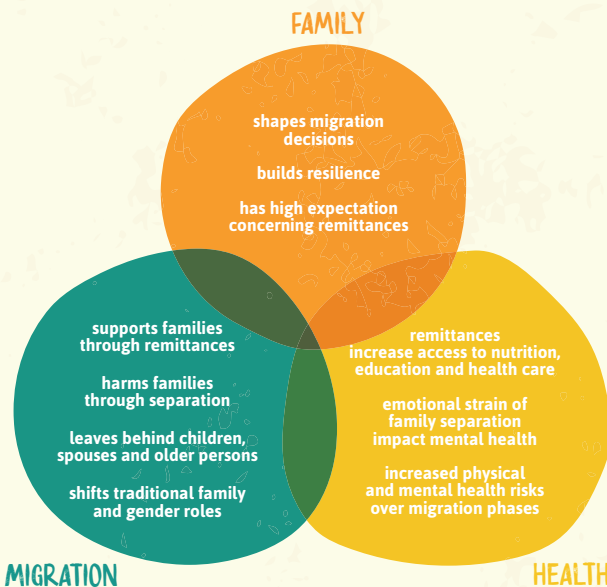


FAMILY DYNAMICS, HEALTH AND MIGRATION

IN THE EAST & HORN OF AFRICA REGION

Family plays a key role for migration decision making and migration impacts family wellbeing. The importance of family in the context of migration and health is increasingly acknowledged by European and international research networks and researchers who are working on a conceptual model on the interplay of family, health, and migration (TraFaDy, 2025).

„AS A HUSBAND AND FATHER,
D. IS EXPECTED TO PROVIDE,
MAKE DECISIONS AND OFFER EMOTIONAL
SUPPORT FOR HIS FAMILY, BUT LIVING
AND WORKING IN MOZAMBIQUE MAKES
FULFILLING THESE ROLES DIFFICULT.“



LIVED EXPERIENCES

- Case descriptions (n=16) provided by health and social care professionals working in the East and Horn of Africa region
- Cases describe labor migration (n=9), fleeing climate disasters and conflict (n=5) and fleeing domestic violence (n=2)



Migration is an important survival strategy for families.

Labour migration supports families through remittances but causes emotional strain due to separation. Forced migration caused by climate disasters and conflict exposes families to repeated displacement and increases poverty and health risks, including communicable diseases, malnutrition, and injuries. In all cases, family is a key source of resilience. At the same time, the disruption of family roles and support structures negatively impacts mental health.

„FAMILIES REMAIN A KEY SOURCE OF
STRENGTH. FAMILIES SHARE RESOURCES,
SUPPORT EACH OTHER EMOTIONALLY
AND ADAPT TOGETHER.“

Developed in the framework of the EU COST Action TraFaDy and the Health and Migration online course

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„ALTHOUGH HER FINANCIAL CONTRIBUTIONS
IMPROVED MATERIAL CONDITIONS,
EMOTIONAL STRAIN INTENSIFIED,
PARTICULARLY FOR HER GRANDMOTHER,
WHO STRUGGLED WITH A.'S PHYSICAL
ABSENCE DESPITE BENEFITING
FROM HER SUPPORT.“

FACT BOX

Migration globally supports economic stability and growth, both in developed and developing countries.



-USD 700 billion global remittances (IOM, 2025), including USD 18.7 – 21.6 billion to East, Horn & Southern Africa (IOM RO EHSA, 2025)

Migration saves lives of people fleeing climate disasters and conflicts.



3.5 million internally displaced persons by droughts, floods and other extreme weather events in the IGAD region (IGAD, 2025)



29 million people forcibly displaced, including 18.6 million internally displaced persons (IDPs) and 7.9 million refugees and asylum seekers in the East & Horn of Africa (Joint Data Center on Forced Displacement, 2025)

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