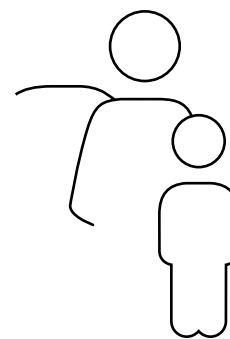


PAKISTANI

COMMUNITY HEALTH PROFILE

2022



A BOLDER HEALTHIER BIRMINGHAM

INTERNATIONAL, NATIONAL AND BIRMINGHAM CONTEXT

1,124,511 in England and Wales in 2011. Making up 2.0% of the total population. This is an increase from 1.4% in 2001

Birmingham has the second largest Pakistani community in the UK (144,627 residents)

144,627

62% For more than half the Pakistani community based in Birmingham the UK is noted as the country of birth (89,981; 62%), reflecting the birth of second and third generation Pakistanis in the UK

MIGRATION, LANGUAGES AND FAITH

MIGRATION

 **10.800+**

Half of those who reported Pakistani Pahari (with Mirpuri & Potwari) as their main language (10.800+ people) lived in Birmingham. The main 'other' languages spoken by the community in the UK are Urdu (23%), Punjabi (10%),

DISTRIBUTION OF THE PAKISTANI COMMUNITY IN BIRMINGHAM

MENTAL HEALTH AND WELLNESS

121.1

DETENTIONS PER 100,000 PEOPLE

Pakistani community had a detention rate of 121.1 detentions per 100,000 people under the Mental Health Act

4,459

PER 100,000 ADULTS USING MENTAL HEALTH LEARNING DISABILITY AND AUTISM SERVICES

ALCOHOL: NON-DRINKERS

Less than 0.5% of Pakistani women, and 1% to 2% of Pakistani men drank on 3 or more days a week



DRUG USE

Adults from the Asian or Asian British group generally have the lowest levels of any drug use and levels are similar among those identifying as

2.9%
PAKISTANI

2.7%
INDIAN

2.6%
BANGLADESHI

ONS data shows those born in Pakistan have one of the lowest proportions of current smokers & one of the highest proportions of those who have 'never smoked'

SMOKING

9.1%

CURRENT SMOKERS

83.8%

NEVER SMOKED



HEALTHY AND AFFORDABLE FOOD

COOKING PREFERENCES

93%

of Pakistani men use salt in cooking, one of the highest proportion among men in minority ethnic groups.

OBESITY PREVALENCE

Pakistanis

General population

15%
28%

23%
23%

ACCORDING TO THE HSE, THE MEAN FAT SCORES ARE

24

GENERAL POPULATION

21

PAKISTANI MEN

20

PAKISTANI WOMEN

5-A-DAY

According to the HSE, over a third of Pakistani men & women meet the five-a-day recommendation

GETTING THE BEST START IN LIFE

CHILDHOOD POVERTY Children in Pakistani households were 2.8x as likely to live in low-income households

47%

of children living in Pakistani households were living in low-income households 30 percentage points higher than children living in White British households and 27 percentage points higher than the national average

56,974

CHILDREN REGISTERED AS PAKISTANI IN BIRMINGHAM

of the overall population under the age of 18

OBESITY White British

11% Obese 4-5 year old children

10%

26% Obese 10-11 year olds

19%

89.8%

VACCINE TAKE-UP

The Pakistani community have one of the highest vaccine take up rates, particularly vaccine coverage or the completed course at one year of age for babies (89.8%)

maternal mortality among mothers born in Pakistan in 2015/17; this is 0.94 times the risk compared to UK born women. Pakistanis have the highest risk of congenital anomalies as the most common cause of death, accounting for 3.4 infant deaths per 1,000 live births

ACTIVE AT EVERY AGE & ABILITY

PHYSICAL ACTIVITY

AT LEAST 150 MINS / WEEK

40.8%

55.6%

45.7%

53.0%

52.3%

61.3%

