

2022

TAARIKHDA

SII DHIIRAN
SII CAAFIMAAD BADAN
BIRMINGHAM

CAAFIMAADKA

BULSHADA

SOOMAALIYEED



Birmingham
City Council



Taariikhda Caafimaadka Bulshada Soomaaliyeed Gogoldhigga Qoraaga

Taariikhda Caafimaadka Bulshada Soomaaliyeed waxaa ka xil bixiyey Kawnsalka Magaalada Birmingham (Birmingham City Council) si dib loogu eego caddaynta laga hayo bulshada Soomaaliyeed ee Birmingham iyo waddanka oo dhan. Warbixinta waxaa la iskugu geeyey caddaynta ku saabsan waayaha ama dhacdooyinka, baahiyaha iyo natiijooyinka bulshada Soomaaliyeed uga yimaadda tilmaameyaasha kaladuwan ee caafimaadka iyo wanaagqabka, oo ay ku jiraan waxbarashada, shaqada, guryeynta ama guryaha, caafimaadka maskaxda, naafooyinka, isticmaalka (xun) ee maandooriyaha iyo firfircoonida jirka. Waxaa lagu muujiyey carqaladaha heerar badan iyo sinnaan la'aanta dadka Soomaaliyeed uga yimaadda caafimaadkooda iyo noloshooda maalin walba waxaana lagu shaaciyey waxyaabaha ka maqan salka ama kaydka caddaynta ee hadda la hayo. Waxaa warbixinta lagu muujiyey in dhanka caafimaadka dadweynaha looga baahan yahay dabagalka ama la socodka, cilmibaarista, iyo hawlgelinta dhammaystiran ee bulshooyinka Soomaaliyeed heerka degaanka ama xaafadda iyo heerka qaran.

Taariikhda Caafimaadka Bulshada Soomaaliyeed waxay qayb ka tahay taxaneyaalka badan oo lagu soo koobayo caddaymaha la hayo oo uu soo saaray Kawnsalka Magaalada Birmingham kuwaasoo diiradda lagu saarayo bulshooyinka gaarka ah ee dan laga leeyahay.

Qorista lagala kaashaday Marya Arian

Agaasimaha Maamulka Duniyeed (Global Managing Director) ee shirkadda

Hawkmoth Consultancy

Shirkadda Hawkmoth waa shirkad talo xeeladeed siisa ganacsiyada duniyeed iyo dawladda.

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Soo koobisyada Caddaynta Bulshada

Iyadoo qayb ka ah shaqada ay Qaybaha Caafimaadka Dadweynuhu ka qabtaan in ay wanaajiyaan fahanka bulshooyinka kaladuwan ee Birmingham, waxaan soo saaraynaa taxane soo koobisyo caddayn oo gaagaaban si aan u wanaajinno wacyiga laga haysto bulshooyinkan iyo baahiyahooda.

Waxaa jira himilooyin ama hadafyo ka dhexeeya oo ay wadaagaan mid kastoo ka mid ah soo koobisyada caddaynta kuwaasoo ah:

- In la ogaado oo la soo koobo arrimaha caafimaadka jirka, caafimaadka maskaxda, habdhaqan habnololeedka, iyo kuwa kale ee la xiriira dhibaatooyinka caafimaadka ku xiran ee bulshada gaarka ah ku saameeya waddanka iyo xaafadda ama degaanka
- In la ogaado oo la soo koobo waxyaabaha ka maqan aqoonta laga haysto arrimaha caafimaadka jirka, caafimaadka maskaxda, habdhaqan habnololeedka iyo kuwa kale ee la xiriira dhibaatooyinka caafimaadka ku xiran ee bulshada gaarka ah ku saamayn kara waddanka iyo xaafadda ama degaanka

- In macluumaadkan la iskugu geeyo oo loogu soo bandhigo 10ka qaybood ee mudnaan daruuri ah leh ee lagu soo ogaaday Xeeladda Caafimaadka iyo Wanaagqabka loogu talagalay Birmingham 2021
- In bulshooyinka xaafadaha lagala shaqeeyo caddaynta la soo helay iyo waxyaabaha ka maqan
- In la abaabulo in soo koobisyadan laga isticmaalo dhanka Dawladda Hoose iyo nidaamyada kale si loogu horumariyo bulshada iyo adeegga la bixiyo.

Soo koobista guud

Waxaa sanado badan sii kordhaysay caddaynta laga hayo sinnaan la'aanta caafimaadka ee u dhexeysa kooxaha jinsiyadaha laga tiro badan yahay iyo kuwa cad, iyo midda u dhexeysa kooxaha jinsiyadaha kaladuwan ee laga tiro badan ee ku kala baahsan Ingiriiska. Taariikhdan bulshada waxay ujeeddadeedu tahay in la kala eego qaar ka mid ah dhibaatooyinkan ka jira Birmingham, iyadoo diiradda lagu saarayo bulshada Soomaaliyeed.

Taariikhda Caafimaadka Bulshada Soomaaliyeed waxaa lagu soo koobay caddaynta ka jirta waddanka iyo degaanka ama xaafadda ee ku saabsan caafimaadka iyo wanaagqabka, habdhaqannada caafimaadka iyo arrimaha kale ee caafimaadka ee saameeya bulshada Soomaaliyeed. Waxay ka hadlaysaa mawduucyada caafimaadka laga bilaabo dhalmada ilaa gaboobista iyo dhimashada bilaa dhibaata ah; waxaa ka mid ah arrimaha halista xaaladda caafimaadka sida cudurka macaanka ama sonkorowga, CVD (cudurka wadnaha iyo halbowleyaasha (cardiovascular disease)); mawduucyada badbaadinta iyo soo helista sida baarista; iyo mawduucyo kale sida

aqoonta iyo fahanka laga haysto dhibaatooyinka caafimaadka ee saameeya Soomaalida.

Qayb badan oo ka mid ah xogta lagu baarayo natiijooyinka caafimaadka ee ku jira taariikhda waxaa laga soo qaatay diiwaannada cilmibaarista iyo caafimaadka ee dadka u furan. Waxaa fiican in la ogaado in ay qaladaad ku jiraan qiyaasaha muunadda, baaxadda iyo tayada daraasadaha qaarkood. Weliba, waxaa xaddidan ama kooban xogta laga hayo bulshada Soomaaliyeed maxaa yeelay ereyga 'Soomaali' si dhif ah ayaa loogu aqoonsadaa qayb jinsiyadeed gooni ah marka la qabanayo cilmibaaris iyo falanqayn. Taas awgeed, waxaan buuxin oo uu wax dhiman yahay fahanka aan ka haysanno nooca iyo baaxadda baahiyaha bulshada, gaar ahaan sida loogu barbar dhigi karo loona hor dhigi karo kooxaha jinsiyadaha kale iyo shacabka Caddaan-Biritish.

Iyadoo ku taalla Geeska Afrika, Soomaaliya waa waddan ugu badnaan Muslim ah waxaana ku nool ku dhawaad 16 milyan oo qof. Colaadda iyo dagaallada iyo weliba masiibooyinka kadis ugu yimaadda iyo cunto beelka ayaa barakac ballaaran ku dhaliyey Soomaaliya. Taas awgeed, bulshada Soomaaliyeed ee Ingiriiska joogta, iyo weliba inta joogta Waqooyi Ameerika iyo Yurub, ayaa toos uga soo haajiray Soomaaliya ama ka yimid waddamo kale, iyadoo haajira labo ama saddex jeer sababtoo ah xasillooni la'aanta ka jirta waddankooda iyadoo raadsanaya amni iyo fursado.

Haajiraaddii ugu ballaarnayd ee ka timid Soomaaliya ee timid Ingiriiska waxay ku beegnayd laga bilaabo sanadkii 1991 ilaa 2000neeyadii. Tan iyo sanadkii 2000, waxaa Ingiriiska iskugu yimid Soomaali ka kala timid Yurub. Intii u dhexeysay sanadkii 1985

iyo 2006, Soomaaliya waxay si joogto ah uga mid ahayd tobanka waddan ee ugu sarreeya ee ay ka yimaadaan dadka magangalyo doonka ah ee Ingiriisku.

Marka la raaco Tirakoobkii 2011, qiyaas ahaan boqolkiiba 93 degganeyaasha Soomaaliya ku dhashay ee jooga England iyo Wales waxay yihiin Muslimiin, iyo boqolkiiba 1.4 oo ah Kiristaan ama masiixi. Marka la tixgeliyo in shacabka Soomaaliya in ka badan boqolkiiba 99 ay Muslimiin yihiin, waxaa la filan karaa in ay intaas ka badan tahay qiyaasta Soomaalida Muslimiin ah ee joogta Ingiriiska. Waxaa fiican in la ogaado, in boqolkiiba 5 degganeyaasha Soomaaliya ku dhashay aanay sheegin diintooda, waxaana la filan karaa in ay diinta Islaamka ka soo jeedaan tirada ugu badan ee qaybtan ku jirta.

Waxaa la sheegaa in ku dhawaad lagu qiyaasi karo 250kun-400kun Soomaalida ku nool Ingiriiska. Marka la raaco Tirakoobkii 2011, 9,870 qof oo Soomaaliya ku dhashay ayaa ku kala baahsan West Midlands (0.2%), iyo 7,765 gaar ahaan Birmingham (0.7%). Bulshada Soomaaliyeed ayaa ugu tiro badan dadka Afrikaanka ah ee dibadda uga yimid Birmingham waxayna leeyihiin muuqaal ama taariikh aad u da' yar marka loo eego taariikhda da'da guud ee gobolka West Midlands. Marka la raaco Tirakoobkii 2011, boqolkiiba 58.8 dumarka ama haweenka iyo boqolkiiba 67 ragga ka mid ah kooxda jinsiyadda Soomaaliyeed ee Birmingham jooga ayay da'doodu u dhexeysay 0-19 jir.

Caddaynta iyo fahanka laga haysto sinnaan la'aanta caafimaadka ee ku wajahan Soomaalida joogta Birmingham ayaa lagu soo ogaaday warbixintan gaaban iyadoo laga helay ilo macluumaad kaladuwan.

Sinnaan la'aanta caafimaadka ee muhiimka ah iyo qodobbada lagu soo ogaaday taariikhda Soomaaliyeed waxay yihiin:

- Carruurta u dhashay haweenka ku dhashay Soomaaliya waxay u dhigmayeen 0.69 dhalashooyinka nool ee Birmingham, laakiin boqolkiiba 3.10 dhammaan dhalashooyinka maydka ah ee magaalada
- Carruurta in ka badan 10kiiba 8 ayaa ku nool reer sabool ah
- Boqolkiiba 97 Soomaalida ayaa maalintii cunta in ka yar 2 qaybood ee miro ama khudaar
- Qaad cunista ayaa ah dhibaato weyn oo bulshada Soomaaliyeed ka haysata dhanka isticmaalka xun ee maandooriyaha, iyadoo qiyaas ahaan boqolkiiba 77 Soomaalidu ay si joogto ah qaadka u cunaan
- Haweenka Soomaalida ah waxay la ahayd in ay ka firfircooni badnaayeen ka hor intii aanay u soo guurin Ingiriiska
- Tirakoobyada Maraykanka ayaa shaaciyey in Soomaalida uu ku sii badan yahay cudurka macaanka ama sonkorowgu marka loo barbar dhigo shacabka guud ee Maraykanka
- Soomaalidu waxay ka mid yihiin dadka ugu shaqo yar waddanka, iyadoo 10kiiba 1 keliya ay hayaan shaqo waqti buuxa
- Bulshada Soomaaliyeed ayaa ka mid ah dadka ugu tiro badan cudurka qaaxada (boqolkiiba 3 dhammaan dadka cudurka qaba ee jooga Ingiriiska)
- Guud ahaan, bulshada Soomaaliyeed ee ku kala baahsan Ingiriisku waxay la kulmaan saboolnimo badan, iyadoo intooda ugu badan ku nool guryo buuxdhaaf ah, waxaa ku badan dhaqdhaqaaq la'aanta ama waxqabad la'aanta maaliyadeed, waxaa ku badan shaqo la'aanta, iyadoo qaar badani ay weliba isku dabbaraan dhibaatooyin caafimaad sida cudurka PTSD ee ma hadhada.

Taariikhda Bulshada Soomaaliyeed

Xaaladda Caalam, Qaran iyo Birmingham

108,000

Soomaali Ingiriiska jooga. Caddayn rasmi ahayn ayaa tilmaamaysa 250k-400k Soomaali oo ku nool Ingiriiska. Tani waa shacabka Soomaali ugu badan Yurub.

Bulshada Soomaali Ingiriiska ayaa sanad walba korodhay

108,000 2018

101,370* 2011

43,515 2001



5.5%

ee Soomaalida ku nool dibadaha ayaa hadda jooga Ingiriiska oo ku dhow 40% shacabka Soomaali ee Yurub.

SHACABKA SOOMAALI DEGAAN

Ku salaysan xogta Tirakoobkii 2011

9,870

7,765

dad Soomaaliya ku dhashay oo ku baahsan West Midlands. dad Soomaaliya ku dhashay oo ku baahsan Birmingham

16 MILYAN

Qiimaynta shacabka Soomaaliya ee hadda.

XAALADDA CAALAM

Colaad iyo rabshad iyo weliba masiibooyin kadis ah iyo cunto beel ayaa barakac ballaaran ka keenay Soomaaliya. UNHCR ayaa qiimaysa **3 milyan** oo qof oo ku barakacsan gudaha (IDP-yo) waddanka dhexdiisa.

Haajiraad, Luqado iyo Diin

HAAJIRAAD



Haajiraadda ugu ballaaran ee ka timid Soomaaliya ee timid Ingiriiska waxay ahayd laga bilaabo 1991 ilaa 2000neeyadii. Tan iyo 2000, waxaa Ingiriiska yimid Soomaali ka timid Yurub. Intii u dhexeysay 1985 iyo 2006, Soomaaliya waxay joogto uga mid ahayd tobanka waddan ee ugu sarreeya ee dadka magangalyo doon ah ee Ingiriiska.

8,139

Dadka jooga Birmingham ee ku hadla Soomaali, taasoo ay uga mid tahay luqadaha koowaad ee ugu caadi ah Birmingham. England Soomaaligu waxuu luqad koowaad u yahay **84,387 qof**.

DIIN

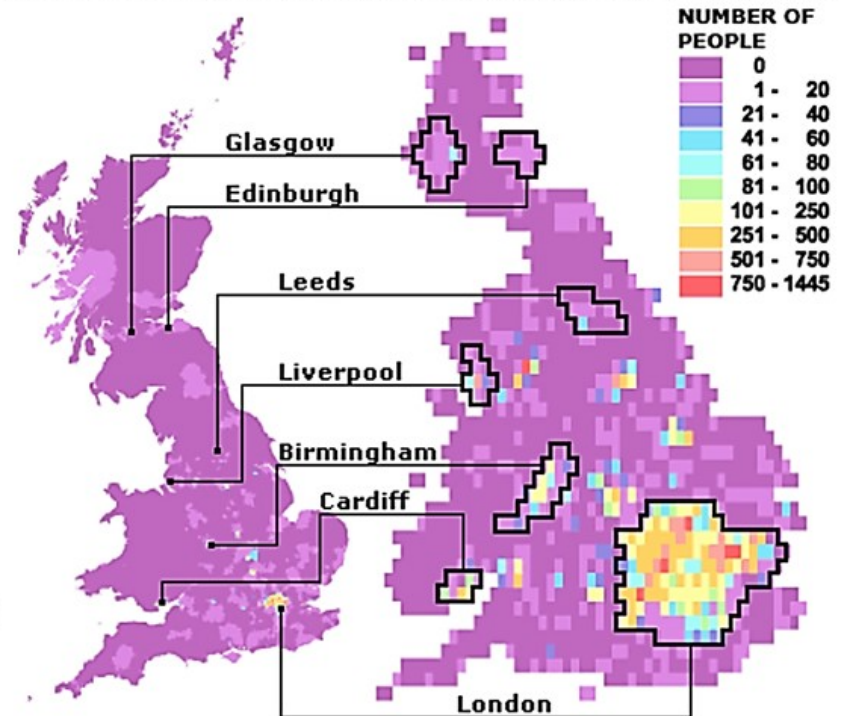
Soomaalida ku dhawaad dhammaan waa Muslin, iyagoo ugu badnaan Sunniyiin ah. Masaajidda ayaa ah xarumaha ugu muhiimsan ee kulannada diimeed iyo bulsheed

XUSYADA

Labo Ciidood ayaa sanadkii la xusaa: Bisha Ramadaan ayaa ku dhammaata saddex maalin ee ciidda lagu magacaabo Ciid al Fidri; Ciid al Odxo waxay timaaddaa dhammaadka waqtiga Xajka ee sanadkii.

Qaybaha bulshada Soomaaliyeed

Xog ka timid Tirakoobkii 2001 ayaa muujinaysa sida uu u kala qaybsan yahay shacabka Soomaali ee ku nool Ingiriiska. Marka la eego xogta Birmingham keliya, qiyaasta ugu badan ee shacabka Soomaali ayaa u kala qaybsan qayb maamuleedyada soo socda: Nechells (1,559), Aston (895) iyo Bordesley Green (918).



Isha: BBC Dibadaha ku Dhashay: Soomaaliya (Tirakoobka 2001). Maabka ayaa muujinaya haddii ay isku qiyaas ahaayeen degaannada ay tirooyinka shacabku isku dhow yihiin.

