

Birmingham Public Health Division  
September 2022

# Public Health Evidence Reports

A regularly refreshed snapshot of the health and wellbeing of the citizens of Birmingham and the factors underpinning this.

Highlights the inequalities at a high level across the city.

Draws together data from across the Council and public sector.

Annual independent report of the Director of Public Health on a specific topic/focus area to shine a light on an issue.

# Public Health Evidence Reports

Structured needs assessments into a specific area/topic/community

Brings together published and grey literature, service data and qualitative data from community insight

Makes recommendations for action

Desk top analysis of published evidence and grey literature and population survey data.

Snapshot of inequalities.

Evolving methodology using evidence collation with active community collaboration to focus on creating

# The Community Health Profiles

Birmingham has an ambition for a  , becoming a city in which, every citizen can live a healthy enjoyable life.

The Community Health Profiles help us understand the gaps (health inequalities) in achieving this ambition in different communities.

The Profiles describe the health inequalities of a specific community of identity or interest or experience.

# Evidence Report Forward Plan

## Community Health Profiles

- " Sikh . (Sept 2021)
- " Bangladeshi- (Sept 2021)
- " Muslim
- " Lesbian
- " Trans
- " d/Deaf & Hearing Loss
- " Sight Loss
- " Nigerian
- " hi





# Methodology

A comprehensive review of

- “ Academic literature, including PubMed, Census 2011
- “ Grey literature, including national, voluntary and community reports, PHE and NHS, google/google scholar
- “ Health & Wellbeing data review and research synthesis according to specified health and well-being indicators

Comparator groups include the White British and Black African populations of the UK.



