

# Thailand Burmese Border Consortium

- TBBC provide basic food baskets
  - Rations per person per month include
    - 15 kg rice
    - 1 kg AsiaMIX (rice/soy blended food formula)
    - 1 kg split yellow hulled mung beans
    - 1 L soybean oil
    - 750 g fermented fish (paste)
    - 330 g iodized salt
    - 250 g sugar
    - 125 g dried chillies
  - Provides on average ~9300 kJ per person per day



Photograph by Tom Riddle  
Source: [www.tbcc.org](http://www.tbcc.org)

# Thailand Burmese Border Consortium

*Banjong, et al. (2003)*

- Quantity and quality of food basket sufficient for short term situations
- Refugees living in camps for extended periods – assumed to have the ability to supplement food baskets with non-ration items

# Mae La Camp

*Banjong, et al. (2003)*

- Energy intake made up of:
  - 84% carbohydrate
  - 9% protein
  - 7% fat
- Average household energy and protein intake was adequate
  - However only 12% protein from animal sources
- Low intake of vitamins A, B1, B2 and C, and calcium
- Intake of iron was reasonable
  
- Note: Recommended that energy intake consist of:
  - 55 - 65% carbohydrate
  - 10 - 55% protein (50% from animal sources)
  - 25 - 30% fat

# Mae La Camp

*Banjong, et al. (2003)*

- Ration food supplied ~61 – 98% of the recommended daily intake of all nutrients consumed
  - With the exception of vitamins A and C
- Some non-ration foods are consumed
  - Foraging
  - Planting
  - Raising animals
  - Purchasing and exchanging ration items









**Photograph by Tom Riddle**  
**Source: [www.tbcc.org](http://www.tbcc.org)**

# Health Risks

*Kemp and Rasbridge (2004)*

- New Burmese immigrants/refugees
  - Cysticercosis (tapeworm)
  - Dengue Fever
  - Malaria
  - Tropical Sprue
  - Tuberculosis
  - Post-Traumatic stress disorder
  - Physical sequelae of torture
  - Injury from landmines
  - Malnutrition
  - Anaemia



# Nutrition and Newly Arrived Refugees

- May have endured:
  - Food deprivation
  - Suboptimal nutrition
  - Nutritional deficiencies (vitamins and minerals)
- Adapting to new environment may lead to:
  - Difficulties in locating markets or supermarkets to obtain traditional foods or substitutes
  - Reduced capacity to adhere to traditional diet and/or insufficient food intake

*The Victorian Foundation for Survivors of Torture Inc. (2000)*

# Food insecurity is...?

*Quandt, et al. (2001)*

- the limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways

# Importance of Food for Refugees

- Good diet and lifestyle can support people to re-establish optimal physical health
- Maintenance of traditional diet and lifestyle is an important strategy in ensuring health in the long-term
- Can help to affirm culture and promote communication

*The Victorian Foundation for Survivors of Torture Inc. (2000)*





**YUM**



**COMMUNICATING**



15/09/2006



15/09/2006



**mmm**



**SHARING**



15/09/2006

# For more information

- **Burmese Community Profile 2006** [www.immi.gov.au](http://www.immi.gov.au)  
Navigate to:
  - Living in Australia
  - Delivering Assistance
  - Government Programs
  - Settlement Planning
- **United Nations High Commissioner for Refugees**  
[www.unhcr.org](http://www.unhcr.org)
- **Thailand Burma Border Consortium** [www.tbbc.org](http://www.tbbc.org)
  - Programme Report for January to June 2006
- **Victorian Foundation for Survivors of Torture**  
[www.survivorsvic.org.au](http://www.survivorsvic.org.au)

# References

Australian Institute of Health and Welfare, 2006. *OECD Health Data 2006* [Online]. Available: <http://www.aihw.gov.au/international/oecd/index.cfm> [Accessed 22 September, 2006].

Banjong, O., Menefee, A., Sranacharoenpong, K., Chittchang, U., Eg-kantrong, P., Boonpradern, A. and Tamachotipong, S., 2003. 'Dietary assessment of refugees living in camps: A case study of Mae La Camp, Thailand'. *Food and Nutrition Bulletin*, Vol. 24 (4): 360-367.

Kemp, C. and Rasbridge, L. A., 2004. *Refugee and Immigrant Health: A Handbook for Health Professionals*, Cambridge: Cambridge University Press.

Quandt, S. A., Arcury, T. A., McDonald, J., Bell, R. A. and Vitolins, M. Z., 2001. 'Meaning and Management of Food Security Among Rural Elders'. *Journal of Applied Gerontology*, Vol. 20 (3): 356-376.

Victorian Foundation for Survivors of Torture, Inc., 2000. *Easing the Transition*, Melbourne: The Victorian Foundation for Survivors of Torture, Inc.

World Health Organisation, Thailand Burma Border Consortium (TBBC), 2006. *World Refugee Survey 2006*, United Nations Development Program, UNICEF.