



# 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  
**PEOPLE IDENTIFIED AS PAKISTANI**

Birmingham has the second largest Pakistani community in the UK (144,627 residents)  
**144,627**  
**MAKING UP 13.5% OF THE CITY'S TOTAL POPULATION**

**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

According to the 2011 Census the community has a young age profile; 70% of Birmingham's Pakistani community under the age of 35 and 35.6% is under 16  
**70%**

THE PAKISTANI COMMUNITY ACCOUNT FOR

**12.5%** of the working age group in Birmingham. While in England the community make up 2% of the working age group.

Over 20% of working age Pakistanis are in six wards, and the proportion is over 50% in two - Bordesley Green (53%) and Washwood Heath (57%)

INTERNATIONAL CONTEXT

Pakistan is a cultural melting pot with multiple ethnicities and languages. Pakistan's population can be divided broadly into five major and several minor ethnic groups: Punjabis, Pashtuns, Sindhis, the muhajirs and Ralochis



MIGRATION, LANGUAGES AND FAITH

**MIGRATION**

Large-scale immigration to Britain from Pakistan began in the 1950s, when Britain encouraged migration from the former colonies to meet its post war labour needs, with migration increasing significant in 1961. During the 1950s and 1960s, those that migrated were largely single men, and were joined by their families a decade later.

**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%), Pahari with Mirpuri and Potwari (1.7%) and Pashto (1.6%)

**91%** Around 91% of British Pakistanis identify as Muslim; religion forms a prominent part of the community's identity

THERE ARE TWO

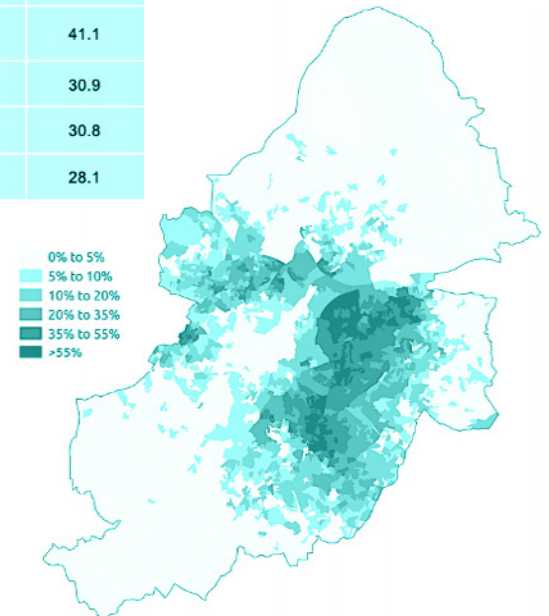
**EID**   
**FESTIVALS**  
**IN A YEAR**

Ramadan ends with three days of festivities called Eid al-Fitr; Eid-ul-Adha comes at the end of the annual pilgrimage of the Hajj.

DISTRIBUTION OF THE PAKISTANI COMMUNITY IN BIRMINGHAM

Ward	Total ward population	Pakistani population (%)
Alum Rock	25,487	58.6
Sparkhill	20,309	56.9
Small Heath	20,403	53
Ward End	12,255	51
Heartlands	12,287	46.3
Sparkbrook & Balsall Heath East	25,211	46.3
Bordesley Green	11,796	41.1
Aston	22,636	30.9
Lozells	9,153	30.8
Hall Green North	21,509	28.1

The Pakistani community in Birmingham is mainly concentrated in inner city wards. According to ward-level data based on the 2011 census, the top 10 wards are listed below. The top 3 wards with the highest proportions of Pakistani community were Alum Rock (25,487; 58.6%), Sparkhill (20,309; 56.9%) and Small Heath (20,403; 53%)



The above map uses the ward boundaries pre May 2018 due to the data being derived from the 2011 Census data. New Census data mapped onto the new wards is expected to be available in 2022.