# Limitations of the Findings



# Sharing Community Health Profiles

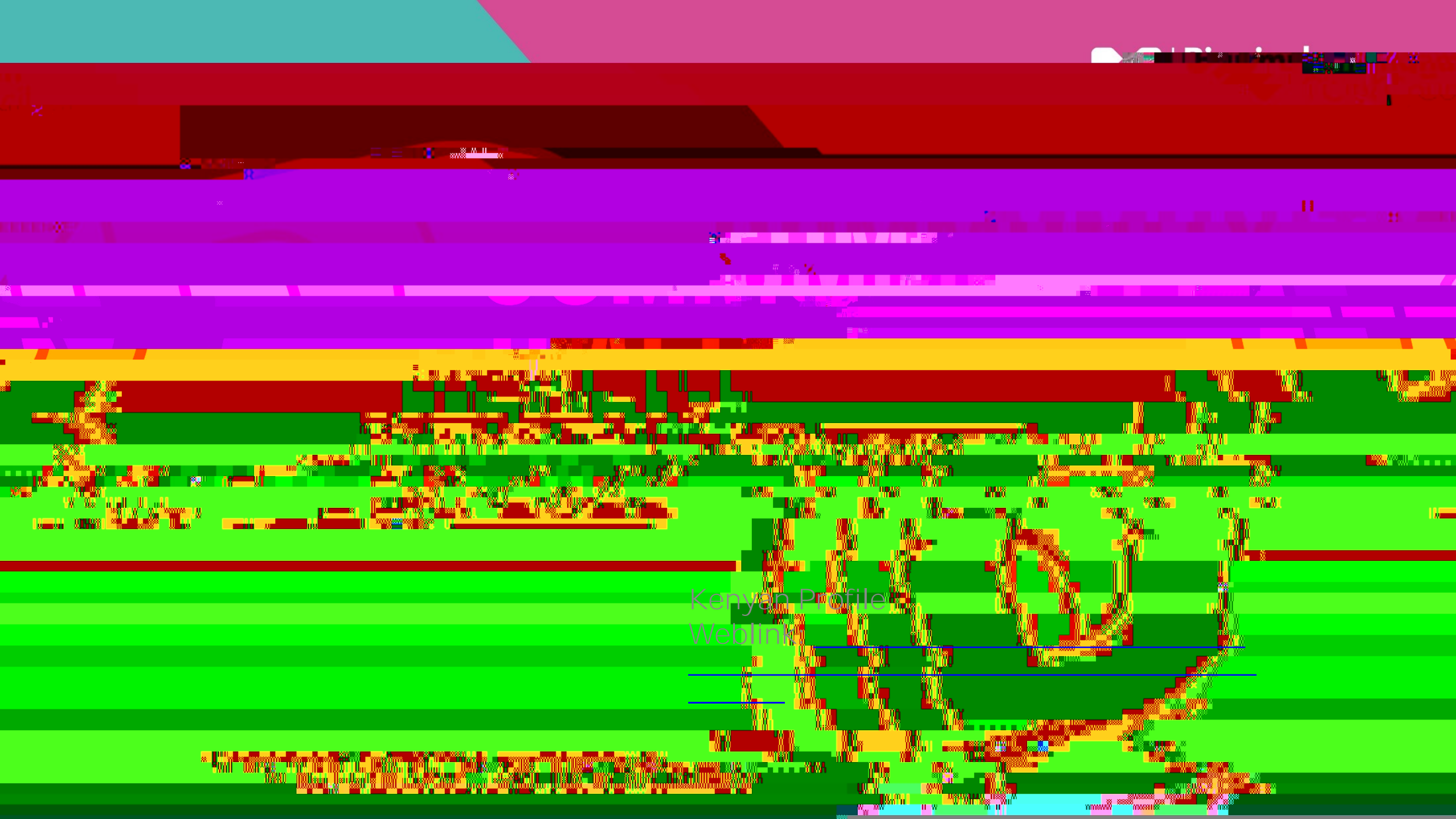
Written report & PowerPoint slide set

Published on the [BCC Communities Pages](#)

YouTube highlights video

Webinars for Kenyan community and wider partners





Kenyan Profile  
WebLink

# Overview of Kenyan Community

The national language of Kenya is Swahili.<sup>[1]</sup>

In England and Wales, 15,059 people recorded Swahili as their main language, 82% of whom were of African ethnic heritage.<sup>[2]</sup>

Kenya and Britain have a long-running relationship, Africa between 1895 and 1963.

“ Kenya gained independence from Britain in December 1963.<sup>[3]</sup>

Around of Kenyans living in the UK are Kenyan-Indian, having migrated during the mid to late 20<sup>th</sup> Century.<sup>[4,5]</sup>

The UK has around 137,492 Kenyans living in the UK.<sup>[6]</sup>



11,099 Kenyan





# Mental Wellness and Balance

Research suggests that Kenyan-Asians are critical of the psychiatric system and psychiatric staff.

- “ Felt disregarded on concerns regarding side effects of medications
- “ Believed psychiatric medication aimed at controlling patients.<sup>[11]</sup>

Risk factors for mental health problems: discrimination, language barriers, acculturative stress, socioeconomic barriers.<sup>[12]</sup>



- “ High rates of multiple substance use among khat chewers, specifically alcohol ( ) and cigarette smoking ( ).<sup>[13]</sup>
- “ of Kenyans smoke/use other tobacco products (19.1% men, 4.5% women).<sup>[14]</sup>
- “ High smoking prevalence compared to other African countries.

# Healthy and Affordable Food

## Obesity

- “ Research from the United States with Kenyan participants found 30% of women and 20% of men were overweight or obese.<sup>[15]</sup>
- “ 30% of women and 20% of men were overweight or obese among men.<sup>[16]</sup>

## Waist Circumference

- “ Mean waist circumference reported by the Health Survey England 2004 was higher in Black African women (90.2cm) than the general population (86.4cm).<sup>[16]</sup>

## Healthy Eating

- “ According to the Kenyan STEPS survey only 10% (male 6.8%, female 5.2%) of Kenyans have a minimum of the recommended five servings of fruits and vegetables daily.<sup>[17]</sup>
- “ 30% of adults add excessive salt to food at the table and 30% use excessive amounts of sugar in beverages.