Taariikhda Bulshada Soomaaliyeed

Biilowga ugu fiican oo loo helo noloshu

3,732

carruur ayaa Soomaali ku diiwaan gashan Birmingham.

3.1%

Dhalashooyin mayd ah ee Birmingham ayaa u dhashay hooyooyinka Soomaaliya



63%

ee shacabka Soomaali ee jooga Birmingham

0 - 19 jir

29%

ee shacabka guud ee jooga Birmingham



In ka badan

10kiiba 8

ardayda Soomaali ayaa ku nool reer sabool ah

82%

ee ardayda Soomaali ayaa u qalma cuntooyin bilaash ah ee dugsi.



CAYILNAANTA CARRUURNIMO

Cilmibaaris ayaa lagu ogaaday in waalidka Soomaali ay qiyaas cunto ka badan u doortaan in ay ilmaha 10 jir ah caafimaad u leedahay marka loo barbar dhigo waalidka jinsiyadaha kale.

QAADASHADA TALLAALKA

Carruurta Soomaali ayaa ka filasho yaraa in ay heleen saddexda qiyaas ee tallaallada DTaP/IPV/Hib markii ay gaareen da' da' lix bilood (-11%); marka loo barbar dhigo carruurta Caddaan Biritish, carruurta Soomaali ayaa ka filasho yaraa in ay u soo noqdaan xoojiyaha tallaal ee dugsi ka hor, iyadoo sicirka iskaga harayey ugu yaraan boqolkiiba 7 ku dhaafsanaa.



Caafimaadka Maskaxda iyo Wanaagqabka

58%

ee ka jawaabeyaal Soomaali ee sahamin lagu qabtay Ingiriiska ayay la ahayd in ay u baahdaan taageero caafimaad maskax, laakiin 14% keliya ayaa isticmaalay adeegyo taageero caafimaad maskax..



CARQALADO HOR TAAGAN ADEEGYO CAAFIMAAD MASKAX

Lagama war hayo adeegyo diyaar ah

Fahmid la'aanta bulshada

Doorbidista taageerada qoys iyo saaxiibo



KHAMRIGA

Cilmibaaris ayaa lagu ogaaday in la filayo in diinta Islaam ay bulshada Soomaali ka badbaadiso qaadashada mukhaadaraad iyo khamri.



77%

ee rag iyo haween Soomaali ee da' walba ayaa la ogaaday in ay in badan qaad u cunaan joogto. Qaad cunista ayaa walaac weyn u ah bulshada.



SIGAAR CABBIS

Sicir sigaar cabbis ka badan shacabka guud ee Ingiriiska kana sii badan ragga 40 jir ka weyn iyo kuwa si joogto ah u cuna qaadka.



Cunto Caafimaad leh oo Qiime jaban

CUNTO

Cuntada caadi ah ee Soomaali waa bariis, baasto, iyo hilib cas, iyadoo hilibka loo arko qayb muhiim ah oo ka mid ah cuntada



TIRO BADAN EE CAYILNAAN

BMI

24 29



Daraasad Maraykan ayaa lagu ogaaday in tusiyaha BMI dhexe uu 24 u ahaa ragga Soomaali iyo 29 haweenka Soomaali; 61% ka qaybqaateyaasha ayaa lahaa culays siyaado ama cayilnaa, oo 27% ayaa cayilnaa.

BMI > 35

haween 40-65 jir



Cilmibaaris ayaa lagu ogaaday in haweenka siyaado ugu cayilnaa (BMI >35) da' doodu ahayd 40-65 jir

97%

jawaabeyaasha Soomaali ayaa cunayey in ka yar 2 miro maalintii oo 92% ayaa cunayey in ka yar 2 qiyaas ee khudaar maalintii

Daraasado ayaa lagu muujijey in bulshada Soomaali ay fahan gaaban ka haystaan cuntada caafimaad leh. Soomaalida ayaa sheegay in ay xorriyad ka badan u leeyihiin in ay Soomaaliya ku cunaan waxa ay rabaan iyagoo aanan halis kala kulmin culays caafimaad xun oo fuula.

Firfircooni da' iyo karti walba

FIRFIRCOONIDA JIRKA

ugu yaraan 150 daqiiqo/toddobaad

Guud ahaan firfircoonida jirka ayaa ku yar bulshada Soomaali. Haweenka Soomaali waxay la ahayd in firfircoonida jirku ay ka dhacday iyo in ay ka firfircooni badnaayeen ka hor intii aanay soo haajirin



CARQALADAHA FIRFIRCOONIDA JIRKA

Dharka la kala dooran karo oo tiro yar



Cadaadis dhaqaale



Xarumaha haweenka keliya oo tiro yar



Cilmibaaris ayaa lagu ogaaday xiriir ka dhexeeya firfircoonida jirka ee ka badan sanado ka dib markii la soo haajiray iyo heerka waxbarashada

Taariikhda Bulshada Soomaaliyeed

Shaqada iyo waxbarashada fiican	Dhawr oo Soo hel	Gaboobista iyo Dhimashada Bilaa dhibaata ah
<p>GUUSHA WAXBARASHO</p> <p>Helidda 5+ GCSE ee darajada A*-C ee ay ku jiraan Ingiriisiga iyo Xisaabtu ee bulshada Soomaali ee Birmingham (2013)</p> <p>Meeldhexaad Magaalo 60%</p> <p>Gabdhaha Soomaali 60%</p> <p>Wiilasha Soomaali 55%</p> <p>Gabdhaha ayaa ka natiijo fiicnaa wiilasha dhammaan kooxaha jinsiyad</p> 	<p>BAARISTA KANSARKA</p> <p>Xogta iyo macluumaadka kooban ee laga hayo sida ay haweenka Soomaali u isticmaalaan baarista kansarka naasaha iyo afka ilmogaleenka ayaa muujinaya in baaristu aanay joogto u ahayn labada nooc ee kansar</p> <p>CARQALADAH HOR TAAGAN BAARISTA</p> <p>Ka waabasho in la isticmaalo xirfadle rag ah</p> <p>U malaynta in halis yar loogu jiro fayrus HPV iyo kansar</p> <p>Ceebta gudniinka FGM</p> <p>Aaaminaad la'aanta nidaamka caafimaad</p> 	<p>ASAASAQA</p> <p>Halista cudurka asaasaqa (dementia) ayaa ku korodha da'da, gaar ahaan ka dib da'da 65 jir; Soomaalida 65 jir ka weyn ee Birmingham ayaa u dhigma oo keliya qiyaasta 1.5% ee shacabka bulshada, taasoo tilmaamaysa in la filayo in uu ku yar yahay cudurka asaasaqa.</p> <p>DHAMMAADKA NOLOSHA</p> <p>Daraasad Maraykan ayaa lagu ogaaday in la filayo in carruurta Soomaali ay doorbidaan in ay daryeelaan waayeelkood; Soomaaliya waalidiinta ayaa carruurta koriya carruurtuna waalidiinta ayay daryeelaan marka ay gaboobaan. Daraasadda ayaa lagu tilmaamay qorshaha daawayn in lagu suurto geliyo in carruurta Soomaali ay daryeelaan dadka geeri ku dhow iyo waayeelka halka isbitaal jiiifka dheer ama dejinta xarunta xannaanaynta ama daryeelka dhammaadka nolosh.</p> 
<p>DHAQDHAQAAQ LA'AAN MAALIYAD</p> <p>Xogta ONS ayaa muujinaysa dhaqdhaqaaq la'aan maaliyadeed ku badan bulshada Soomaali:</p> <p>31% </p> <p>84% </p>	<p>CAAFIMAADKA GALMADA</p> <p>Daraasad lagu qabtay Birmingham ayaa lagu shaaciyey aqoon gaaban oo ay bulshadu ka haystaan adeegyada caafimaadka galmada; carqaladaha hor taagan helitaanka adeegyada waxaa ka mid ahaa ceebta, dhaleecada iyo xaaraanta, carqaladaha luqadda, iyo la'aanta xirfadleyaal daryeel caafimaad oo dhaqanka ka war haya oo dareen u muujiya.</p> <p>CUDURKA XIRMISTA SANBABBADA EE DABADHEERAADKA AH (COPD)</p> <p>Tirakoobylo lagama hayo sida uu cudurka COPD ee xirmista sanbabbadu ugu badan yahay bulshada Soomaali ee Ingiriiska.</p>	<p>ISKU SOO DHAWAYNTA WIXII KALADUWAN</p> <p>DARXUMADA</p> <p>Guud ahaan, bulshada Soomaali ee ku kala baahsan Ingiriisku waxay la kulmaan saboolnimo badan, iyagoo intooda ugu badan ku nool guryo buuxdhaaf ah, inta ugu badan waxaa ku jirta dhaqdhaqaaq la'aanta ama waxqabad la'aanta maaliyadeed, waxaa ku badan shaqo la'aanta, iyadoo qaar badani ay weliba isku dabbaaran dhibaatooyin caafimaad sida cudurka PTSD ee ma hadhada.</p>
<p>BUUXDHAAF</p> <p>Buuxdhaafa ayaa dhibaato weyn u ah bulshada; reerka Soomaali ee meeldhexaad ah ayaa leh afar xubin, inkastoo qaar badan ay ku nool yihiin lix qof ama in ka badan</p> <p>10kiiba 1 haya shaqo waqti buuxa</p> <p>Ka mid ah sicirrada ama tirada shaqada ee ugu yar waddanka</p>  	<p>Dadka jinsiyadda Soomaali ayaa ka mid ah kuwa ugu tiro badan cudurka TB ee Ingiriiska. Qaybta dadka ku dhashay Soomaaliya ayaa u dhigan</p> <p>3%</p> <p>ee dadka qaba TB ee jooga Ingiriiska, iyadoo ay meeldhexaad 10 sano u dhexeeyaan soo gelitaanka ilaa ogaysiinta tan iyo markii Ingiriiska la yimid.</p> 	<p>40.1%</p> <p>ee qaad cuneyaasha ayaa lahaa muuqaallada cudurrada ciriiriga sanbabbada. Daraasad laga qaaday qaad cunista dadadheeraad ah ee Itoobiya ayaa lagu shaaciyey saamaynta ay ku leedahay shaqada sanbabbada taasoo ku habboonaan karta bulshada Soomaali.</p> 

Habka waxqabadka

Baaris indha indhayn ah ayay qabteen Kooxda Bulshooyinka Caafimaadka Dadweynaha (Public Health Communities Team) iyagoo isticmaalay kaydyo xog kaladuwan sida Ilaha Xogta Qaran (National Data Sources), xafiiska NOMIS (Xafiiska Tirakoobka Qaran (Office for National Statistics)), iyo PubMed si ay taariikhdan ama muuqaalkan ugu soo helaan macluumaad ku saabsan bulshada Soomaaliyeed. Waxaa la soo ogaaday ereyo loo isticmaalo baarista ereyada muhiimka ah iyo cinwaanno ama magaac mawduuc oo ku habboon mawduucyada laga hadlayo. Dhammaan tixraacyada ku jira taariikhdan waxaa lagu qeexay qaybta qoraallada Endnotes. Baarista indha indhaynta ah ee koowaad, waxaa lagu eegay dariiqyada soo socda:

a. Ilaha xogta qaran

Xogta xafiiska NOMIS:

Xogta ku saabsan jinsiyadda ayaa lagala soo baxay Tirakoobkii 2011 ee diyaar ku ah halka <https://www.nomisweb.co.uk/>. Waa in la ogaado in xogta ugu dambaysay ee ku saabsan jinsiyaddu ay ka timid tirakoobkii 2001 iyo 2011, marka fikradaha laga qaato isticmaalka xogtan iyo macluumaadkan waa in taxaddar loo muujiyo. Xogta tirakoobka xigta waxaa la soo saari doonaa Xagaaga 2022.

Caafimaadka Dadweynaha ee Qaran (barta fingertips ee hay'adda PHE) iyo ilaha xogta dawladda (ons.gov.uk iyo gov.uk):

Waxaa xogta lagala soo baxay macluumaadkii habboonaa ee diyaar ka ahaa dhanka bulshada Soomaaliyeed.

Warbixinnada qaybaha samafalka iyo bulshada ee qaran:

Waxaa kuwan lagu soo helay barta Google Scholar iyo baraha internetka qaran, gaar ahaan markii ay dhanka bulshada Soomaaliyeed diyaar ka ahaayeen xogta habboon, sida:

- Hay'adda cudurka macaanka ama sonkorowga ee Diabetes UK
(<https://www.diabetes.org.uk/>)
- Hay'adda Caafimaadka Dadweynaha ee England (Public Health England) (oo ay iminka beddeleen Hay'adda Amniga Caafimaadka Ingiriiska iyo Xafiiska Wanaajinta Caafimaadka iyo Farqiyada jira
(<https://www.gov.uk/government/organisations/public-health-england>)

b. Baarista PubMed

Maxaa dheer, waxaa la qabtay baarista ama raadinta barta PubMed oo lagu sameeyey halkan <https://pubmed.ncbi.nlm.nih.gov/>. Baarisyada dhammaantood waxaa ku jiray ereyga muhiimka ah ee “Soomaali” iyo weliba ereyo gaar u ahaa mawduuca laga hadlayey. Waxyaabaha tan tusaale u ah waxaa lagu daray xeeladda baarista (Lifaaqa 1).

c. Qoraallada aanan Rasmiga ahayn

Markii ilaha macluumaadka lagu heli waayey a ama b, waxaa la qabtay baaris dheeraad ah oo lagu sameeyey barta Google, Google Scholar, iyo PubMed taasoo loo isticmaalay ereyo baaris oo mawduuca gaar u ah. Waraaqaha ku habboon

Ingiriiska ayaa lagu daray matalan, xogta iyo macluumaadka ka yimid warbixinnada iyo/ ama sahaminnada heerka degaanka ama xaafadda ama waddanka oo dhan.

Natiijooyinka ka soo baxay dib u eegisyada qaabaysan ee caalamiga ah iyo qaran iyo daraasadaha cilmibaarista dabiiciga ah ee ballaaran ee cudurrada safmarka ayaa weliba la tixgeliyey in lagu daro. Natiijooyinka cilmibaarista caalamiga ah ayaa lagu daray haddii loo arkay in loo barbar dhigi karo ama ay khuseeyaan shacabka waddanka.

Maxaa dheer, “fidiska” - farsamo lagu soo helo cilmibaaris dheeraad ah oo habboon oo lagala soo baxo liiska tixraaca iyo xigashooyinka baaristii koowaad ama maqaalka la daabacay - ayaa weliba la hirgeliyey. Waraaqo dheeraad ah ayaa laga soo helay liisaska tixraaca markii xeeladdan la isticmaalay, iyadoo ay ilahan ama khayraadkan dheeraadka ahi xoojiyeen ama kordhiyeen salka aqoonta. Guud ahaan, baarisyadu waxay ku koobnaayeen sanadkii 2000 iyo wixii ka dambeeyey, hase yeeshee macluumaadka ka horreeyey ayaa mararka qaar la tixgeliyey markii macluumaadku ay nagu yaraayeen.

d. Isku geynta iyo falanqaynta xogta

Natiijooyinka lagala soo baxay baarisyadii ugu horreeyey waxaa dib u eegay Kooxda Bulshooyinka Caafimaadka Dadweynaha oo ku eegay xeeladda baarista (Lifaaqa 1). Maqaallada loo isticmaalay dukumeentigan ayaa ka dib la falanqeeyey, la soo helay, oo lagu sii tixraacay mawduucyo kaloo ku baahsan warbixinta.

1. Hordhac

1.1 Xaaladda caalamka

1.1.1 Taariikhda hore, haajiraadda iyo barakaca

Iyadoo ku taalla Geeska Afrika, Soomaaliya waa waddan ugu badnaan Muslim ah¹ waxaana ku nool ku dhawaad 16 milyan oo qof². Colaadda iyo dagaallada iyo weliba masiibooyinka dabiiciga ah iyo cunto beelka ayaa barakac ballaaran ku dhaliyey Soomaaliya. Raadinta guri amni leh iyo fursadaha nolosha ayaa keenay in bulsho Soomaaliyeed ay ka dhalato Ingiriiska iyagoo toos uga soo haajiray Soomaaliya ama soo maray waddamo kale, sifo caadi u ah haajiriinta Soomaalida ah ee Waqooyiga Ameerika iyo Yurub.

Colaadaha ku wajahan waddanka ayaa ka jira gudaha iyo dibaddaba, iyadoo colaado kolba mar ay dhex maraan waddamada deriska ah iyo maamulidda gudaha ee qaybaha dhulka ee qabiillada. Ka dib dagaalkii sokeeye ee sanadkii 1988, waxaa lagu guul darraystay in la dhiso dawlado waqti dheer xasilloon, taasoo keentay xaalad siyaasadeed oo dabacsan taasoo suurto gelisay in hoggaamiyeyaasha qabiillada iyo 'qabqableyaasha dagaal' ay gacanta ku dhigaan oo ay xukumaan dhulal gaar ah.

Soomaaliya waxay weliba la kulantay caqabado deegaaneed oo badan. Waxaa kuwan ka mid ahaa abaaro, taasoo keentay macaluul iyo gaajo ballaaran. Waxaa lagu qiimaynayaa in macaluushii u dhexeysay sanadkii 2010 ilaa 2012 ay ku dhinteen qiyaas ahaan 260,000 oo qof³, taasoo ka badnayd macaluushii sanadkii 1992 oo dishay qiyaas ahaan 220,000 oo qof⁴. Masiibooyinka dabiiciga ah ee

noocaas ah ayaa haajiraadda u saaray waddamada deriska ah sida Kenya, Itoobiya, Yaman iyo Jabuuti oo Afrika ku taalla, iyo Yurub iyo Maraykanka. Ku dhawaad saddexdii meeloodba labo meel Soomaalida dibadaha dunida ugu nool waxay deggan yihiin waddamada deriska ah, iyadoo Kenya ay qaabishay tirada ugu badan (488,470), waxaana ku xigta Itoobiya (442,910), eeg *shaxda 1* ee hoose.

