



KENYAN

**COMMUNITY
HEALTH
PROFILE**

2022



A BOLDER HEALTHIER BIRMINGHAM

INTERNATIONAL, NATIONAL AND BIRMINGHAM CONTEXT

137,492 **KENYAN-BORN PEOPLE IN ENGLAND & WALES** according to the 2011 Census

3,988 **KENYAN-BORN PEOPLE IN BIRMINGHAM (0.4%)**
11,099 Kenyan-born people across the West Midlands (0.2%)

UK'S KENYAN COMMUNITY *Annual Population Survey

144,000* **137,492** **129,356**
2020 **2011** **2001**

455,889 Kenyans currently living outside Kenya; there are 190k+ in Europe with the UK accounting for almost 80%

INTERNATIONAL CONTEXT

According to the UN's figures, the UK accounts for 33% of the Kenyan population abroad and almost 80% of the Kenyan population in Europe.



Kenya and Britain have a long-running relationship, rooted in Kenya's history as part of the **British Empire in Africa** between 1895 and 1963. Kenya gained independence from Britain in December 1963.

Among non-UK countries of birth with the highest proportions holding a UK passport. Kenya-born citizens had the highest percentage of holding a UK passport and acquiring British citizenship (**86.9%**)

MIGRATION, LANGUAGES AND FAITH

MIGRATION 

The main wave of immigration from Kenya occurred before 1981 (60%), with main migrants from the country being Kenyan Indians. Upon arrival, this community of South Asian Kenyans mostly settled in Leicester and by and large mirrors the immigration map for people born in India

THE NATIONAL LANGUAGE OF KENYA IS SWAHILI. IN ENGLAND AND WALES, 15,059

 people recorded Swahili as their main language, 82 of whom were of African ethnic heritage

RELIGION Kenyans in the UK are

37% HINDU **25% CHRISTIAN**
12% MUSLIM **10% SIKH**

ETHNICITY **69%** Asian

A HIGH PROPORTION OF BRITISH RESIDENTS WHO WERE KENYAN IDENTIFY AS 16% Black

DISTRIBUTION OF THE KENYAN COMMUNITY

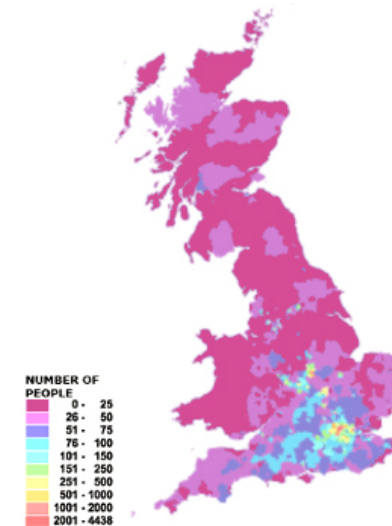
According to the 2011 Census, the Kenyan community is mainly concentrated in

OUTER LONDON
54,227
1.1% specifically Harrow 11,706; 4.9% & Brent 7,382; 2.4%

EAST MIDLANDS
14,297
0.3%; specifically in Leicester 7,118; 2.2%

The Kenyan community is concentrated in the following wards across Birmingham:

Birmingham ward	Number of Kenyans	Proportion of ward (%)
Hall Green ward	416	0.3
Springfield ward	385	0.3
Handsworth Wood ward	302	0.2
Sparkbrook ward	211	0.2
Acocks Green ward	148	0.1



Source: BBC Born Abroad: Kenya. The map shows areas with roughly equal populations were the same size, e.g. densely populated London takes up much more space than sparsely populated Scottish Highlands

MENTAL HEALTH AND WELLNESS

MENTAL HEALTH

A London-focused study with Kenyan-Asian participants found that participants were **critical of both the psychiatric system and psychiatric staff.**



Participants felt psychiatrists **disregarded their concerns** about side effects of psychiatric medications and expressed psychiatric medication aimed to 'neutralize' patients rather than cure them.

ALCOHOL

There is no data on alcohol consumption for the Kenyan community; using data for the Indian and black African ethnic groups as proxy shows that both groups have a low percentage of alcohol-related admissions



DRUG USE **THERE IS PREVALENCE OR MIRAA/KHAT CHEWING IN KENYA**

36.8% mostly by men (54.8%), with high concurrent polysubstance use as well as alcohol use (78.4%) and cigarette smoking (64.5%)

SMOKING **DATA SHOWS THERE IS A HIGH SMOKING PREVALENCE**

when compared to other African countries, with 11.6% Kenyan adults consuming tobacco

2.5 MILLION

CONSUMING TOBACCO **19.1% MEN AND 4.5% FEMALE**



HEALTHY AND AFFORDABLE FOOD

DIET **A US-BASED STUDY FOUND**



82.4% of Kenyan participants made a conscious effort to eat a healthy diet

OBESITY **Published research from the United States with Kenyan participants (n=51) found**