# Active at Every Age and Ability

There is no data or published research on physical activity levels of the Kenyan community in the UK.



Published research from the United States with Kenyan participants found of the Kenyan participants made a conscious effort to exercise and did at least 5 days of moderate activity.<sup>[15]</sup>

Another survey found only of adults do not engage in the recommended level of physical activity.<sup>[17]</sup>

Findings imply Kenyans are culturally more physically active, particularly compared to other ethnic groups.

# Working and learning well

## Housing

“ of those from Kenya in the West Midlands own a property, either outright or with a mortgage, loan or shared ownership.<sup>[18]</sup> ”

## Employment and Education

“ In the West Midlands, of Kenyan-born males are in full time employment, compared to Kenyan-born females.<sup>[19]</sup> ”

“ of Kenyan-born males and of females are economically inactive, and 5.9% males and 4.4% of females are unemployed.<sup>[19]</sup> ”

“ In 2020/21 there were students from Kenya, accounting for 6% of all students from Africa.<sup>[20]</sup> ”



# Ageing and Dying Well

In Kenya, COPD is estimated to cause approximately \_\_\_\_\_ of deaths.<sup>[23]</sup>

Estimated mortality due to cardiovascular disease (CVD) is \_\_\_\_\_<sup>[23]</sup>

Cancer is second leading cause of noncommunicable disease (NCD) related deaths at \_\_\_\_\_<sup>[23]</sup>

Low uptake to palliative care. Barriers may include: lack of referrals, knowledge about the services, religious traditions, geographical locations of facilities.<sup>[24]</sup>



# Closing the Gaps

Migration is a factor that impacts on

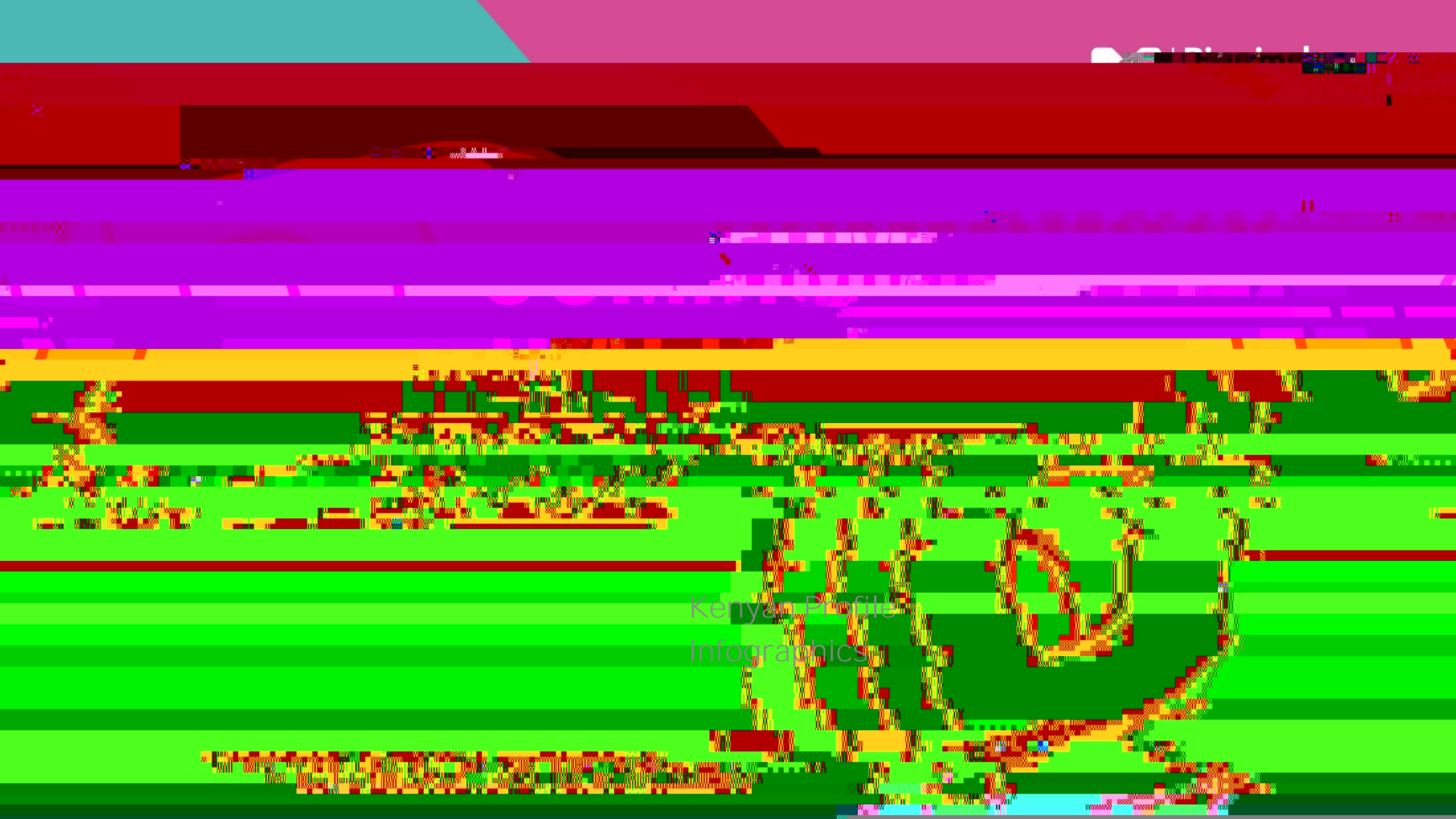
the number of deaths in England.