Marka la raaco tirooyinka QM, Ingiriiska waxaa jooga boqolkiiba 5.5 shacabka Soomaaliyeed ee dibadaha ku nool iyo ku dhawaad boqolkiiba 40 shacabka Soomaaliyeed ee Yurub ku nool (eeg *shaxda 1*). Intii u dhexeysay sanadkii 1990 iyo 2015, tirada wadareed ee dadka ku dhashay Soomaaliya laakiin ku nool dalka dibaddiisa ayaa laban laab dhaaftay, waxay ka bilaabatay qiyaas ahaan 850,000 waxayna gaartay 2 milyan⁵.

Tiro badan ayaa haajiraad ku timid Yurub. Xogta QM ee “qaybta haajiriinta wadareed” waxay ku qiimaynaysaa in sanadkii 2015 qiyaas ahaan 2 milyan oo qof oo ka soo jeeda Soomaaliya ay ku noolaayeen meel ka baxsan xuduudda dalka⁶ 7.

Shaxda 1: Bulshooyinka Soomaalida dibadaha ee dunida ku kala baahsan, Diisembar 2015

Waddan	Shacab
WADAR	1,998,764
Afrika	1,276,600
Kenya	488,470
Itoobiya	442,910
Libiya	104,539
Jabuuti	93,042

Koonfur Afrika	69,688
Aasiya	262,944
Yaman*	245,683
Yurub	279,948
Ingiriiska iyo Waqooyi Ayrland	110,775
Iswiidhan	59,213
Norway	27,042
Hooland	27,115
Jarmalka	7,359
Waqooyi Ameerika	170,326
Maraykanka	145,579
Kanada	24,747

**u qaybsan Aasiya Galbeed*

Isha: QM: Qaybta Shacabka - Caadooyinka Qaybta Haajiriinta Caalamka;
Haajiriinta marka loo eego Halka loo socdo iyo Halka laga yimid, shaxda 16⁸

Hay'adda qaxootida ee UNHCR ayaa ku qiimaynaysa in qiyaas ahaan 3 milyan oo qof ay gudaha ku barakacsan yihiin (IDP-yada) Soomaaliya gudaheeda⁹.

Hay'adda Qaxootida ee QM (UNHCR) ayaa ku qiimaynaysa in duufaannadii iyo daadadkii sanadkii 2020 ay barakiciyeen Soomaali ka badan 1.3 milyan, taasoo ka badan kuwa ku barakacay abaarta ama colaadda¹⁰.

1.1.2 Luqadaha lagaga hadlo Soomaaliya

Luqadaha rasmiga ah ee Soomaaliya waa af Soomaaliga, kaasoo laga fahmo waddanka oo dhan, iyo af Carabiga. Qayb tiro yar ayaa weliba ku hadla luqadda Chiwmini, taasoo weliba laga helay Ingiriiska.

Sanadkii 1973, Soomaaliya ayaa ansixisay oo bilowday qoraal rasmi ah oo ku salaysan alifbeetada Latinka. Tan ka hor af Soomaaligu waxuu ahaa luqad aanan la qorin¹¹.

Af Carabiga ayaa weliba in badan lagaga hadlaa waddanka - waa luqadda rasmiga ah ee labaad ee inta ugu badan lagaga hadlo waqooyiga Soomaaliya¹². Sawaaxiliga ayaa lagaga hadlaa qaybta koonfureed ee waddanka¹³.

1.1.3 Qabyaaladda

Soomaaliya waxay u kala baxsan tahay lix qabiil qoys oo ugu weyn, oo uu ku dhisan yahay mujtamaca waddanku. Lixdaas, afar qoys oo ka mid ah ayaa ugu badnaan reer guuraa ah ama qayb ahaan xoolo dhaqato reer guuraa ah, taasoo matalaysa qiyaas ahaan boqolkiiba 70 shacabka Soomaaliya: Dir, Daarood, Isaaq iyo Hawiye¹⁴. Labo reer waxay ugu badnaan dhaqdaan dhirta waxayna matalayaan boqolkiiba 20 shacabka: Digil iyo Rahanwayn.¹⁵

Qabiillada ayaa qayb muhiim ah ku leh dhaqanka Soomaaliyeed, oo aasaas u ah nidaamka siyaasadeed ee waddanka. Waxaa taas weliba laga helaa nidaam xuquuq iyo taageero bulsheed, oo weli saamayn ku leh bulshada joogta Ingiriiska, iyadoo badi noqota meel hore u jirta oo taageero laga helo, iyadoo xubnaha qabiilku ay dareemaan in ay waajib ku tahay in ay caawiyaan haajiriinta soo dega ee ka soo jeeda qabiilkooda gaarka ah¹⁶.

Marka la raaco cilmibaaris dabiici ah oo diiradda saaraysa bulshooyinka Soomaaliyeed ee ku kala baahsan Ingiriiska¹⁷, waxay bulshadu u aragtaa in degitaanka lagu guulaystay ee Ingiriisku uu keenay in ay daciifaan xiriirradii la lahaa iyo ahmiyaddii ay lahayd ka tirsanaanta qabiilku taasoo lagu beddelay aqoonsiyo ku salaysan xiriirrada degaanka ama xaafadda ee Ingiriiska.

1.2 Xaaladda qaran

1.2.1 Haajiraadda lagu yimid Ingiriiska

Iyadoo ka dhalatay colaadaha gudaha iyo dibadda iyo weliba masiibooyinka dabiiciga ah, haajiraaddii ugu ballaarnayd ee ka timid Soomaaliya ee timid Ingiriiska waxay ku beegnayd laga bilaabo sanadkii 1991 ilaa 2000neeyadii. Tan iyo sanadkii 2000, waxaa Ingiriiska iskugu yimid Soomaali ka kala timid Yurub. Intii u dhexeysay sanadkii 1985 iyo 2006, Soomaaliya waxay si joogto ah uga mid ahayd tobanka waddan ee ugu sarreeya ee ay ka yimaaddaan dadka magangalyo doonka ah ee Ingiriisku¹⁸.

Haajiraadda ka timid Soomaaliya waxaa dib loogu raaci karaa dhammaadkii qarnigii 19^{aad}, goortaasoo ay yimaaddeen Soomaali farabadan oo ahayd badmaaxeyaal ka mid ahaa Ciidanka Ganacsiga badaha ee Ingiriiska, intooda ugu badan ayaa degay magaalooyinka dekedeed sida Cardiff, Liverpool iyo dekedaha Bariga London¹⁹. Sanadihii 1940neeyadii, markii shaqaale looga baahnaa warshadaha biraha ee Ingiriiska, Sheffield iyo South Yorkshire ayay bulshada Soomaaliyeed jeclaatay in ay degto²⁰. Xilliyo kale ayay haajiriinta Soomaaliyeed yimaaddeen tan iyo gobanimadii Soomaaliya ee sanadkii 1960.

1.2.2 Xogta shacabeed

Ingiriiska waxaa jooga shacabka Soomaaliyeed ee Yurub ugu ballaaran. Marka la raaco xogtii xafiiska ONS ee sanadkii 2018²¹, qiyaas ahaan 108,000 oo Soomaali ayaa Ingiriiska joogta; haweenku waxay u dhigmaan boqolkiiba 60 tiradan.

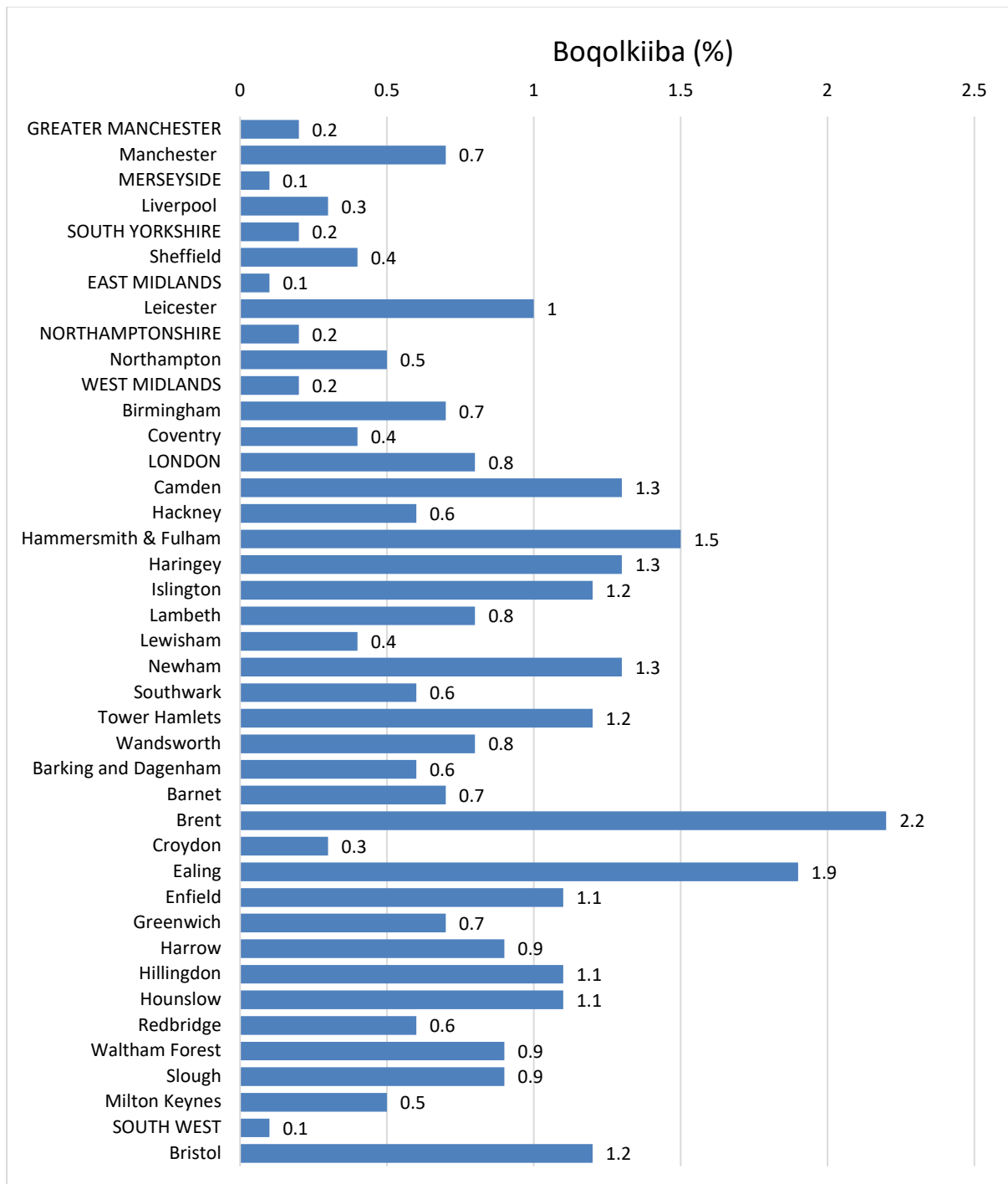
Tirakoobka ayaa weliba mujinaya in 1,886 (0.1%) oo Soomaali ah ay joogaan Wales²². Cilmibaaris laga helay hay'adda horumarka ee UNDP²³ ayaa tilmaantay in bulshadu ay ka mid tahay bulshooyinka qaxootida ee ugu ballaaran Ingiriiska. Bulshada ayaa sanadba sanadka ku xigay sii korodhay; inkastoo sanadkii 2001 43,515 dad Soomaali ah ay ku noolaayeen Ingiriiska ama Biritan (boqolkiiba 0.08 ee shacabka Ingiriiska ayaa ku dhashay Soomaaliya)²⁴, haddana tani way korodhay waxayna gaartay 101,370²⁵ sanadkii 2011 (boqolkiiba 0.2 England & Wales).

Bulshada Soomaaliyeed magaaloyin kaladuwan ayay ka kala deggan tahay Ingiriiska; degaannada ama aagagga bulshadu ugu badan tahay waxay ku yaallaan London (65,333, boqolkiiba 0.8 gaar ahaan Brent 6,855; boqolkiiba 2.2 iyo Ealing 6,468; boqolkiiba 1.9) iyo Koonfur Galbeed (5,218; boqolkiiba 0.1; gaar ahaan, magaalada Bristol 4,947; boqolkiiba 1.2).

Cilmibaaris laga helay hay'adda horumarka ee UNDP ayaa lagu soo ogaaday²⁶ in magaalada Leicester – magaalo weyn oo ay ku nool yihiin in ka badan 355,000 oo muwaadiniin²⁷ - ay soo degtay bulsho Soomaaliyeed oo iska ballaaran tobankii sano ee ugu dambeeyey, intooda ugu badan oo haysta baasaboorrada Hooland, Denmark iyo Iswiidhan. Waxaa adag qiimaynada shacabka Soomaaliya ku dhashay maxaa yeelay caddaynta aanan rasmiga ahayn ee laga sheego bulshada ayaa tilmaamaysa in tirada Soomaalida waddanka joogta ay aad uga badan tahay midda ay dawladdu

diwaan gelisay; marka la raaco caddaynta aanan rasmiga ahayn ee la sheego, waxaa lagu qiimaynayaa in 250kun-400kun²⁸ oo Soomaali ay Ingiriiska ku nool yihiin.

Sawirka 1: Qiyaasta ama saamiga dadka Soomaaliya ku dhashay, ee u kala saaran dawladda hoose ee Ingiriiska



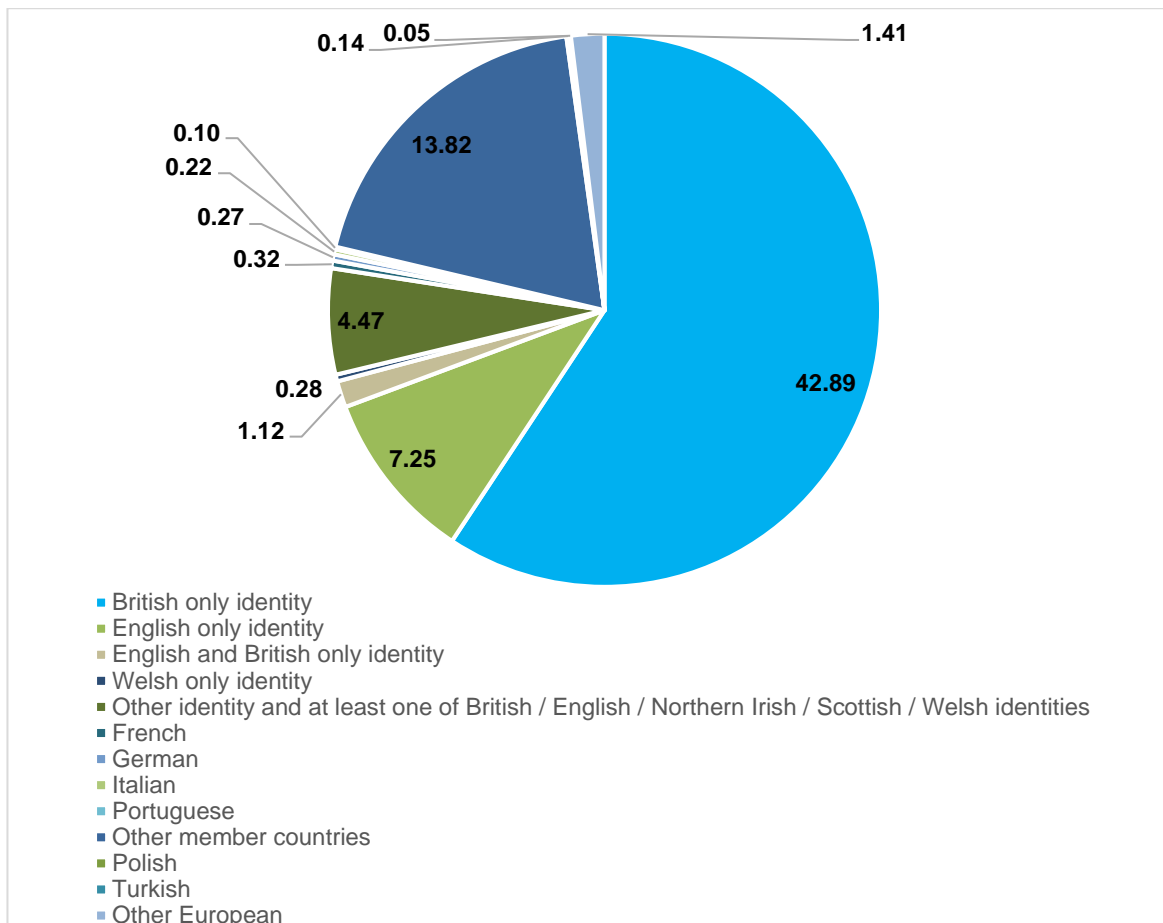
Isha: Tirakoobkii 2011, Shaxda QS203EW

1.2.3 Aqoonsiga qaran

Xogta xafiiska ONS ee ku saabsan jawaabaha la qoray ee laga helay bulshada ayaa tilmaamaysa in boqolkiiba 59 Soomaalida ku nool Ingiriisku ay isku tilmaamaan 'Biritish' (marka loo eego qaybta khusaysa Ingiriiska iyo aqoonsiyada qaran ee Yurub. Marka loo eego qaybta khusaysa aqoonsiyada 'kale' oo ay ka mid yihiin Afrika, Bariga Dhexe iyo Aasiya, aqoonsiga qaran ee 'Soomaali' ayaa ugu wada tiro badan (89%).