### 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

Pakistanis had a rate of

**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
Men	<b>15%</b>	<b>23%</b>
Women	<b>28%</b>	<b>23%</b>

ACCORDING TO THE HSE, THE MEAN FAT SCORES ARE

	24	21	20
GENERAL POPULATION		PAKISTANI MEN	PAKISTANI WOMEN

### 5-A-DAY

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

Men	<b>33%</b>
Women	<b>32%</b>

### 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

**21%** of the overall population under the age of 18

### Pakistani OBESITY White British

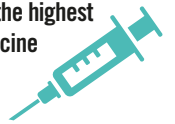
**11%** Obese 4-5 year old children **10%**

**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%)



**7.48**  
PER 100,000

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

	Pakistani	Bangladeshi	Indian
Men	<b>40.8%</b>	<b>45.7%</b>	<b>52.3%</b>
Women	<b>55.6%</b>	<b>53.0%</b>	<b>61.3%</b>

**WORKING AND LEARNING WELL**

**50.3%** OF PAKISTANI PUPILS ACHIEVED A GRADE 5 OR ABOVE IN ENGLISH AND MATHS GCSE IN 2020 TO 2021

Specifically, 46.8% of Pakistani boys achieved a grade 5 or above in English and maths GCSE, compared to 54% of Pakistani girls

**ABOVE AVERAGE PROGRESS 8 SCORES (0.24)**



was achieved by Pakistani pupils despite being one of the ethnic groups most likely to experience low income, high poverty rates and be living in some of the most deprived areas or the country

**ECONOMIC ACTIVITY**

In Birmingham, 74% of Pakistani males are economically active but only 34% of females

**74%** **34%**

**OVERCROWDING**

**18%** OF PAKISTANI HOUSEHOLDS WERE OVERCROWDED

The highest rates of overcrowding were in Bangladeshi households (24%)

**8%** of Pakistani / Bangladeshi people (combined statistic) were unemployed - the highest unemployment rate of all ethnic groups



**A BOLDER HEALTHIER BIRMINGHAM**

**PROTECT AND DETECT**

**CANCER SCREENING**

(% of early, late and unknown stage diagnosis)

TYPE	EARLY	LATE	UNKNOWN
Breast*	70%	15%	15%
Colorectal	38%	52%	10%
Prostate	48%	32%	21%
Lung	14%	75%	11%

\*Combined data for Pakistani & Bangladeshi ethnic groups

**61%** of Pakistani participants were non-attenders at cervical screening



**SEXUAL HEALTH** MEDIAN AGE FOR PAKISTANI MEN & WOMEN AT FIRST HETEROSEXUAL INTERCOURSE IS **20** **22** YEARS OLD

Research has found Pakistani female respondents were highly unlikely to report using emergency contraception (2.1%) compared to white British women (23%)

**TUBERCULOSIS (TB)**

ONE OF THE HIGHEST RATES OF TB IN THE UK ARE FOUND AMONG PEOPLE OF PAKISTANI ETHNICITY

**10.7%** of the TB cases in the UK, with a median time of 10 years since arrival to the UK



**AGEING AND DYING WELL**

**DIABETES** **3x** **4x** the risk of developing type 2 diabetes among Pakistani men and women

**END OF LIFE** **4.4%** OF THE UK PAKISTANI POPULATION ARE 65+ It is projected, by 2026, to be 5.8%

**CARDIOVASCULAR DISEASE**

For both Pakistani men and women the leading cause of death is ischaemic heart disease (IHD)

**206.7** **157.9** DEATHS PER 100,000 PAKISTANI MALES 100,000 WHITE MALES

Pakistani women had 109.6 deaths per 100,000

**CEREBROVASCULAR DISEASES**

**2012-14** **2017-19** **42.2** **44.9** deaths per 100,000 males

**13.4** **12.4** deaths per 100,000 females

**ACCESS TO PALLIATIVE & END OF LIFE CARE**

There is a low uptake of palliative and end of life care service; common barriers identified include

- Family values in conflict & social segregation
- Lack of knowledge about services
- Previous negative experience

**DEMENTIA**

**2012-14** **2017-19** **66.9** **66.4** deaths per 100,000 males

**67.0** **82.3** deaths per 100,000 females

**CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) LOW PERCENTAGE OF COPD DIAGNOSES**

**0.8%** **3.2%** **4.2%** Pakistanis White British White Irish

**CLOSING THE GAPS**

**LIFE EXPECTANCY**

**82.3** **84.8**