In the period 21 March to 8 May 2020, the number of death registrations from all causes for people in England was 1.5 times higher than in the same period for the average of the years 2014 to 2018.<sup>[26]</sup>

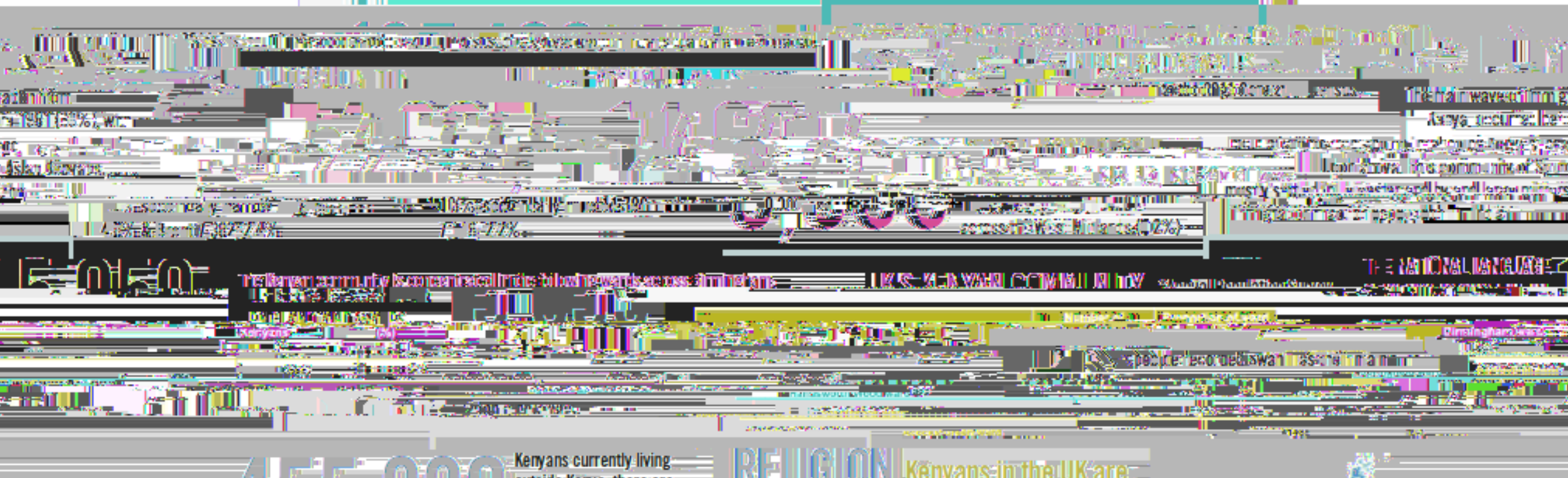


## Deprivation Levels

- “ High levels of property ownership, low levels of unemployment.
- “ unlikely the Kenyan community in the UK faces significantly high levels of deprivation compared to other ethnic groups within the UK.