Sawirka 2: Aqoonsiga qaran ee dhammaan degganeyaasha ka soo jeeda kooxda jinsiyadda Soomaaliyeed, England iyo Wales; boqolkiiba (%)

Kooxda jinsiyadda Soomaaliyeed (jawaabta lagu qoray) waxaa ku jira koodadka ama lambarrada: 1330 Caddaan Soomaali; 2330 Iskadhhal Soomaali; 3330 Aasiyan Soomaali; 4330 Madow Soomaali; 5330 Soomaali Kale.



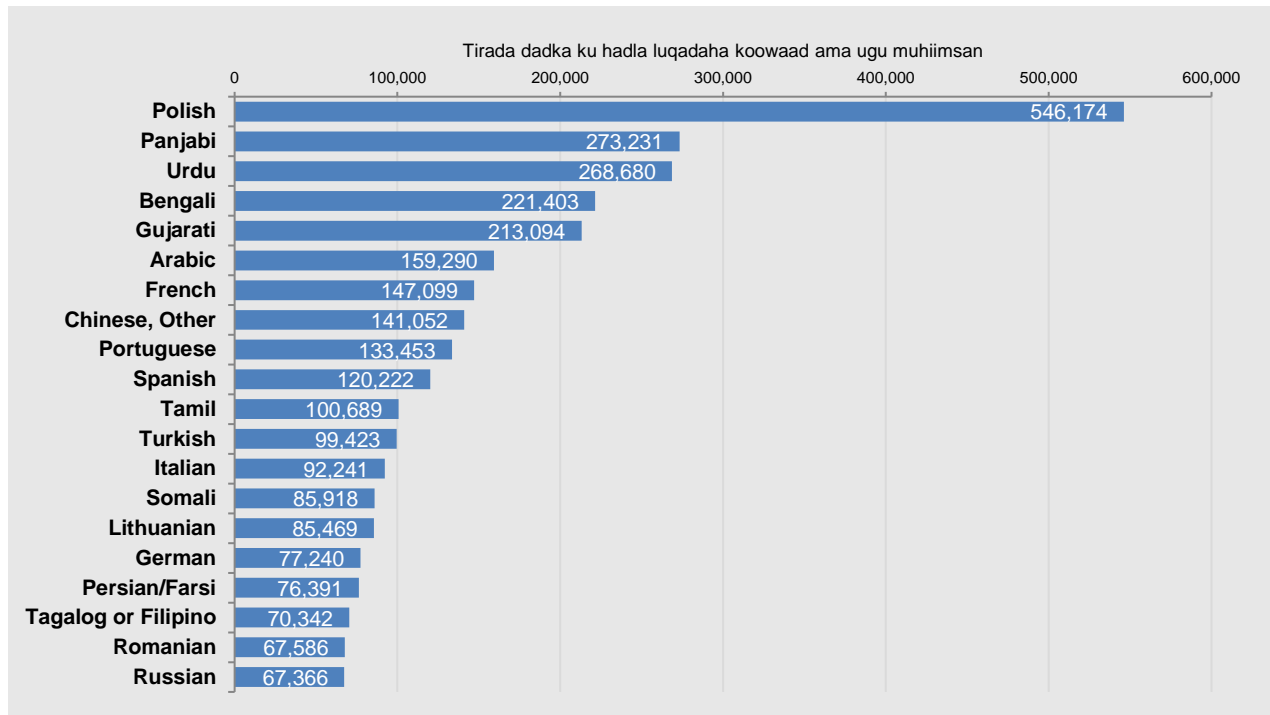
1.2.4 Luqadaha

Marka la raaco Tirakoobkii 2011, ee la eego labaatanka luqadood ee ugu ballaaran ee aanan af Ingiriisi ahayn, af Soomaaliga ayaa ah luqadda 14aad ee ugu ballaaran ee lagaga hadlo England iyo Wales³⁰. Dad ka badan 85,918 ayaa af Soomaali kaga hadla England; waxay taasi u dhigantaa boqolkiiba 0.16 marka loo eego qiyaasta boqolkiiba ee shacabka iyo boqolkiiba 2.07 ee luqadaha aanan af Ingiriisi ahayn.

Luqadaha rasmiga ah ee Soomaaliya waa af Soomaaliga iyo af Carabiga, kuwaasoo matalaya luqadaha ay doorbiddo bulshada Soomaaliyeed ee Ingiriisku, intooda ugu badan oo ku hadla af Soomaali.

Tirakoobkii 2011 ayaa lagu diiwaan geliyey in 85,918 qof oo ku nool England iyo Wales ay ku hadlaan af Soomaali oo ah luqaddooda koowaad ama ugu muhiimsan, taasoo u dhiganta boqolkiiba 0.16 ee shacabka, iyo boqolkiiba 2.06 dadka luqadahooda koowaad aanay ahayn af Ingiriisi³¹.

Sawirka 3: 20ka luqadood ee koowaad ee ugu tiro badan ee aanan af Ingiriisi ahayn marka loo eego tirada dadka ku hadla ee England iyo Wales



Isha: Tirakoobkii 2011³²

Marka la raaco warbixin laga helay CLG³³, Soomaali badan oo Ingiriiska joogta ayaanan si fiican ugu hadlin luqadda Ingiriisiga, gaar ahaan haweenka. Waxaa weliba fiican in la ogaado in dad qaangaar ah oo badan oo ka mid ah bulshadu aanay qorin ama akhrinin luqadda Soomaaliga sababtoo ah waxbarashadii ay seegeen. Waxaa tan ugu badnaan sabab u ah colaadihii iyo masiibooyinkii dabiiciga ahaa ee Soomaalida ku khasbay in ay haajiraan sanadihii ka dambeeyey gobanimada³⁴.

Soomaalida qaxootinimo ku timid tan iyo sanadihii 1990nadii ayaa muujiyey in ay luqadda Ingiriisiga ugu fiican yihiin si ka yar kooxaha kalee haajiriinta. Daraasad³⁵ ayaa lagu soo ogaaday in haajiriinta Soomaaliyeed ee Ingiriiska uu sicirkooda

aqoonta luqaddu ku beegan yahay boqolkiiba 41 af Ingiriisiga iyo boqolkiiba 75 af Soomaaliga. Waa in la ogaado, in sicirka aqoonta farta ama luqadda ee dhallinyarada ragga ah ee Soomaaliya uu taagan yahay qiyaas ahaan boqolkiiba 16, taasoo ka mid ah kuwa ugu yar dunida.³⁶

1.2.5 Diinta

Inta ugu badan Soomaalida joogta Ingiriiska iyo meelaha kale waa Muslimiin, intooda ugu badan oo ku jira firqada Sunniyiinta³⁷.

Marka la raaco Tirakoobkii 2011³⁸, qiyaas ahaan boqolkiiba 93 degganeyaasha Soomaaliya ku dhashay ee jooga England iyo Wales waxay yihiin Muslimiin, iyo boqolkiiba 1.4 oo ah Kiristaan ama masiixi. Marka la tixgeliyo in shacabka Soomaaliya in ka badan boqolkiiba 99 ay Muslimiin yihiin³⁹, waxaa la filan karaa in ay intaas ka badan tahay qiyaasta Soomaalida Muslimiin ah ee joogta Ingiriiska. Waxaa fiican in la ogaado, in boqolkiiba 5 degganeyaasha Soomaaliya ku dhashay aanay sheegin diintooda, waxaana la filan karaa in ay diinta Islaamka ka soo jeedaan tirada ugu badan ee qaybtan ku jirta.

Masaajidda ayaa ah xarumaha ugu muhiimsan ee ururrada ama kulannada diimeed iyo bulsheed, waxayna weliba kaalin muhiim ah ku leeyihiin in bulshada dhexdeeda la isku weydaarsado macluumaadka⁴⁰.

Ingiriiska dhexdiisa Soomaalidu waxay caadi ahaan tagaan masaajidda ay dhiseen bulshooyinka Muslimiinta ah ee si ka fiican dhulka u bartay ee ka soo jeeda waddamada Koonfur Aasiya iyo Carabta, inkastoo ay iminka jiraan masaajiid tiro ar oo ay Soomaalidu ku maamulaan Ingiriiska sida xarunta Arrahma Islamic Centre ee ku taalla Small Heath, Birmingham.

1.2.6 Ciidaha

Iyagoo haysta diinta Islaamka, Soomaalidu waxay xusaan munaasabadda Ciidda taasoo ah fasax diimeed oo ay Musliimintu ku xusaan dhammaadka bisha Ramadaan, bisha soonka.

Labo Ciidood ayaa sanadkii la xusaa: Bisha Ramadaan ayaa ku dhammaata saddex maalin oo la xuso ciidda lagu magacaabo Ciid al Fidri; Ciid al Odxo waxay timaaddaa dhammaadka waqtiga Xajka ee sanadkii.

1.2.7 Isboortiga

Waxaa jira dhowr qof oo caan ku ah ciyaaraha isboortiga oo ka soo jeeda isir Soomaaliyeed. Ingiriiska gudahiisa, ciyaartoyga fudfudud ee Soomaaliyeed ee ugu caansan waa ordaaga orodka dheer ee Biritish ah, Mo Farah.

Ciyaaraha isboortiga iyo ciyaaraha fudfudud ayaa bulshada in badan lagu jecel yahay. Dadka laga tusaale qaato ee caanka ah ee ku jira waaxda ama laanta ciyaaraha isboortiga ayaa caawiyey in bulshadu ay tan sii danayso. Ciyaartoyda kale ee caanka ah waxaa ka mid ah Abdisalam Ibrahim, ciyaartoyga kubbadda cagta ee reer Norway iyo Soomaali iskugu jira oo kooxda Manchester City u soo wareegay sanadkii 2007.

1.2.8 Cuntada Soomaalida

Cuntada Soomaalidu waxay ka timid caadooyinka cuntada ee Geeska Afrika; waxay cuntooyin badan oo dhaqameed la wadaagaan cuntada Eritariya iyo Itoobiya, sida suugada lagu cuno cinjeerada laxooxda ah (oo laga sameeyey badarka taafi).

Badarka taafi wuu nafaqo badan yahay, waxaana ku badan macdanta birta, borotiinka iyo maaddada kalsiyam. Weliba waa bilaa gluten waxuuna leeyahay dhadhan yar⁴¹.

Cuntada Soomaalidu waxay weliba raad ku leedahay cuntada Talyaaniga sababtoo ah taariikhdeeda guumaysiga. Cuntooyinka macaan ee Soomaalida ee tilmaan u baahan waxaa ka mid ah Kimis/ Sabaayad, Canjeero/Lahoh, Xalwo (Halva), Sambuusa (Samosa), Bariis Iskukaris, iyo Muqmad/ Odkac⁴². Iyagoo haysta diinta Islaamka, Soomaalidu ma cunaan doofaarka.

1.3 Xaaladda Birmingham

1.3.1 Haajiraadda lagu yimid gobolka West Midlands iyo Birmingham

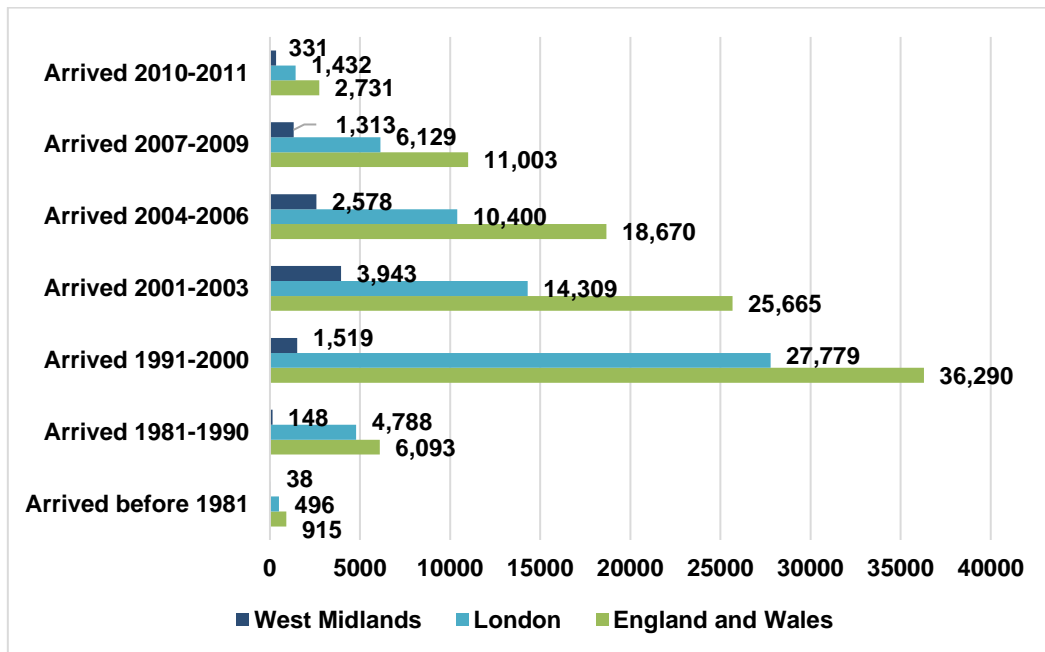
Inkastoo taariikh ahaan qaybta haajiriinta Soomaalida ah ee ka mid ahayd kooxihii ugu horreeyey ay degeen magaalooyinka dekedeed, haddana kuwo kale ayaa u guuray magaalooyinka warshadaha culculus sida Birmingham si ay uga shaqeeyaan⁴³.

Sida ka muuqata *sawirka 4* ee hoose, haajiraaddii ugu ballaarnayd ee ka timid Soomaaliya ee timid gobolka West Midlands waxay ku beegnayd laga bilaabo sanadkii 2001 ilaa 2003. Waxaa tan la barbar dhigi karaa England iyo Wales oo qaybtii haajiraadda ugu weyneyd ee ka timid Soomaaliya ay ku beegnayd tobankii sano ee ka horreeyey, laga bilaabo 1991 ilaa 2000.

Xogta laga hayo haajiraadda ka timid Soomaaliya ee timid gobolka West Midlands marka loo eego jinsiga (*sawirka 5*) ayaa muujinaysa qiyaas ka badan ee haweenka soo haajiray. Waxay tani tilmaamaysaa in la filan karo in ay kuwani yihiin Soomaali

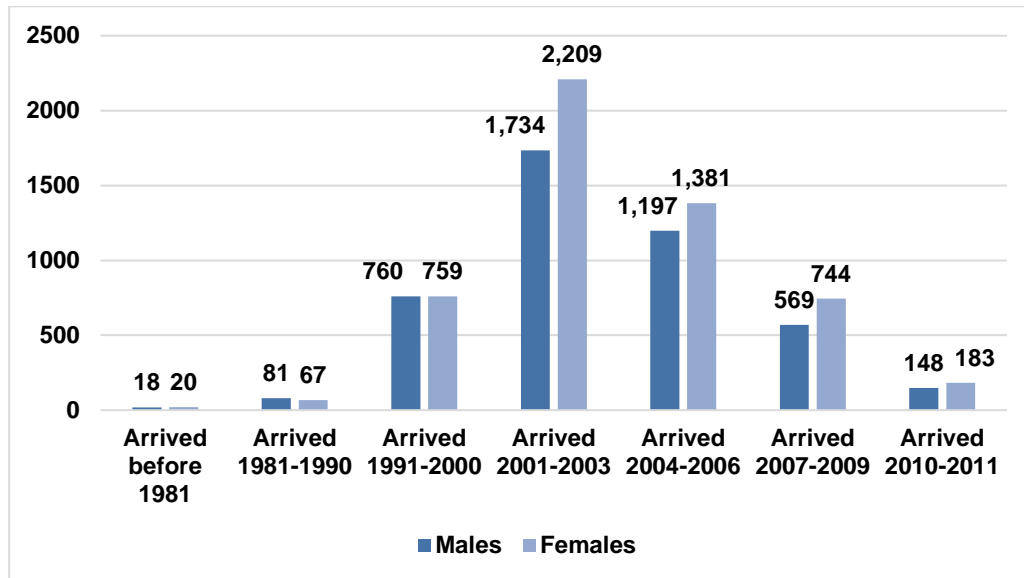
Ingiriiska ku soo gashay magangalyo doon, intooda ugu badan oo ahaanaya haween iyo carruur.

Sawirka 4: Tirada dadka ka yimaadda Soomaaliya ee yimaadda London, West Midlands, iyo England iyo Wales, sanadkii



Isha: Tirakoobkii 2011 Shaxda CT0562

Sawirka 5: Tirada dadka ka yimaadda Soomaaliya ee yimaadda West Midlands, marka loo eego jinsiga



Isha: Tirakoobkii 2011 Shaxda CT0562

1.3.2 Xogta shacabeed

Marka la raaco Tirakoobkii 2011, 9,870 qof oo Soomaaliya ku dhashay ayaa ku kala baahsan West Midlands (0.2%), iyo 7,765 gaar ahaan Birmingham (0.7%).⁴⁴ Waxaa caddayn aanan rasmi ahayn lagu sheegaa in qiyaas ahaan 250kun-400kun⁴⁵ oo Soomaali ay ku nool yihiin Ingiriiska.

