not aware whether they are having proper food and are happily living a good life. Without lack of awareness about the malnutrition construct them to migrate illegally because of which there is a lack in the country's economic growth and development.

### **Government's Benefit:**

Through this study the government can recognize good policy to improve malnutrition and to reduce illegal migration.

### **Limitation of Study:**

Investigating the relationship between malnutrition and illegal migration had several challenges. Even though this study engages with both doctrinal and non-doctrinal methods, the data collected through non-doctrinal methods like surveys are pure forms of opinion given by the respondents. Since there was a very short time period to complete this study, the main disadvantage is that the survey could not be conducted on the undocumented population. But the opinion of the

respondent were seriously considered and helpful for the study.

### **Methodology:**

This research is the combination of both explorative and explanatory research.

To collect datas both doctrinal and non-doctrinal research methods are used,as such bothqualitative and quantitative datas are used.In doctrinal - conventions,agreements are analysed for primary data and Declaration,reports,research articles,blogs are used as secondary data.In non-doctrinal convenient sampling which is one of the types of non- probability sampling is conducted for collecting datas from the respondents. 50 respondents are participated in this research through this questionaair method.It was conducted in online by sending google form link to the respondents.

## **III. RESULTS AND DISCUSSIONS**

Malnutrition is the imbalance between the nutrients your body needs to function and the nutrition it gets. When a person is unable to get the nutrition that the body needs, they suffer from malnutrition, and they will unable to manage their proper quality of life. There are many reasons for malnutrition where people do not get proper nutrition. In malnutrition, there are two varieties that may affect a person that undernutrition and overnutrition. Undernutrition is that when there is a lack of nutrition that the body wants.Over nutrition is when a person's has extra nutrition than the average nutrition.Whom does malnutrition occur?The problem of malnutrition mainly occur to low income and poor people because they lack the concept of affording proper nutritious food daily has they struggle to live a basic life. Mainly children in the age of 1-8 affect in malnutrition 25% are affected in the problem malnutrition who could not manage with a proper diet.

### **The Consequence of Malnutrition:**

#### **Health Consequences:**

- Stunted Growth: Children affecting in Malnutrition may lack in cognitive development.
- Weakened Immune System: Individuals have more chances to get affected in infections due to weak immune systems because of not taking nutritious diets.
- Micronutrient Deficiencies: Individuals may have affected from deficiencies like iron, Vitamin A, D and zinc.

#### **Social Consequences:**

- **Increased Vulnerability:** Malnutrition often affects marginalized and economically disadvantaged communities.
- **National Development:** The Individuals Malnutrition reduced human capital, limiting the potential for economics and social progress.
- **Increased Healthcare Burden:** The prevalence of malnutrition contributes to increased burden on healthcare resources.

### Key challenges in Handling Malnutrition in India?

- **Economic Inequality:** Due to low income, some people cannot afford nutritious food or have limited access to it.
- **Poor Sanitation:** Poor sanitation and hygiene can increase the exposure to pathogens and becomes a major challenge why people are affected from malnutrition.

### Food Insecurity:

Food insecurity occurs when people are regularly affected and more cautious about their ability to access adequate amounts of safe, affordable, and nutritious foods. It is a universal problem faced by people and can occur because of a lack of income to afford healthier foods or because healthier food choices and their availability is not comparatively easy.

### CASE ANALYSIS:

#### Extracts from Ashwini Upadhyay's case

"A PIL has been filed in the Supreme Court since 2017 in which this case gave importance to illegal migration that there are 5 crore people present in the country who have illegally migrated from other country to our country. The numbers must have increased and excess of population lead to country's population pressure. In this case analysis. In this case we have to understand that our country also has illegal migration that result in country's population pressure.

### ILLEGAL MIGRATION

Illegal immigration is defined as the migration of people across national borders or residing in a country that violates the destination country's national law (civil or criminal law). Generally, when a person (potential immigrant) believes that there are better chances or benefits than staying in his or her country of habitat, he or she takes the risk of crossing illegally to another country.

**Illegal Migration and Strategic Challenges** 27 It is estimated that the number of international migrants is 214 million according to the International Organization for Migration, 2010, in which, „irregular“ or „illegal“ migrants are estimated about 30-50 million worldwide. Further, it has been estimated that at the end of the 20th century some 150 million people were living outside the country of their birth and it is predicted it will increase to about 405 million by 2050 (World Migration Report, 2010). As per the Indian Census 2001, the data on migration in India shows that the total number of migrants has been 314 million. Out of these, Bangladeshi migrants who form around 10-20 million are considered to be the largest one from outside country category. Whereas the World Migration Report 2010 reports state that 17 million undocumented Bangladeshi are in India (Ibid).