# Kenyan Profile Infographics



The Kenyan community is concentrated in London, with 70% of Kenyans living in the capital.

UK'S KENYAN COMMUNITY

THE NATIONAL LANGUAGES

15.8% of Kenyans

live in London

10% of Kenyans live in Birmingham

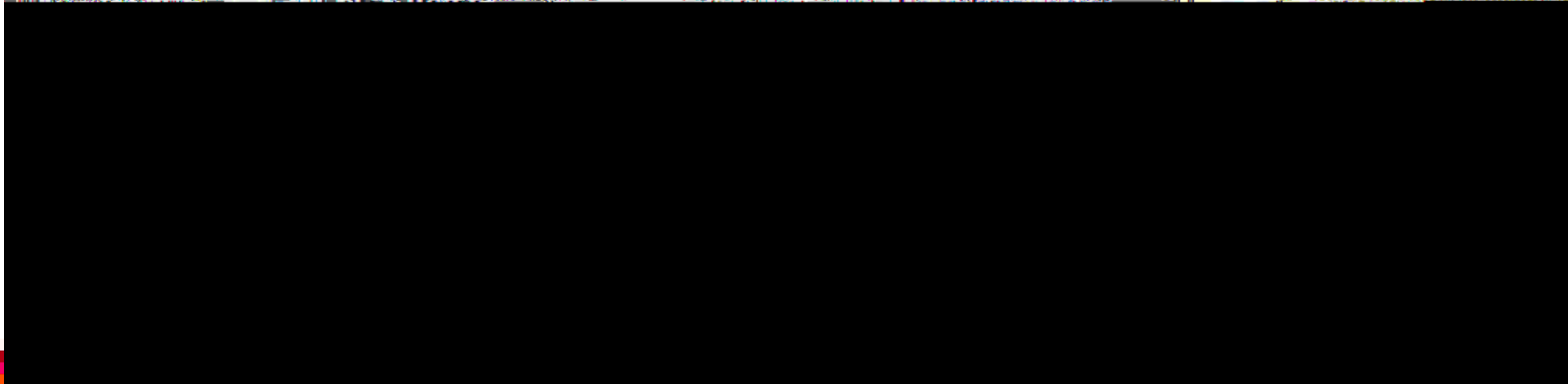
10% of Kenyans live in Birmingham

45,000 Kenyans currently living outside Kenya, there are

RELIGION

Kenyans in the UK are





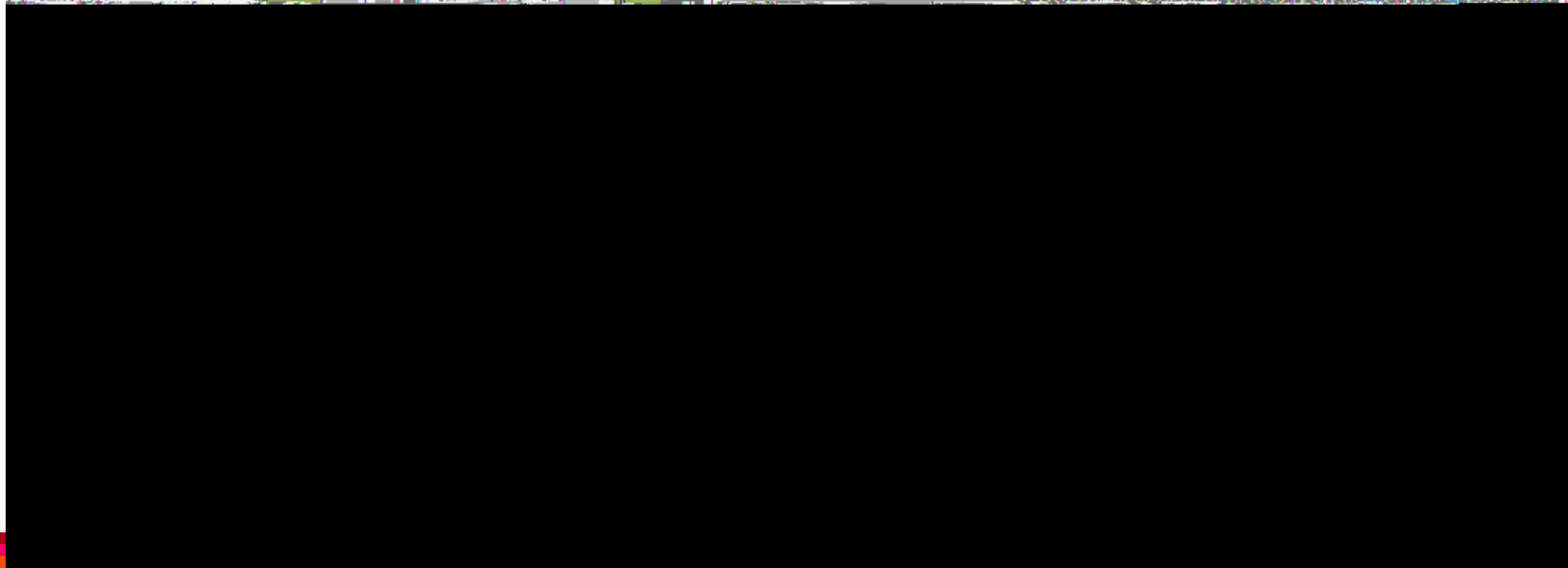


# ACADEMIC ATTAINMENT

# CANCER SCREENING

# DIABETES

Published research from



# References

- [1] Constitution of Kenya, National, Official And Other Languages - Kenya Law Reform Commission (KLRC), [internet] [cited 23 March 2022] Available at: <https://www.klrc.go.ke/index.php/constitution-of-kenya/108-chapter-two-the-republic/173-7-national-official-and-other-languages>
- [2] CT0341 - Religion by ethnic group by main language
- [3] Aspinall PJ and Chinouya MJ. The African Diaspora Population in Britain: Migrant Identities and Experiences. 2016, London, Macmillan.