Sida ka muuqata *shaxda 2*, Birmingham gudaheeda qiyaasta ugu ballaaran ee bulshada Soomaaliyeed waxay joogaan qayb maamuleedka Nechells (1.2%), qayb maamuleedka Aston (0.7%) iyo qayb maamuleedka Bordesley Green (0.7%). Guud ahaan, bulshada Soomaaliyeed waxay u dhigantaa boqolkiiba 0.7 shacabka guud ee Birmingham.

Shaxda 2: 10ka qayb maamuleed ee Birmingham ugu sarreeya ee qiyaasta ama saamiga ugu badan ee Soomaalida

Qayb maamuleedka Birmingham	Tirada shacabka Soomaaliyeed	Shacabka Soomaaliyeed (%)
Qayb maamuleedka Nechells	1,559	1.2
Qayb maamuleedka Aston	895	0.7
Qayb maamuleedka Bordesley Green	918	0.7
Qayb maamuleedka Sparkbrook	671	0.5
Qayb maamuleedka Washwood Heath	572	0.5
Qayb maamuleedka Lozells and East Handsworth	537	0.4
Qayb maamuleedka Ladywood	328	0.3
Qayb maamuleedka Soho	362	0.3
Qayb maamuleedka Hodge Hill	197	0.2
Qayb maamuleedka Springfield	226	0.2

Isha: Tirakoobkii 2011⁴⁶

1.3.3 Taariikhda da'da

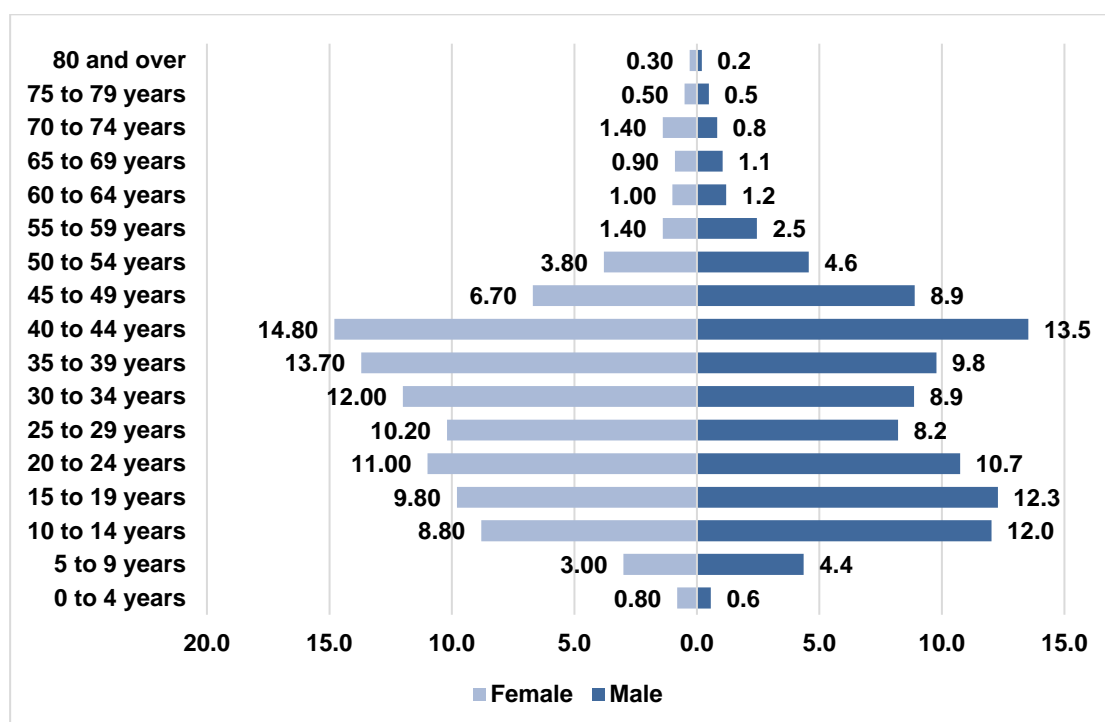
Bulshada Soomaaliyeed taariikhdeeda ama muuqaalkeeda ayaa da' yar;

Birmingham gudaheeda boqolkiiba 84.1 ragga Soomaaliya ku dhashay iyo

boqolkiiba 80.4 haweenka Soomaaliya ku dhashay ayaa u dhexeeyey da'aha 0 ilaa 44 jir.

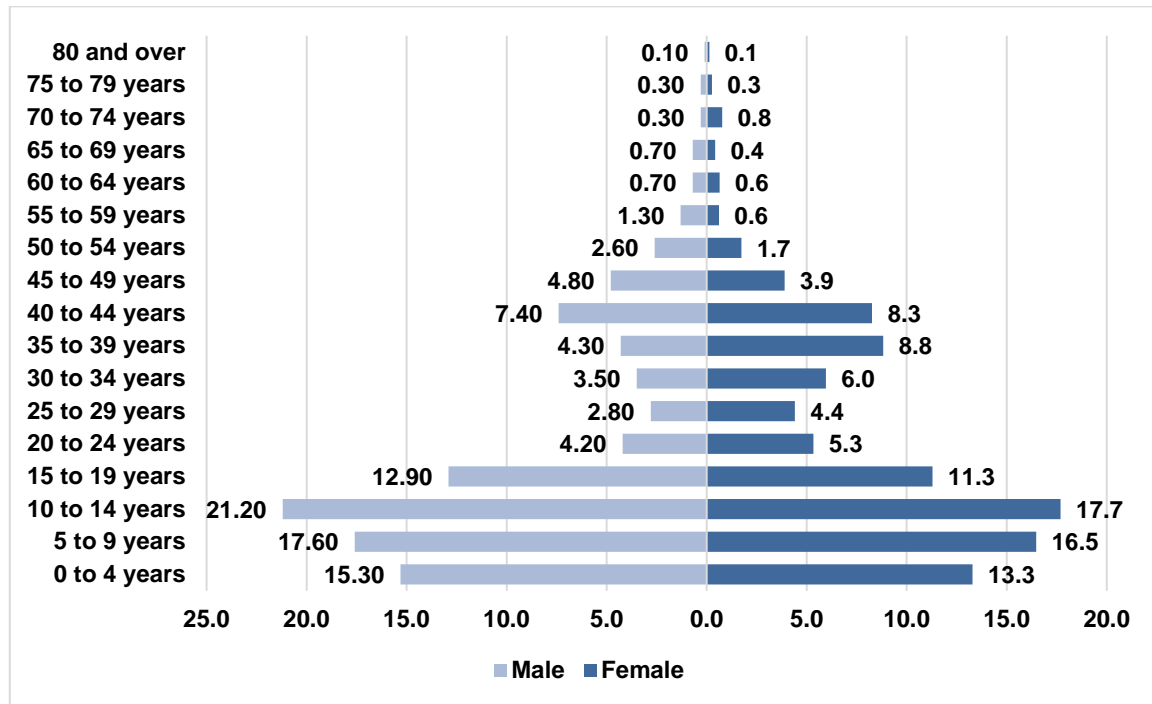
Marka la raaco Tirakoobkii 2011, boqolkiiba 58.8 dumarka ama haweenka iyo boqolkiiba 67 ragga ka mid ah kooxda jinsiyadda Soomaaliyeed ee Birmingham jooga ayay da'doodu u dhexeysay 0-19 jir (*sawirka 7*). Farqiga taariikhda da'da ee ka muuqda *sawirrada 6* iyo *7* ee hoose ayaa la filayaa in uu ka turjumayo bulshada oo isku tilmaanta qayb jinsiyadeed kale (matalan Madow Afrikaan).

Sawirka 6: Qaybaha xogta shacabka tiro yar: shacabka loogu kala saaray waddanka dhalashada ee 'Soomaaliya', marka loo eego jinsiga, ee Birmingham jooga



Isha: Tirakoobkii 2011, SP028⁴⁷

Sawirka 7: Qaybaha xogta shacabka tiro yar: shacabka loogu kala saaray kooxda jinsiyadda Soomaaliyeed, marka loo eego jinsiga, ee Birmingham jooga

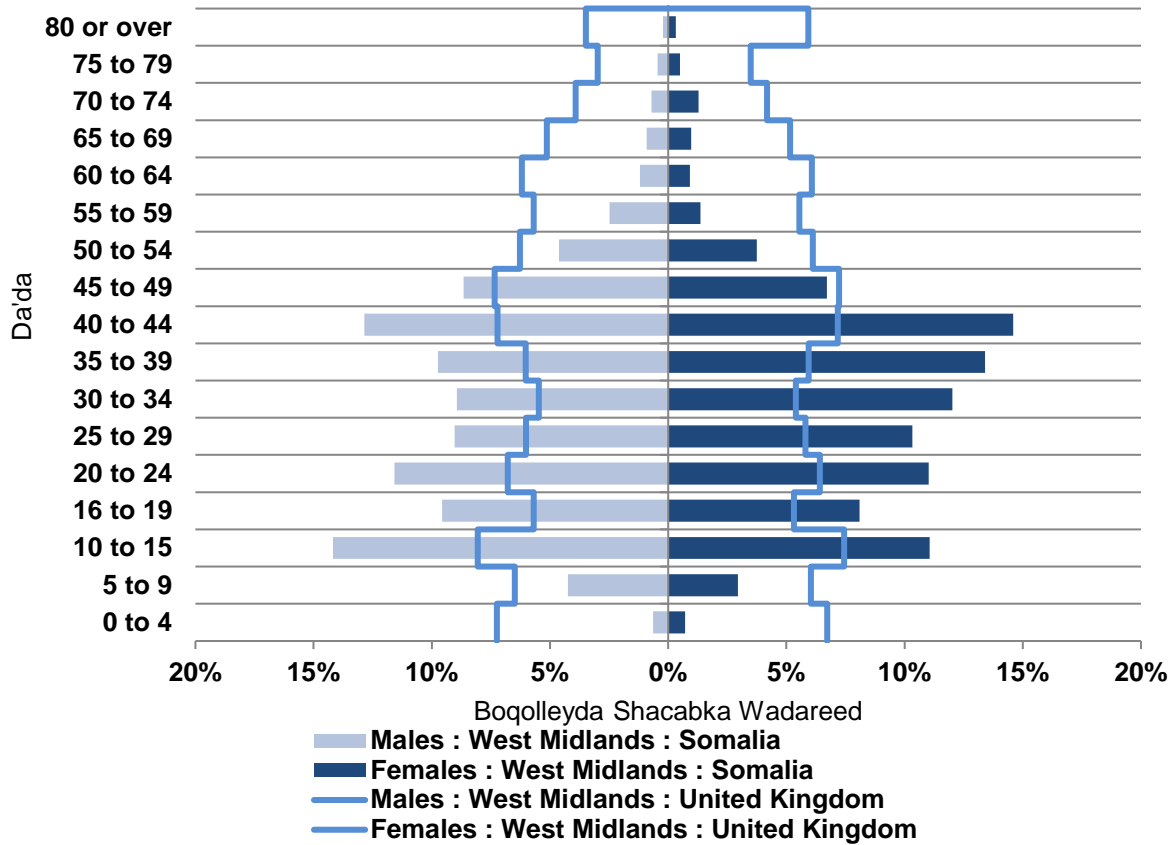


Isha: Tirakoobkii 2011, SP009⁴⁸

Bulshada Soomaaliyeed ayaa leh muuqaal ama taariikh aad u da' yar marka loo eego taariikhda da'da guud ee gobolka West Midlands (*sawirka 8*). Tusaale ahaan, Shacabka Soomaaliyeed ee jooga Birmingham, boqolkiiba 14 ragga ka mid ah iyo boqolkiiba 11 haweenka ka mid ah ayay da'doodu tahay 10 ilaa 15 jir, taasoo la barbar dhigi karo boqolkiiba 8.6 iyo boqolkiiba 7.4 ee shacabka wadareed ee gobolka West Midlands. Boqolkiiba 1 ragga Soomaaliyeed iyo boqolkiiba 1 haweenka Soomaaliyeed ayay da'doodu tahay 60 ilaa 64 jir, taasoo aad uga hoosaysa shacabka wadareed ee gobolka West Midlands (oo kala ah boqolkiiba 6.4 iyo boqolkiiba 6.2). Hase yeeshee, waxaa tan sabab u noqon kara is aqoonsiga kaladuwan ee loo isticmaalo da'aha kaladuwan, sida kor lagu muujiyey.

Sawirka 8: Shaxda Xil bixinta Tirakoobka 2011: Waddanka Dhalashada Soomaaliya

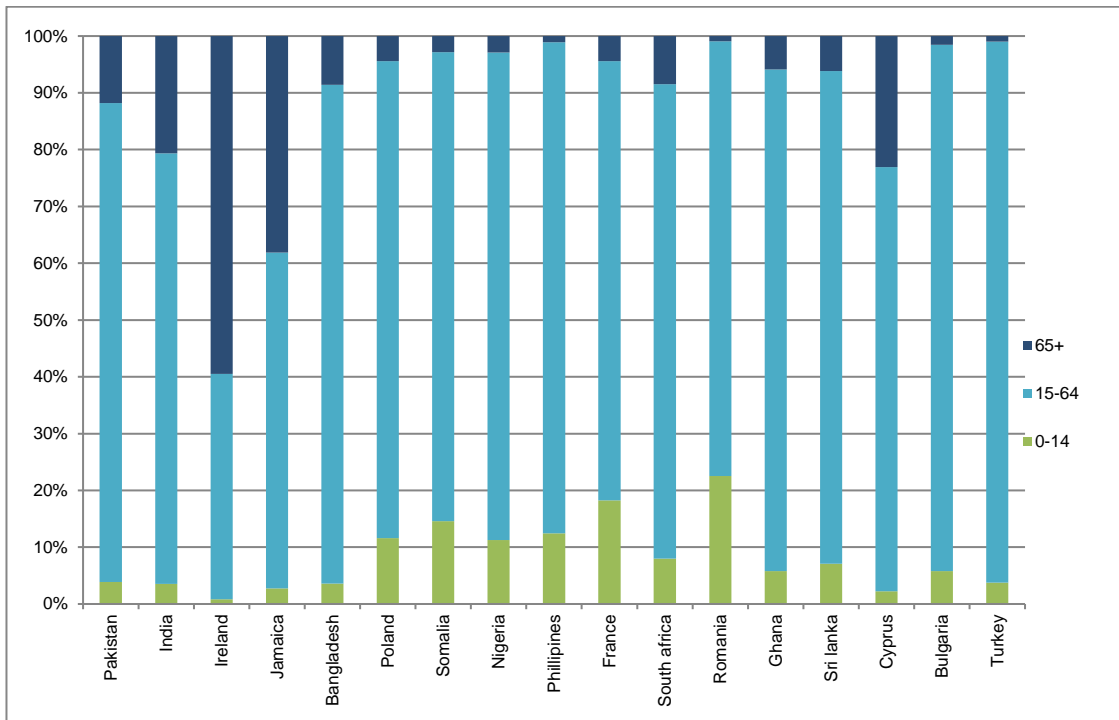
– Agabka Ahraamta Shacabka



Isha: Tirakoobkii 2011 CT0561⁴⁹

Marka la barbar dhigo bulshooyinka ka yimid waddamada kale ee jooga Birmingham, kuwa ka yimid Soomaaliya ayaa qiyaasta saddexaad ee ugu ballaaran ku leh dadka da'doodu u dhexeyso 0 ilaa 14 jir. Dadka ka yimid Romania iyo Faransiiska ayaa qiyaasta ugu badan ku leh dadka 0 ilaa 14 jir ah ee jooga Birmingham (sawirka 9 ee hoose).

Sawirka 9: Waddanka dhalashada, marka loo eego da'da - Birmingham



Isha: Tirakoobkii 2011⁵⁰

1.3.4 Luqadaha

Marka la raaco Tirakoobkii 2011, 8,139 qof⁵¹ oo Birmingham jooga ayaa af Soomaali ku diiwaan geliyey ama ku qoray luqaddooda koowaad ama ugu muhiimsan. Waxaa fiican in la ogaado in 6,921 muwaadin oo jooga Birmingham⁵² ay af Carabi ku qoreen luqaddooda koowaad, qaarkood oo la filayo in ay ka mid yihiin kooxda jinsiyadda Soomaaliyeed.

Sidoo kale, maadaama qaar badan oo ka mid ah bulshada Soomaaliyeed ay ka soo haajireen Hooland, waxaa la filayaa in af Hoolandiisku uu yahay luqaddooda koowaad; af Hoolandiiska ayay luqaddooda koowaad ku qorteen 557 muwaadin oo Birmingham jooga.

Marka la raaco xogta Tirakoobkii 2011, degmooyinka Birmingham ee ay ugu qiyaas badan yihiin dadka af Soomaali ku hadla ayaa ku qeexan shaxda hoose ee *shaxda 5*. Heerka qayb maamuleedka, tirada ugu badan ee dadka af Soomaali ku hadla waxay joogaan Nechells (1,680), Bordesley Green (1,177), Aston (959), Washwood Heath (681) iyo Sparkbrook (654)⁵³.