56.9% WERE OVERWEIGHT OR OBESE



5-A-DAY

ACCORDING TO THE KENYAN STEPS SURVEY 2015 ONLY

6.8% of Kenyans have a minimum of the recommended five servings of fruits and vegetables daily, while 23% of adults add excessive salt to food at the table and 28% use excessive amounts of sugar in beverages

5.2%



GETTING THE BEST START IN LIFE

CHILD POVERTY In absence of Kenyan-specific data, viewing statistics on the Indian and black ethnic groups proxy shows that 30% of children living in black households were living in low-income families, ten percentage points higher than the national average However, Indian households were the **least likely** to live in low income and material deprivation compared to all ethnic groups (17%; three percentage points lower than the national average)

CHILDHOOD OBESITY

Using data on the Indian ethnic group as proxy, the percentage of overweight children aged 4 to 5 decreased in the Indian ethnic group from

14.9% to 13.8%



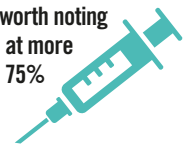
It has the lowest proportion of all ethnic groups and **36.5%** of those in the 10 to 11 ages around who were overweight

1,402 BIRTHS AMONGST KENYA-BORN WOMEN yielded a total fertility rate (TFR) of **1.89**

KENYAN-BORN WOMEN HAVE ONE OF THE LOWEST BIRTH RATES among African women in England and Wales

MORE THAN 90%

As majority of Kenyans identify as Asian, it is worth noting that Indians have the highest vaccine uptake at more than 90% for both primary vaccinations, and 75% vaccine coverage or the primary course and pre-school booster offered at 5 years of age



ACTIVE AT EVERY AGE & ABILITY

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

HOWEVER, PUBLISHED RESEARCH FROM THE UNITED STATES WITH KENYAN PARTICIPANTS FOUND

76.5% of the Kenyan participants made a conscious effort to exercise, 30.6% did at least 5 days of moderate activity

WORKING AND LEARNING WELL

ACADEMIC ATTAINMENT

Using the black and Indian ethnic categories as proxy to gain an insight into the Kenyan community on education attainment reveals, that black African pupils achieved Progress 8 scores higher than average (0.17). Indian pupils achieved the



SECOND HIGHEST PROGRESS 8 SCORE (0.71)

ECONOMIC INACTIVITY

18.9% **30.5%**



HOUSING

MAJORITY OF THOSE FROM KENYA

78.9%

resident in the West Midlands own a property: either the property is owned outright or with a mortgage/ loan or shared ownership.

UNEMPLOYMENT



5.9% **4.4%**

PROTECT AND DETECT

CANCER SCREENING

There is no data or information on the Kenyan community's take up of screening in the UK. However, research on uptake of Pap smear testing among Kenyan migrants in the Netherlands found willingness to participate was hindered by barriers such as

LANGUAGE, PREFERENCE FOR FEMALE GPs, ACCULTURATION, VIEWS ABOUT THE HEALTH CARE SYSTEM



SEXUAL HEALTH

Research has found the communities in Britain most affected by the AIDS/HIV pandemic were nationals of

KENYA, UGANDA, ZAMBIA, ZIMBABWE, AND CONGO

TUBERCULOSIS (TB)



IN 2020, PEOPLE BORN IN KENYA ACCOUNTED FOR 46 CASES

1.1% of the UK's TB cases with a median time of 17 years from entry to notification since arrival to the UK

AGEING AND DYING WELL

DIABETES Published research from the United States with Kenyan participants (n=51) found that among six African immigrant groups, Kenyans were more likely to report having diabetes

7.8%

CARDIOVASCULAR DISEASE

IT IS ESTIMATED THAT MORTALITY DUE TO CVD IN KENYA IS

13.8%



The leading CVD deaths are stroke (6.1%, male 5.8%, female 6.4%) and Ischemic Heart diseases (4.6%, male 4.7%, female 4.6%)

END OF LIFE

Research which included Kenyan participants (8%) in the study sample found that people with dementia and their carers usually **begin help-seeking from close family** and then follow this up by consulting primary care physicians



CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

There is an absence of statistics on the prevalence of COPD within the Kenyan community in the UK. In Kenya, chronic respiratory diseases are responsible for approximately

1.73% OF THE DEATHS

1.92% **1.5%**

THE MAIN DRIVERS OF COPD INCLUDE TOBACCO SMOKING, INDOOR AIR POLLUTION, OUTDOOR AIR POLLUTION, OCCUPATIONAL DUST AND CHEMICALS

DEMENTIA



Black African and Caribbean elders (BACE) have a higher prevalence and earlier onset of dementia compared with the indigenous white UK population

CLOSING THE GAPS

DEPRIVATION AS ALMOST 80%

of Kenyans in the West Midlands either fully own a property or have a mortgage, and also have very low levels of unemployment, it is unlikely the Kenyan community in the UK faces deprivation