- [4] BBC Born Abroad: Kenya, BBC, [internet] [cited 23 March 2022] Accessed here: [http://news.bbc.co.uk/1/shared/spl/hi/uk/05/born\\_abroad/countries/html/kenya.stm](http://news.bbc.co.uk/1/shared/spl/hi/uk/05/born_abroad/countries/html/kenya.stm)
- [5] 2011 Census, Table CT0562
- [6] ONS 2011 Census Table number QS213EW, [internet] [cited 25 April 2022] Accessed here:
-

# References (2)

- [11] Shefer G, Rose D, Nellums L, Thornicroft G, Henderson C, Evans-Lacko U. Stigma, relationships with family and help-seeking in three ethnic communities in London. *Int J Soc Psychiatry*. 2013 Sep;59(6):535-44. doi: 10.1177/0020764012443759. Epub 2012 May 15. PMID: 22588248. pp.540
- [12] Kabuiku R. Stigma, relationships with family and help-seeking in three ethnic communities in London. *Int J Soc Psychiatry*. 2016, [internet] [cited 23 March 2022] Accessed here: <https://core.ac.uk/download/pdf/147837989.pdf>
- [13] Ongeru L, Kirui F, Muniu E, Manduku V, Kirumbi L, Atwoli L, Agure S, Wanzala P, Kaduka L, Karimi M, Mutisya R, Echoka





@Bha... Council



11/25/2023 10:05 AM

11/25/2023 10:05 AM

11/25/2023 10:05 AM