Shaxda 3: Saddexda degmo ee Birmingham ugu sarreeya ee ay ugu tiro badan yihiin dadka af Soomaaliga ku diiwaangeliya ama ku sheegta luqadda koowaad ama ugu muhiimsan

Degmada Birmingham	Tirada dadka af Soomaaliga ku diiwaangeliya luqadda koowaad
Ladywood	3,242
Hodge Hill	2,101
Hall Green	1,023

Isha: Tirakoobkii 2011 QS204, bog. 10

2.1 Bilowga ugu fiican oo loo helo nolosha

Natijoooyinka daruuriga ah

Caafimaadka hooyada

- Laga bilaabo sanadkii 2012 ilaa 2014, tirada ama sicirka carruurta mayd ugu dhalata hooyooyinka Soomaaliya ku dhashay ee jooga gobolka West Midlands ayaa ahaa 6.7 halkii 1,000 ee dhalasho, iyo 7.2 halkii 1,000 ee dhalasho Birmingham gudaheeda.

Tirakoobyada carruurta

- Kooxda jinsiyadda Soomaaliyeed waxay leeyihiin taariikh ama muuqaal da' aad u yar. Inkastoo dadka 0 ilaa 19 jir ah ay u dhigmaan boqolkiiba 29 shacabka guud ee Birmingham, haddana kooxda da'du waxay u dhigmaan boqolkiiba 63 shacabka kooxda jinsiyadda Soomaaliyeed ee magaalada.

Tallaallada carruurnimada

- Carruurta Soomaaliyeed ayaa boqolkiiba 11 ka filasho yaraa in ay heleen saddexda qiyaasood ee tallaallada DTaP/IPV/Hib markii ay gaareen lix bilood marka loo barbar dhigo carruurta Caddaan Biritish ah. Marka loo barbar dhigo carruurta Caddaan Biritish ah, carruurta Soomaaliyeed ayaa ka filasho yaraa in ay u soo noqdaan xoojiyaha tallaalka ee dugsiga ka hor, iyadoo tirada ama sicirka iskaga harayey ama ka dhacayey ugu yaraan boqolkiiba 7 ku dhaafsanaa.

Cayilnaanta carruurnimada

Daraasad xaqiiqueed oo lagu qiimeeyey fikradaha ay waalidiintu ka qabaan culayska ama miisaanka carruurnimada ayaa lagu soo ogaaday in waalidiinta Soomaaliyeed ay tixraacayeen ama eeganayeen cudur la'aanta si ay u qiimeeyaan xaaladda culayska ilmahooda; culayska yar ayaa ugu xirnaa fikrado xun sida saboolnimada.

Saboolnimada carruurta

- Marka la raaco warbixin ka timid waaxda DCSF ee sanadkii 2010, 10kii arday Soomaaliyeedba in ka badan 8 ayaa ku nool reer sabool ah oo qiyaasta ardayda Soomaaliyeed ee u qalma Cuntooyinka Bilaashka ah ee Dugsiga (Free School Meals) (FSM) ayaa ku beegan boqolkiiba 82.

Carruurta meel kale lagu daryeelo

- Marka la raaco warbixin ka timid waaxda DCSF ee sanadkii 2010, 10kii arday Soomaaliyeedba in ka badan 8 ayaa ku nool reer sabool ah oo qiyaasta ardayda Soomaaliyeed ee u qalma Cuntooyinka Bilaashka ah ee Dugsiga (Free School Meals) (FSM) ayaa ku beegan boqolkiiba 82.

U diyaar ahaanta dugsiga iyo guusha waxbarashada

- Isku celcelis, guulaha waxbarashada ee ardayda Soomaaliyeed ayaa ku jira kuwa ugu hooseeya marka loo barbar dhigo kooxaha kale.
- Gabdhaha Soomaaliyeed ee qaata cuntada FSM ayaa ka natiijo fiicnaa wiilasha Soomaaliyeed ee qaata cuntada FSM (boqolkiiba 60 ayaa helay 5+ shahaadooyin GCSE ee darajada A*-C, la mid ah meeldhexaad magaalada).

2.1.1 Caafimaadka Hooyada iyo Dhimashada Sabiga

Dhalashooyinka nool iyo kuwa maydka ah

Warbixinta Dhimashada Sabiga iyo Waqtiga dhalashada ee gobolka West Midlands⁵⁴ ayaa lagu soo ogaaday in laga bilaabo sanadkii 2012 ilaa 2014 marka la eego carruurta dhalashooyin nool ugu dhalata hooyooyinka ku dhashay Ingiriiska dibaddiisa ee jooga West Midlands, boqolkiiba 52 waxay ka yimaaddeen Baakistaan, Booland, Hindiya, Bangladesh iyo Soomaaliya, waxayna Soomaaliya u dhignayd boqolkiiba 3% (1,497 dhalasho) hooyooyinka waddan qalaad ku dhashay.

Shaxda 4 ee hoose ayaa muujinaysa tobanka waddan dhalasho ee ugu badan ee hooyooyinka jooga gobolka West Midlands⁵⁵. Laga bilaabo sanadkii 2012 ilaa 2014, hooyooyinka ka yimid Ingiriiska dibaddiisu waxay u dhigmayeen boqolkiiba 30 dhalashooyinka nool ee ka dhaca gobolka West Midlands (50,509 carruur oo dhalasho nool ugu dhashay hooyooyinka ka yimid Ingiriiska dibaddiisa marka loo barbar dhigo 165,770 oo u dhashay hooyooyinka ku dhashay Ingiriiska).

Warbixinta waxaa weliba lagu soo ogaaday in laga bilaabo 2012 ilaa 2014 hooyooyinka ka yimid Soomaaliya ay u dhigmayeen boqolkiiba 0.97 dhalashooyinka maydka ah ee ka dhaca gobolka West Midlands. Muddadan, sicirka dhalashada maydka ah ee hooyooyinka Soomaaliya ku dhashay waxuu ahaa 6.7 halkii 1,000 ee dhalasho; sicirkan ayaa ka hooseeyey hooyooyinka ka yimid Baakistaan iyo Romania, laakiin waxuu ka sarreeyey hooyooyinka ka yimid Hindiya, Bangladesh iyo Booland waxuuna ka sarreeyey meelhexaadka Birmingham (5.7 halkii 1,000 ee dhalasho).

Shaxda 4: 10ka waddan dhalasho ee ugu caadi ah ama ugu tiro badan hooyooyinka ku dhashay Ingiriiska dibaddiisa, West Midlands, 2012 ilaa 2014

Waddanka dhalashada hooyada	2012 ilaa 2014			
	Tirada dhalashooyin West Midlands	Boqolleyda dhalashooyin nool ee West Midlands	Boqolleyda dhalashooyin mayd ah ee West Midlands	Dhalashooyin mayd ah halkii 1000 ee dhalasho
1 Baakistaan	10,666	4.93%	7.29%	7.0
2 Booland	6,087	2.81%	2.92%	4.9
3 Hindiya	5,202	2.41%	3.21%	6.3
4 Bangladesh	2,744	1.27%	1.36%	5.1
5 Soomaaliya	1,497	0.69%	0.97%	6.7
6 Romania	1,239	0.57%	0.97%	8.1
7 Ciraaq	1,200	0.55%	0.68%	5.8
8 Nayjiiriya	1,086	0.50%	0.58%	5.5
9 Latfia	973	0.45%	0.29%	3.1
10 Jarmalka	969	0.45%	0.19%	2.0

Isha: Xogta xafiiska ONS ee lagu isticmaalay warbixinta *Dhimashada Sabiga iyo*

Waqtiga dhalashada ee gobolka West Midlands ⁵⁶

Sidoo kale, laga bilaabo sanadkii 2012 ilaa 2014, marka la eego hooyooyinka waddan qalaad ku dhashay ee jooga Birmingham, kuwa ka yimid Soomaaliya ayaa u dhigmayey boqolkiiba 6 dhalashooyinka nool (boqolkiiba 2.37 dhammaan dhalashooyinka ka dhaca Birmingham); guud ahaan hooyooyinka Soomaaliya ka yimid waxay u dhigmayeen boqolkiiba 3.10 ee dhammaan dhalashooyinka maydka ah ee magaalada (*shaxda 5*). Sicirka carruurta mayd ugu dhalata hooyooyinka

Soomaaliya ku dhashay ee deggan Birmingham ayaa ahaa 7.2 halkii 1,000 ee dhalasho. Waxuu sicirkani ka hooseeyey hooyooyinka ka yimid Hindiya iyo Nayjiiriya, laakiin waxuu ka sarreeyey hooyooyinka ka yimid Baakistaan iyo Bangladesh, inkastoo hooyooyinka labadan waddan ka yimid ay tiro aad uga badan ku lahaayeen dhalashooyinka ka dhaca magaalada.

Darxumada ayaa ah arrin weyn oo halis keenta - marka loo barbar dhigo kooxaha caddaanka ah, qiyaas ka badan oo ah hooyooyinka ka soo jeeda kooxaha jinsiyadaha laga tiro badan yahay, gaar ahaan kooxaha Madow, ayaa ku nool degaanno ama aagag darxumo leh.⁵⁷

Maxaa dheer, daraasad⁵⁸ ka timid Denmark ayaa lagu soo ogaaday in farqi jinsiyadeed uu ka jiro dhalashada maydka ah iyo dhimashada sabiga. Waxaa lagu soo ogaaday in haweenka asalkoodu yahay Baakistaani, Turki iyo Soomaali ay gaar ahaan halis badan ugu jiraan dhalashada ilmaha maydka ah iyo dhimashada sabiga. Khaas ahaan, dhanka haweenka ama gabdhaha Soomaaliyeed waxaa lagu soo ogaaday in haweenka ka yimid meelaha dhawaan colaad badani ka jirtay caadi ahaan lagu arko halista korodhsan ee dhalashada maydka ah, iyadoo ay laban laaab u dhaafsan tahay halistu iyo sicirka ama tirada badan ee qalliinnada degdegga ah ee caloosha ee ilmaha lagu soo saaro⁵⁹. Waxaa daraasadda weliba lagu soo ogaaday in culayska dhexe ee ay ku dhashaan dhallaanka ay dhalaan hooyooyinka Soomaaliyeed uu yahay 3391 g. Culayska ama miisaanka meeldhexaadka ah ee ilmaha dhallaanka ah marka uu ilmuhu uurka buuxsado waa 7.7 lb ama rodol (3493 g).

Si macne loogu yeelo, warbixinta *Dhimashada Sabiga iyo Waqtiga dhalashada ee gobolka West Midlands*⁶⁰ ayaa lagu soo ogaaday in culayska dhalashadu uu aad

ugu kaladuwan yahay waddanka dhalashada ee hooyada. Culayska yar ee dhalashada ama uu ilmuhu ku dhasho waxaa lagu tilmaamaa tirada dhalashooyinka nool iyo kuwa maydka ah ee yimaadda sanadka taariikheed ee habboon ee ka hooseeya 2500 g marka loo eego dhammaan da'aha hooyooyinka. Natijada tilmaamaysa in culayska dhalashada dhexe ee dhallaanka ay dhalaan hooyooyinka Soomaaliyeed uu yahay 3.39 kg waxaa weliba lagu sheegay cilmibaaris Ingiriiska lagu sameeyey⁶¹ oo lagu soo ogaaday in dhallaanka ka soo jeeda jinsiyad Afrikaan ah ee hooyooyinkood ay ku dhasheen Afrikada Galbeed culayskooda dhalashada ee dhexe uu ahaa 3311 g. Waxay tani in badan ka sarraysay culayska dhalashada dhexe ee dhallaanka ay dhalaan hooyooyinka Ingiriiska ku dhashay (3257 g).

Shaxda 5: 10ka waddan dhalasho ee ugu caadi ah ama ugu tiro badan hooyooyinka ku dhashay Ingiriiska dibaddiisa, Birmingham; 2012 ilaa 2014

Waddanka dhalashada hooyada	Tirada dhalashooyinka B'ham	Boqolkiiba (%) dhammaan dhalashooyinka nool ee B'ham	Boqolkiiba (%) dhammaan dhalashooyinka maydka ah ee B'ham	Dhalashooyinka maydka ah halkii 1000 ee dhalasho
1. Baakistaan	6,453	12.31%	14.48%	6.5
2. Bangladesh	1,750	3.34%	3.10%	5.1
3. Hindiya	1,407	2.68%	4.48%	9.2
4. Soomaaliya	1,246	2.38%	3.10%	7.2
5. Booland	1,027	1.96%	2.07%	5.8
6. Romania	654	1.25%	1.38%	6.1
7. Jamayka	543	1.04%	1.03%	5.5
8. Nayjiiriya	431	0.82%	1.72%	11.6
9. Yaman	414	0.79%	1.72%	12.0
10. Afqaanistaan	396	0.76%	1.38%	10.1

Isha: Xogta xafiiska ONS ee lagu isticmaalay warbixinta *Dhimashada Sabiga iyo*

*Waqtiga dhalashada ee West Midlands*⁶²

Caafimaadka hooyada

Gudniinka fircooniga ah ee FGM ayaa laga dhaqan geliyaa qaybo badan oo ka mid ah Afrika iyo Bariga Dhexe waxuuna ku badan yahay Soomaaliya.

***Soomaaliya ayaa ugu tiro badan dadka lagu sameeyo gudniinka FGM, taasoo saamaysa in ka badan boqolkiiba 90 shacabka haween ama gabdho ah ee da'doodu u dhexeyso 15-49 jir*⁶³. Marka la raaco xogta laga hayo xafiiska**

ONS⁶⁴, waxaa lagu qiimaynayaa in tirada haweenka ama gabdhaha ku dhashay Soomaaliya ee da'doodu u dhexeyso 15-49 jir ee gudniinka FGM lagu sameeyey ee ku nool England iyo Wales ay dhaaftay 40,000.

Warbixinta jaamacadda City University⁶⁵ ayaa ku qiimaysay in 103,000 oo haween oo da'doodu u dhexeyso 15-49 jir oo gudniinka FGM loogu sameeyey waddamada laga dhaqan geliyo ay ku noolaayeen England iyo Wales sanadkii 2011, marka loo barbar dhigo qiimaynta 66,000 ee sanadkii 2001. Waxay tani u dhignayd sicir tiro qiimaysan oo taagan 7.7 halkii 1,000 ee haween.

Gudniinka Fircooniga ah ee Gabdhaha (Female Genital Mutilation) (FGM)

Gudniinka FGM waxaa lagu tilmaamaa dhammaan hawlaha ama qalliinnada qayb ahaan ama gebi ahaan lagu gooyo saxaaxa haweenka ee dibadda u muuqda ama dhaawaca kale ee loo geysto xubnaha saxaaxa haweenka ee aanan loo haynin sababo caafimaadeed; waxaa taas caadi ahaan sameeya xirfadleyaal dhaqameed oo aanan qaadanin tababar caafimaadeed oo rasmi ah waxaana lagu sameeyaa suuxin la'aan⁶⁶. Gudniinka FGM waa sharci darro Ingiriiska gudniiska isla sida in ilmaha loo qaado dalka dibaddiisa si hawsha loogu sameeyo. Hawsha ama qalliinka waxaa soo raaca haliso ballaaran ee xanuun, ma hadho, dhiigis iyo caabuq iyo weliba halisaha waqtiga fog ka yimaadda caafimaadka galmada, cudurrada haweenka iyo caafimaadka dhalmada.

Gudniinka FGM waxaa si aad u yar looga soo warbixiyaa Ingiriiska oo lama garanayo tirada dhabta ah. Gudniinka FGM waxaa badi lagu sameeyaa waddankii laga yimid oo dhibaatooyin ayaa ka iman kara goorta dambe, gaar ahaan waqtiga uurka iyo dhalmada. Waxaa lagu qiimaynayaa in gudniinka FGM lagu sameeyey qiyaas badan oo ka mid ah haweenka Soomaalida ah ee 15 ilaa 49 jir ah ee si joogto

ah u deggan England iyo Wales. Xogta la hayo ayaa tilmaamaysa in England iyo Wales gudahooda, tirada ugu badan ee gudniinka FGM ee haweenka da'doodu u dhexeyso 15 ilaa 49 jir lagu arko London, oo uu ku xigo gobolka West Midlands.

Cilmibaareyaasha jaamacadda Bristol University ayaa soo sheegay in iyadoo sii kordhaysa, la hayo caddayn tilmaamaysa in gudniinka FGM uusan ahayn dhibaato u badan sidii hore loogu maleeyey oo markaa loo baahan yahay in looga shaqeeyo si deggan oo habboon⁶⁷.

Natijoooyinka ka soo baxay daraasad⁶⁸ lagu baaray waayaha ama waxyaabaha ay la kulmaan iyo baahiyaha haweenka Soomaaliyeed ee Ingiriiska jooga waqtiga uurka iyo dhalimada ayaa lagu soo ogaaday in walaacyo badan laga qabo maamulxumida daryeelka la siiyo haweenka lagu sameeyey gudniinka FGM. Daraasadda ayaa walaacyo ka sheegtay dhinacyada wadaxiriirka, wadista daryeelka, iyo dabeecadaha xirfadleyaasha caafimaadka⁶⁹.

Laga bilaabo sanadkii 2010 ilaa 2019, Soomaaliya waxay ku jirtay tobanka waddan dhalasho ee ugu sarreeya ee ugu caadi ah ama ugu tiro badan haweenka aanan ku dhalanin Ingiriiska. Soomaaliya waxay ka dhacday waddanka dhalashada ugu caadi ah, iyadoo ka dhacday midka 6^{aad} ee ugu caadi ah sanadkii 2010 oo ay noqotay midka 9^{aad} sanadkii 2019.

