





# PARCHEMINS STUDY

## Self-rated health of undocumented and newly regularized migrants in Geneva

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#### What was already known

Many migrants live in Switzerland without a valid residence permit (undocumented). Previous studies have shown that these migrants are often exposed to difficult working conditions and are at risk of falling into precariousness. However, few health studies have been conducted among this population.

### What our study shows

In this study, we first seeked to describe the general health status of this population in Geneva. To do so, we asked our participants divided into two groups, undocumented migrants vs. those in the process of regularization through the Operation Papyrus, to assess their health status. We then determined and compared the proportions of migrants who reported excellent, good or poor health. In a second step, we investigated the factors that lead migrants to report excellent rather than good or poor health.

Our results show that migrants, whether they are undocumented or in the process of regularization, generally report being in good or excellent health. Only one in five people report being in poor health. In general, the regularized migrants report more frequently than the undocumented ones being in excellent health.

Having relatives to rely on in case of serious problems, being financially stable and not suffering from anxiety are associated with better health, regardless of legal status.

#### **Conclusion and recommendations**

Our study shows that undocumented migrants generally feel healthy. Nevertheless, in order to promote health and prevent any deterioration, it is necessary to promote social participation, fight social isolation and financial insecurity and facilitate access to physical and mental health care.

Geneva, November 2020.