### WHETHER POVERTY IS THE REASON FOR ILLEGAL MIGRATION?

Poverty is one of the main reason for many social issues likewise poverty is also one of reason for people migrating country to country. the main causes poverty is unemployment and low wage. and effects of poverty is mainly poverty and migration illegally. the future expectations for the reductions in poverty would be that by ensuring job opportunities to young people and economically backward people, ensuring educational programs and enabling job creations and fair wages, providing them with health access and social welfare programs so that there is an assumption in future that reduction in poverty leads to reduction in illegal migration.

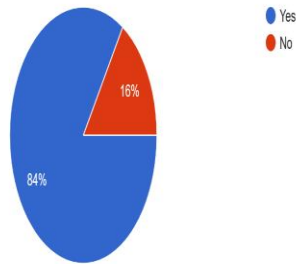
### NON-DOCTRINAL RESEARCH

1. Whether food security and poverty are main reasons for illegal migration?

Indicators	Yes	No	Total
Male	8.00 [4]	6.00 [3]	14.00 [7]
Female	76.00 [33]	20.00 [10]	86.00 [43]
Total	84.00 [37]	16.00 [13]	100.00 [50]

Whether food insecurity and poverty are main reasons for illegal migration?

50 responses



### INTERPRETATION:

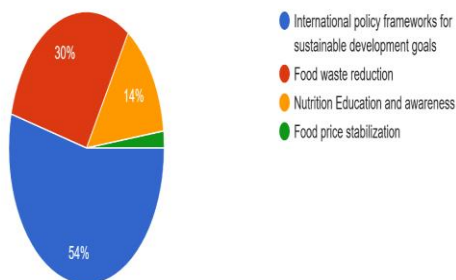
Totally, 84 percent of the respondents have responded yes to the statement and 16 percent of the respondent have recorded no to the statement.

2. What are the policy frameworks for addressing food security and poverty?

Indicators	International policy	Food waste reduction	Nutrition awareness and education	Food price stabilization
Male	6.00 [3]	2.00 [1]	2.00 [1]	2.00 [1]
Female	48.00 [24]	28.00 [14]	12.00 [6]	2.00 [1]
Total	54.00 [27]	30.00 [15]	14.00 [7]	4.00 [2]

What are the policy frameworks for addressing food insecurity and poverty?

50 responses



### Interpretation

54 percent of respondents records that implementing policy framework for sustainable development goals so to

address the problem of food insecurity and poverty in order to reduce illegal migration.

### TESTING OF HYPOTHESIS

H1: Reduction in poverty and food insecurity.

H2: Improved in policy framework for addressing poverty and food insecurity.

The data collected in non-doctrinal results in favour of the hypothesis given above so the hypothesis is null hypothesis there is no change in the statement assumed.

### IV. SUGGESTION AND RECOMMENDATION:

- **Addressing Malnutrition Locally:** Governments and NGOs should prioritize programs that improve food security in regions with high migration tendencies.
- **Integrated Approaches:** Countries should work together to implement integrated strategies that address both migration and malnutrition.
- **Development Initiatives:** Strengthen local economies and job creation in regions with high migration rates. This could include investments in rural infrastructure, education, and skills training.
- **Public Awareness Campaigns:** Raising awareness in source and destination countries about the risks of illegal migration and the root causes (such as malnutrition) could help reduce the flow of people risking their lives for survival.

### V. CONCLUSION

The study of malnutrition and illegal migration reveals a complex, interdependent relationship between these two global issues. Malnutrition, driven by food insecurity, poverty, and limited access to healthcare, often acts as a primary push factor, prompting individuals to migrate in search of better living conditions. This migration, frequently illegal, exposes vulnerable populations to exploitation, risks, and further marginalization, while simultaneously straining the resources of destination countries. The findings underscore the importance of addressing the root causes of migration, including malnutrition and poverty, by promoting sustainable development, improving food security, and expanding opportunities for education and employment in origin countries. In conclusion, effective policy interventions must adopt a holistic, integrated approach that tackles both malnutrition and migration together. Governments, NGOs, and international organizations must collaborate to implement solutions that not only alleviate food insecurity but also create

viable alternatives for migration that are safe, legal, and dignified.

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