Falanqaynta laga helay xafiiska ONS ayaa lagu soo ogaaday in sanadkii 2019, boqolkiiba 34.3 dhammaan carruurta ku dhalatay England iyo Wales ay waalidkooda midkood ama labadooduba ku dhasheen Ingiriiska dibaddiisa, taasoo ka soo kacday qiyaasta boqolkiiba 33.8 ee sanadkii 2018⁷⁰. Waxaa guud ahaan sii kordhaysay qiyaasta boqolleyda ee dhalashooyinka nool ee ay carruur ugu dhalatay haweenka

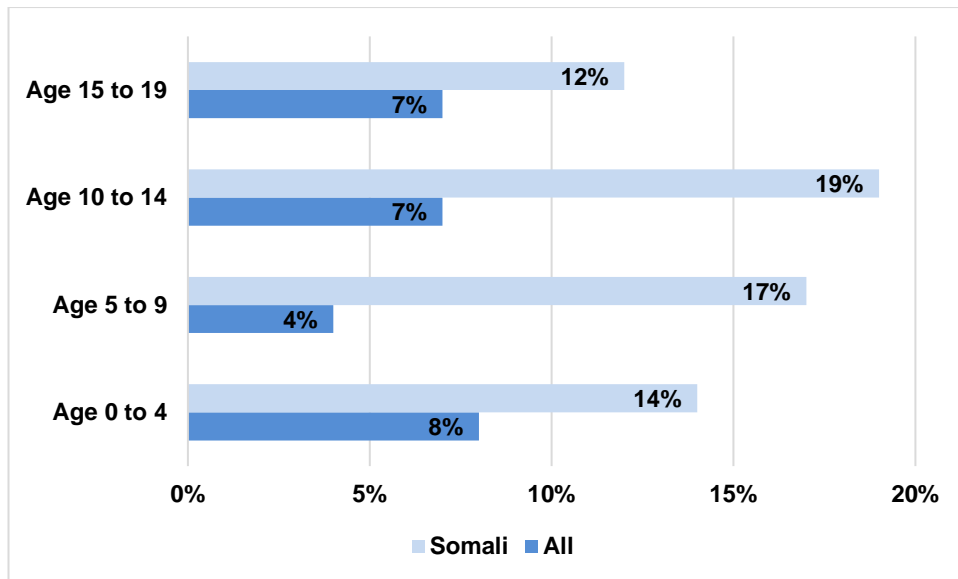
ka yimid Ingiriiska dibaddiisa⁷¹. Baahiyaha gaarka ah ee caafimaadka ee qaxootida iyo dadka magangalyo doonka ah, sida kuwa ka yimid Soomaaliya ayaa lagu soo ogaaday daraasado kaladuwan, sida dhibaatooyinka luqadda iyo wadaxiriirka^{72 73 74}, furnaanta ama helitaanka adeegyada caafimaadka⁷⁵ iyo bixinta adeegga caafimaadka maskaxda⁷⁶. Baahiyahan ayaa u sii xumaan kara qaxootida haweenka ah waqtiga uurka iyo dhalmada. Maxaa dheer, qayb badan oo ka mid ah waayaha ama waxa laga kulmo dhalmada ayaa sal ku leh dhinacyada dhaqameed iyo bulsheed ee daryeelka la bixiyo⁷⁷.

2.1.2 Tirakoobyada carruurta

Kooxda jinsiyadda Soomaaliyeed waxay leeyihiin taariikh ama muuqaal da' aad u yar. Inkastoo dadka 0 ilaa 19 jir ah ay u dhigmaan boqolkiiba 29 shacabka guud ee Birmingham, haddana kooxda da'du waxay u dhigmaan boqolkiiba 63 shacabka kooxda jinsiyadda Soomaaliyeed ee magaalada.

Marka la raaco Tirakoobkii 2011^{78 79}, 3,732 carruur ayaa Soomaali ku diiwaan gashan Birmingham. Carruurta Soomaaliyeed waxay u dhigmaan boqolkiiba 1.2 ee guud ahaan shacabka 0-19 jir ah ee jooga Birmingham.

Sawirka 10: Taariikhda da'da dadka 0-19 jir ah ee ka mid ah kooxda jinsiyadda Soomaaliyeed ee Birmingham, marka loo barbar dhigo shacabka guud ee Birmingham; lagu muujiyey boqolkiiba %



Isha: Tirakoobkii 2011 DC2101EW⁸⁰ iyo SP009⁸¹

2.1.3 Tallaallada carruurnimada

Carruurta Soomaaliyeed ayaa ka filasho yaraa in ay heleen saddexda qiyaasood ee tallaallada DTap/IPV/Hib markii ay gaareen da'da lix bilood (-11%)⁸².

Marka loo barbar dhigo carruurta Caddaan Biritish ah, carruurta Soomaaliyeed ayaa ka filasho yaraa in ay u soo noqdaan xoojiyaha tallaalka ee dugsiga ka hor, iyadoo tirada ama sicirka iskaga harayey ama ka dhacayey ugu yaraan boqolkiiba 7 ku dhaafsanaa.⁸³

Daraasad⁸⁴ lagu baaray fikradaha caafimaadka ee haweenka Soomaaliyeed ee Ingiriiska jooga ayaa lagu sameeyey waraysiyo qayb ahaan qaabaysnaa oo lagu qabtay ururrada waaxda saddexaad ee adeegyo siiya haweenka Soomaaliyeed ee jooga Birmingham. Daraasadda⁸⁵ ayaa lagu soo ogaaday walaacyo iyo walwallo khaas ah oo laga qabo tallaalka MMR, gaar ahaan xiriirrada la sheego in uu la leeyahay cudurka dhakaakaha (autism). Waxaa lagu gaba gabeeyey in aragtiyada

ay haweenka Soomaaliyeed ka qabaan barnaamijka tallaallada ay ka dhashaan macnaha dhaqameed, diimeed ee laga siiyo iyo waayaha shakhsi ahaaneed ama waxa shakhsi ahaan ay la kulmaan. Waxaa lagu soo ogaaday in sababtu ay noqon karto la'aanta macluumaad lagu kalsoonaan karo oo dhaqanka ku habboon oo wax ka qabta walaacyada ay bulshadu ka qabto tallaallada carruurnimada⁸⁶.

Ingiriisku waxuu leeyahay barnaamij guud oo lagu tallaalo carruurta oo guud ahaan dad tiro badan lagu gaarsiiyo tallaalka⁸⁷. Barnaamijka lagu tallaalo carruurta waxaa hadda ka mid ah tallaalka 5 iskugu jirta 1 oo la iskaga difaaco cudurka gawracatada, teetanada, xiiqdheerta, dabaysha iyo caabuqa Haemophilus influenzae nooca b (DtaP/IPV/Hib) oo lagu deeqo marka la joogo da'da 2, 3 iyo 4 bilood (qaybta koowaad) iyo xoojiyaha dugsiga ka hor inta u dhexeysa 3 sano iyo 3 bilood iyo 5 jir (DtaP/IPV ama DtaP/IPV)⁸⁸.

Xogta ku saabsan tirada dadka tallaalka ku qaata London ayaa fikrad waxtar leh bixinaysa maxaa yeelay waxaa magaalada ku tiro yar dadka qaata tallaalka marka loo eego dadka tallaalka lagu gaarsiiyo Ingiriiska oo dhan. Waxaa la filayaa in tan sababteedu ay tahay shacabka jinsiyado kaladuwan ee ku sii kordhaya, sida Birmingham oo sidoo kale ah magaalo aad u jinsiyado badan (tirada dadka tallaalka qaata waqtiga tallaallada koowaad ee DtaP/IPV/Hib/HepB waxay ku taagan yihiin boqolkiiba 87.7 London gudaheeda, taasoo la siman gobolka West Midlands halkaasoo tirada dadka tallaalka ku qaata qiyaastaasi ay yihiin boqolkiiba 87.9⁸⁹). Tirada dadka tallaalka carruurnimada qaata ee ka mid ah Soomaalida London joogta intii u dhexeysay 2006/7 iyo 2010/11 ayaa muujinaysa in dadka la gaarsiiyey ay ku taagnaayeen boqolkiiba 85 iyo qiyaas ahaan boqolkiiba 88 marka loo eego labada tallaalka ee ugu horreeya, sida ay iskugu daba xigaan. Hase yeeshee, tirada dadka la

gaarsiiyo ayaa u dhacaysa qiyaas ahaan boqolkiiba 60 marka loo eego xoojiyaha dugsiiga ka hor ee loogu deeqo da'da 5 jir⁹⁰.

Daraasad⁹¹ ka timid Norway ayaa lagu soo ogaaday inkastoo waddamo badan guud ahaan si fiican dadka loogu gaarsiiyo tallaallada, haddana in ka cago jiidista tallaalku ay horjoogsatay in dadkoo dhan la gaarsiiyo, taasoo kordhinaysa halista dillaacyada cudurrada. Kooxaha haajiriinta Soomaalida ah ayaa lagu og yahay in si yar looga tallaalo cudurka jadeecada, taasoo keenta in uu cudurku dhowr jeer ka dillaaco bulshada

Waxaa lagu soo ogaaday in carruurta u dhashay haajiriinta Soomaalida ah ee jooga Norway aanan si fiican looga tallaalin cudurka jadeecada marka ay gaaraan 2 jir; carruurta dhalatay sanadkii 2016 heerka u buuxa ayaa ahaa boqolkiiba 85. Heerka u buuxa ayaa hoos u dhacay intii u dhexeysay sanadkii 2000 iyo 2016, oo wiilasha ayaa taas uga tiro badnaa gabdhaha. Carruurta ay dhaleen hooyooyinka Norway degganaa 6 sano ama in ka badan ayaa lahaa heer ka hooseeya marka loo barbar dhigo kuwa hooyooyinkoodu ay degganaayeen in ka yar 2 sano ka hor dhalashadooda. Waxaa cilmibaaris lagu tilmaamay in arrimaha taas suurto geliyey ay yihiin aaminaad la'aanta guud ee nidaamka daryeelka caafimaadka, meelo kale oo laga helo macluumaadka iyo fahanka gaaban ee caafimaadka.

Waxaa jiray saddex jeer oo uu cudurka jadeecadu dillaacay oo uu saameeyey Soomaalida dibadaha ku nool ee joogta waddamada Galbeed tobankii sano ee ugu dambeeyey, iyadoo dillaacii ugu ballaarnaa ee ka dhacay Norway uu khuseeyey bulsho Soomaaliyeed oo tallaal yar oo jooga Oslo.

2.1.4 Cayilnaanta carruurnimada

Daraasad xaqiiqeed⁹² oo lagu qiimeeyey aragtiyada ay waalidku ka qaabaan culayska carruurta oo laga qaaday bulshooyinka laga tiro badan yahay ee jooga Ingiriiska ayaa lagu waraystay waalidiinta carruurta da'doodu tahay 4 ilaa 16 jir, waxaana ka mid ahaa ka qaybqaateyaal Soomaali ah. Waxaa daraasadda lagu soo ogaaday in waalidiinta Soomaaliyeed ay tixraacayeen ama eeganayeen cudur la'aanta si ay u qiimeeyaan xaaladda culayska ilmahooda; culayska yar ayaa ugu xirnaa fikrado xun sida saboolnimada. Waxaa lagu soo ogaaday in waalidiinta Soomaaliyeed ay badi muuqaal ballaaran u dooranayeen ilmaha 10 jir ah oo ay ku tilmaamayeen mid caafimaad qaba marka loo barbar dhigo waalidiinta ka soo jeeda kooxaha jinsiyadaha kale, taasoo laga fahmay in ay asalka jinsiyadeed ku kaladuwanaa karto sida ay waalidiintu diyaar ugu yihiin in ay isbeddellada habnololeedka u keenaan ilmaha culayska siyaadada ah leh⁹³. Waalidiinta Soomaaliyeed dhammaantood hore uma maqlin talada 5 maalintii ee dawladda⁹⁴.

Waxaa daraasadda lagu qiimeeyey xiriirrada ka dhexeeya asalka jinsiyadeed iyo aragtiyada qiyaasta jirka caafimaad qaba ee carruurnimada, walaaca laga qabo culayska siyaadada ah ee carruurnimada iyo dabeecadaha laga muujiyo sababaha loo arko in ay culayska siyaadada ah u keenaan carruurnimada. Waxaa lagu soo ogaaday in waalidiinta Soomaaliyeed ay walaaca ugu yar ka sheegeen culayska siyaadada ah ee carruurnimada marka loo barbar dhigo kooxaha jinsiyadaha kale, iyagoo aaminsan in carruurta culayska siyaadada ah leh ay weli ahaan karaan carruur caafimaad qabta oo ay taas ka kori doonaan.

Cilmibaaris laga qaado haajiriinta Soomaalida ah ee deggan waddamada kale ee horumaray ayaa weliba bixin karta fikrad ama aragti waxtar leh. Cilmibaaris laga qaaday bulshada oo ka timid Maraykanka oo ay ku jireen saddex koox diiradsaaris oo ka mid ah bulshada Soomaaliyeed ayaa lagu soo ogaaday in dhowr iyo toban jirka Soomaaliyeed ee jooga Minnesota ee culayskoodu siyaado yahay iyo kuwa cayilan ay sii tiro badnaayeen marka loo barbar dhigo kooxda jinsiyadda caddaanka ah⁹⁵. Waxaa taas weliba lagu soo ogaado arrimo dhaqameed oo saameeya oo waxtar leh: Waalidiinta Soomaaliyeed waxay sharxeen in ay carruurtooda ku dhiirrigeliyaan in ay cuntadooda dhammeeyaan iyagoo u sheega in qaybta ugu dambaysa cuntadu ay tahay midda 'ugu ajar badan' taasoo ka hadlaysa macnaha diimeed ee ajarka la helo marka saxanka la nadiifiyo⁹⁶.

Waalidiinta Soomaaliyeed ee ku jiray daraasadda Maraykanka lagu qabtay ayaa rabay in ay koriyaan carruur culayskoodu caafimaad leeyahay iyagoo carruurtooda siiya cuntooyin caafimaad leh iyo firfircoonida jirka; hase yeeshee waxay sheegteen in ay ku wajahaan caqabado badan oo ay ugu baahan yihiin in ay isku hagaajiyaan ama isku dheellitiraan cadaadiska dhaqanka ka xoog badan (matalan carruurta oo arka xayaysiisyada cuntada dhakhsada ah), sifooyinka cusub ee qoyska iyo filalka ama facaha iyo dhawritaanka ama horumarinta aqoonsiga bulshada jinsiyadda ay leeyihiin⁹⁷. Waxay cilmibaaristu weliba fikrad ama aragti waxtar leh ka bixinaysaa qiyaasaha jirka ee ay bulshadu doorbidaan: waalidiinta Soomaaliyeed qaarkood ayaa sheegay in carruurta ku jirta culayska dhexe la filayo in ay ka caafimaad badan yihiin oo ay ka xoog badan yihiin, iyadoo carruurta culus iyo kuwa dhuuban la filayo in ay ka caafimaad yar yihiin oo ay ka daciifsan yihiin, sida ay iskugu daba xigaan⁹⁸.

2.1.5 Saboolnimada carruurnimada

Marka la raaco warbixin ka timid waaxda DCSF ee sanadkii 2010, 10kii arday Soomaaliyeedba in ka badan 8 ayaa ku nool reer sabool ah oo qiyaasta ardayda Soomaaliyeed ee u qalma Cuntooyinka Bilaashka ah ee Dugsiga (Free School Meals) (FSM) ayaa ku beegan boqolkiiba 82.⁹⁹.

Tusiyaha cuntooyinka bilaashka ah ee dugsiga (FSM) ayaa badi loo isticmaalaa cabbirka dhinaca kale ee darxumada bulsheed ee ka timaadda asallada ardayda waxaana dhowr daraasadood lagu arkay in ay taasi xiriir la leedahay guul yarida.

Marka la raaco maqaalka¹⁰⁰ ka yimid wargeyska The Economist, qiyaas ka badan boqolkiiba 80 ee ardayda af Soomaali ku hadasha ayaa u qalma cuntooyinka bilaashka ah ee dugsiga. Waxaa weliba la soo ogaaday in qiyaas ka badan boqolkiiba 50 ee Soomaalida Biritish ah ay guryaha ka kiraystaan kawnsallada xaafadaha, taasoo ah qiyaasta ugu badan shacab kastoo ku dhashay dalka dibaddiisa.¹⁰¹

Marka la raaco cilmibaarista hay'adda Joseph Rowntree Foundation (JRF)¹⁰² waxaa sii tiro badan reeraha ama qoysaska Soomaaliyeed ee hal waalid leh, taasoo dhinac kale loogu isticmaali karo saboolnimada, maxaa yeelay reeraha waalid keliya leh waxaa qiyaas ahaan ku wajahan laban laab halista saboolnimada ee reeraha labo waalid leh. Cilmibaaris¹⁰³ si ka ballaaran looga qaaday saamaynta uu cudurka safmarku ku yeeshay reeraha waalid keliya leh ayaa lagu soo ogaaday in qoysaska waalid keliya leh in ka badan saddex laab looga filayey in ay isku tiiryaan kaydyada ama bangiyada cuntada waqtigii shiddada, marka loo barbar dhigo qoysaska labo lammaane leh (boqolkiiba 7 marka loo barbar dhigo boqolkiiba 2). Waxaa taas weliba lagu soo ogaaday in la filayo in ku dhawaad nus (44%) ee carruurta ku jirta

qoys waalid keliya leh ay sabool ahaayeen maalmihii ka yara horreeyey cudurka safmarka, marka loo barbar dhigo qiyaasta ahayd uun afartiiba hal (26%) ee dadka ku nool qoysaska kale.

2.1.6 Daryeelka bulsheed

Ma jirto cilmibaaris laga qaaday tirada carruurta Soomaaliyeed ee meel kale lagu daryeelo iyo kuwa la korsado ee jooga Ingiriiska. Daraasad cilmibaaris oo laga qaaday sababta ay u tiro yar yihiin daryeeleyaasha korinta ee Soomaalida ah ayaa aragti waxtar leh bixinaysa – waxaa taas lagu soo ogaaday in ay tiro yar yihiin daryeeleyaasha iyo korsadeyaasha Soomaalida ah taasoo ka dhigan in baahida ay qabaan dadka la daryeelo ay badi ka badan tahay fursadaha ka diyaar ah meelaha ku habboon in la dejiyo¹⁰⁴.

Maqaallada warbaahinta ee dhawaan¹⁰⁵ ayaa lagu muujiyey baahida loo qabo daryeeleyaal korin Soomaali ah oo dheeraad ah si loogu caawiyo fursadaha meel dejinta ugu habboon asallada dhaqameed, luqadeed, diimeed iyo jinsiyadeed.

Daraasadda hore lagu soo sheegay¹⁰⁶ ee ka timid Xaafadda Camden ee London ka tirsan ayaa lagu qabtay kooxo diiradsaaris laga qaaday bulshada si loo fahmo sababta ay u tiro yar yihiin daryeeleyaasha Soomaalida ah. Natiijooyinka ugu muhiimsan waxaa ka mid ahayd in dhaqanka Soomaaliyeed uu dadka ku dhiirrigeliyo in ay ilme koriyaan oo/ama korsadaan iyadoo ka qaybqaate walba uu fikrado togan ama wanaagsan ka sheegay labadaas fursadood; ka qaybqaateyaasha waxay la ahayd in ay qayb ka tahay dhaqanka Soomaaliyeed in la daryeelo carruurta qaraabada shishe, deriska iyo/ama saaxiibbada, sidaasoo ay caadi ku tahay fikradda daryeelka ilme ka baxsan qoyska dhow¹⁰⁷. Waxaa taas weliba lagu soo ogaaday in qaar badan ay aaminsan yihiin in aakhiro ajar laga siin

doono iyagoo Muslimiin ah, maxaa yeelay Nabi Maxamad ayaa agoon ahaa.

Daraasadda waxaa lagu soo ogaaday carqalado ay ka mid yihiin: aaminaad la'aanta shaqaalaha bulsheed; rumaysnaanta in shaqaalaha bulsheed ay ku degdegaan in ay carruurta Soomaaliyeed ka qaadaan daryeelka waalidkooda iyagoo aanan tixgelinin baahiyaha dhaqanka iyo diinta; taageerada aanan hagaagsanayn ee daryeeleyaasha; iyo guryo aanan ku filnayn iyo buuxdhaafa.

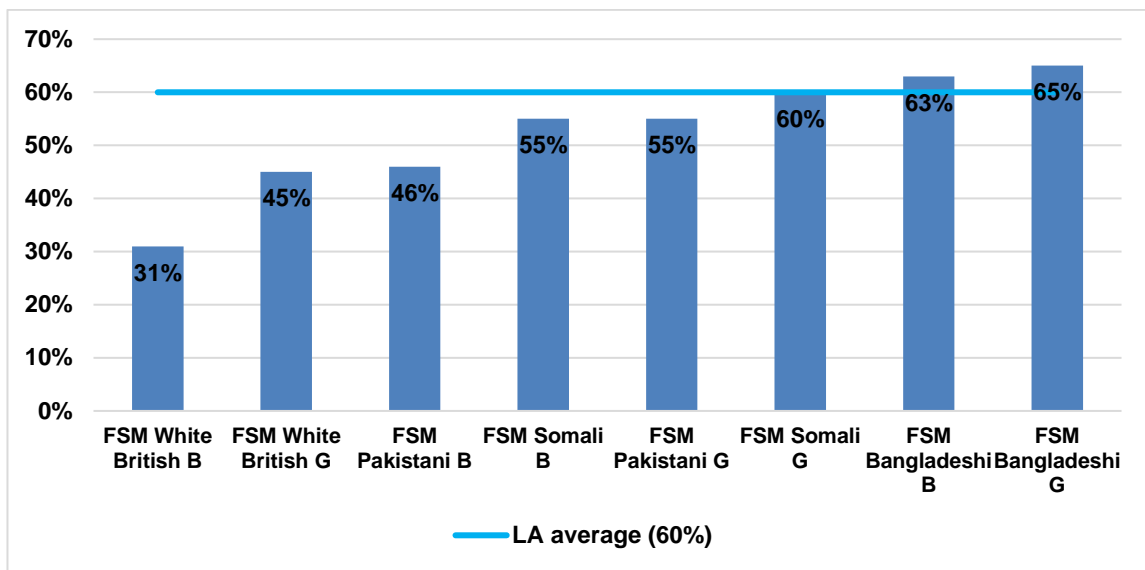
2.1.7 U diyaar ahaanta dugsiga iyo guusha waxbarashada

Isku celcelis, guulaha waxbarashada ee ardayda Soomaaliyeed ayaa ku jira kuwa ugu hooseeya marka loo barbar dhigo kooxaha kale¹⁰⁸. Sanadkii 2013, boqolkiiba 55 wiilasha Soomaaliyeed ee qaata cuntada FSM ee jooga Birmingham ayaa helay 5+ shahaado GCSE ee darajada A*-C oo ay ku jiraan af Ingiriisiga iyo Xisaabtu, taasoo ka hoosaysa isku celceliska ama meeldhexaadka magaalada (60%)¹⁰⁹. Gabdhaha ayaa ka natiijo fiicnaa wiilasha dhammaan kooxaha jinsiyadaha, iyadoo gabdhaha Soomaaliyeed ee qaata cuntada FSM ay ka natiijo fiicnaayeen wiilasha Soomaaliyeed ee qaata cuntada FSM (boqolkiiba 60 ayaa helay 5+ shahaadooyin GCSE ee darajada A*-C, la mid ah meeldhexaadka magaalada).

Tirakoobyada waxbarashada si dhif ah ayaa loogu daraa qaybta kooxda jinsiyadda “Soomaali”, laakiin xogta gaaban ee laga hayo waxbarashada ee ka kooban koodka qaybta/ jinsiyadda ayaa tilmaamaysa in guulaha waxbarashada ee ardayda Soomaaliyeed ay ka mid yihiin kuwa ugu hooseeya. Guud ahaan, hawlfulinta waxbarashada ee Birmingham (60%) ayaa xoogaa keliya ka hoosaysa meeldhexaadka qaran (61%), waxayna ka natiijo fiican tahay magaalooyin kale oo muhiim ah iyo meelaha ay tirakoobyada iskugu dhow yihiin¹¹⁰. Inta ugu badan

kooxaha jinsiyadaha ee ka hooseeya meeldhexaadka magaaladu waxay qaataan cuntada FSM, iyadoo ay ka reeban yihiin wiilasha Madow Kaarabiyani, Baakistaani iyo Caddaan Kale ee aanan qaadanin cuntada FSM¹¹¹ (sawirka 11).

Sawirka 11: 5+ shahaado GCSE ee darajada A*-C oo ay ku jiraan Ingiriisiga iyo Xisaabtu oo loo kala saaray jinsiyadda, jinsiga iyo u qalmista cuntooyinka bilaashka ah ee dugsiya Birmingham, 2013

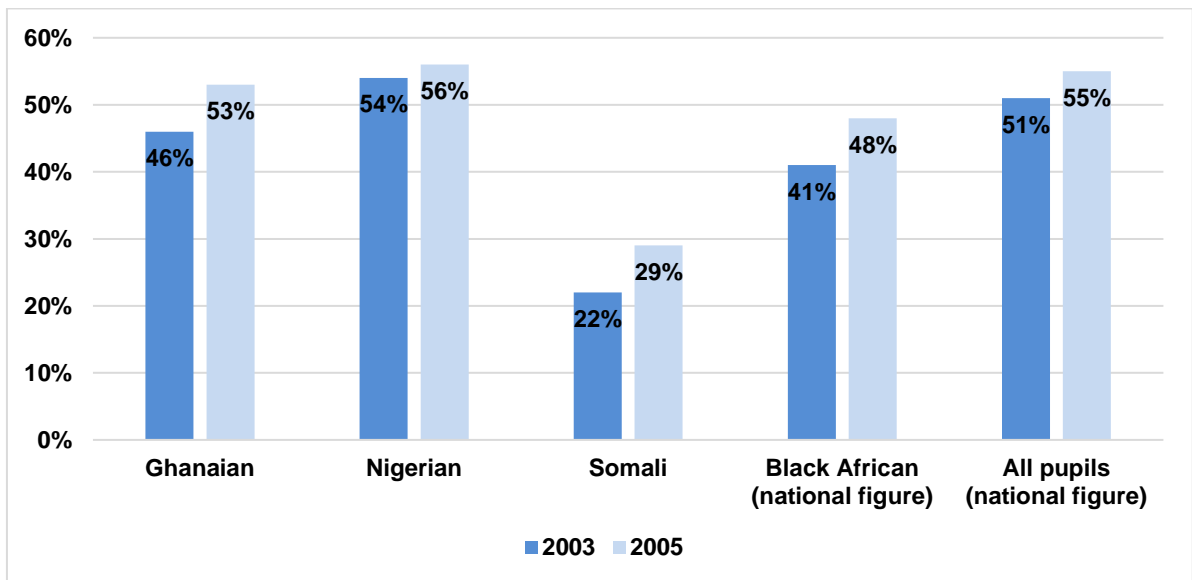


Isha: Laga helay Kooxaha Jinsiyadaha ku jira Suuqa Shaqada: falanqaynta tirakoobyada khuseeya Birmingham, oo ku salaysan Kawnsalka Magaalada Birmingham¹¹²

Sawirka 12 ee hoose ayaa muujinaya tirakoobyada hore ee sanadkii 2003 iyo 2005 oo ka yimid warbixinta DES¹¹³. Waxaa lagu muujiyey in ardayda Nayjiiriya ay gaareen guul ka sarraysa isku celceliska ama meeldhexaadka dhammaan ardayda Madow Afrikaan, iyo mid ka sarraysa meeldhexaadka dhammaan ardayda; hase yeeshee ardayda Soomaaliyeed waxay gaareen guul in badan ka hoosaysa meeldhexaadka ardayda Madow Afrikaan. Hase yeeshee, tirakoobyadyani waxay tilmaamayaan in

uu roonaaday heerka guusha lagu arkay koodadka loo siyaadiyey Madow Afrikaan: korodhka qiyaasta ardayda Soomaaliyeed ee gaarta 5+ ee darajada A*-C ayaa ku toosan korodhka qiyaasta dhammaan ardayda Madow Afrikaan ee gaarta 5+ ee darajada A*-C, oo ah 7 dhibic boqolley; waxuu korodhkani ka sarreeyaa midkii lagu arkay 'dhammaan ardayda' waddanka¹¹⁴.

Sawirka 12: Qiyaasta boqolleyda ardayda Afrikaan Madow ee hela 5+ shahaado GCSE ee darajada A*-C, 2003 iyo 2005



Isha: Warbixinta DES¹¹⁵

Maqaal ku jira wargeyska The Economist ayaa lagu soo ogaaday in sanadkii 2010 ilaa 2011 qiyaas ahaan boqolkiiba 33 carruurta Soomaaliyeed ay gaareen shan shahaado GCSE fiican, marka loo barbar dhigo boqolkiiba 59 ardayda Bangladesh iyo boqolkiiba 78 kuwa Nayjiiriya¹¹⁶. Waxaa lagu soo ogaaday xoogaa carqalado horyaalla ardayda Soomaaliyeed: aqallada buux dhaafka ah ayaa keena in carruurta ay ku yar yihiin meelaha ay ku sameeyaan shaqadooda guriga ama casharkooda guriga; xirfadaha luqadda Ingiriisiga ee gaaban ee waalidiinta Soomaaliyeed;

fikradda ay waalidiintu ku aaminsan yihiin in carruurto ay sanad kaste dugsiga horumar ku gaaraan, taasoo loogu maleeyo in ay guul fiican gaaraan (Soomaaliya ardayda natiijo xun dib ayaa loo celiyaa) ¹¹⁷.

Waxaa weliba lagu soo ogaaday¹¹⁸ in sanadkii 2000 hal dhowr iyo toban jir Soomaali ah oo keliya ee xaafadda Camden ee London ka tirsan uu shan shahaado GCSE ku qaatay darajooyin fiican; si tan wax looga qabto Xarunta Khayraadka Horumarka Dhallinyarada Soomaaliyeed ayaa la aasaasay si loola taliyo ardayda, taasoo sanadkii 2012 tirada u kicisay boqolkiiba 59¹¹⁹.

Shaxda 6 ee hoose ayaa muujinaysa hawlfulinta ardayda Soomaaliyeed marka loo eego xaaladda cuntada FSM ee xaafadda Lambeth. Waxaa ka muuqda farqi la arki karo oo u dhexeeya hawlfulinta kooxaha cuntada bilaashka ah iyo cuntada lacag laga bixiyo, inkastoo uusan jirin hannaan joogto ah oo muujinaya in hal koox ay ka natiijo fiican tahay ama ka hawlfulin fiican tahay midda kale. Khaas ahaan, farqi boqolkiiba 4 iyo boqolkiiba 3 ah ayaa u dhexeeyey kooxaha cuntada bilaashka ah iyo cuntada lacag laga bixiyo ee heerka KS2 ee 4+ sanadkii 2013 iyo 2014, sida ay iskugu daba xigaan, iyadoo kuwa lacag ka bixiya cuntooyinku ay ka natiijo fiicnaayeen ardayda Soomaaliyeed ee qaadata cuntada FSM.

Shaxda 6: Hawlfulinta ardayda Soomaaliyeed marka loo eego xaaladda Cuntada Bilaashka ah ee Dugsiga, 2013 & 2014

Sababtoo ah isbeddello muhiim ah oo lagu sameeyey warbixinnada shahaadada GCSE sanadkan, natiijooyinka sanadkii 2013 ayaanan muuqanin maxaa yeelay iminka laguma eegi karo ama lama barbar dhigi karo.

Marxalad muhiim ah		2013			2014		
		Cuntooyin Bilaash	Cuntooyin Lacag	Farqi	Cuntooyin Bilaash	Cuntooyin Lacag	Farqi
KS1 - Heerka 2B+	Akhriska	76%	76%	0%	78%	80%	+2%
	Qorista	65%	61%	-4%	71%	72%	+1%
	Xisaabta	74%	79%	+5%	80%	81%	+1%
	Meeldhexaad	72%	72%	0%	76%	78%	+2%
KS2 - Heerka 4+	Akhriska	88%	92%	+4%	86%	92%	+6%
	Xisaabta	93%	96%	+3%	89%	90%	+1%
	Meeldhexaad	90%	94%	+4%	88%	91%	+3%

Isha: Sawirka khariidadda ama shaxda ka timid warbixinta Kawnsalka Lambeth

Guusha ay ardayda Soomaaliyeed ka gaaraan dugsiga Lambeth – caddayn

xaqiiqeed¹²⁰

2.2 Caafimaadqabka iyo dheellitirka maskaxda

Natijjooyinka daruuriga ah

Caafimaadka maskaxda

- Warbixin laga helay urur Soomaaliyeed oo Ingiriiska ka jira, ayaa lagu soo ogaaday in bulshada Soomaaliyeed ee Ingiriiska jooga ay ilaa xad ku badan tahay caafimaad darrada maskaxdu oo ay si yar u isticmaalaan adeegyada caafimaadka maskaxda.
- Waxaa lagu soo ogaaday inkastoo boqolkiiba 58 ka jawaabeyaasha sahaminta ay la ahayd in ay u baahan yihiin taageerada caafimaadka maskaxda, in haddana boqolkiiba 14 oo keliya ay isticmaaleen adeegyada taageerada caafimaadka maskaxda.
- Qiyaas boqolkiiba 22 keliya ah ayaa sheegay in u tagidda adeegyada NHS ay tahay barta ugu horraysa ee loo doonto taageerada caafimaadka maskaxda oo boqolkiiba 45 jawaabeyaasha ayaa qaraabada iyo saaxiibbada u dooran lahaa barta ugu horraysa ee ay kala xiriiraan taageerada caafimaadka maskaxda.

Khamriga

- Inkastoo aanan la heli karin tirakoobyada dadka khamriga cabba ee ku jira bulshada Soomaaliyeed, haddana cilmibaaris ka timid Kawnsalka Lambeth ayaa lagu soo ogaaday in la filayo in diinta Islaamku ay bulshada Soomaaliyeed ka badbaadiso qaadashada mukhaadaraadka iyo khamriga.

Isticmaalka mukhaadaraadka

- Isticmaalka ama cunidda qaadka ayaa ka mid ah caqabadaha muhiimka ah ee ka dhex jira bulshada Soomaaliyeed ee jooga Ingiriiska. Qaadka ama jaadku waa geed caleemo leh oo dareen kiciya marka la calaliyo waxaana loo maleeyaa in bulshadu ay caadi ahaan cunaan, taasoo suurogal ah in ay u keento saamayn waxyeello leh.
- Inkastoo aanan la heli karin tirakoobyada sax ah, haddana cilmibaarista ka timid Xaafadda Lambeth ee London ka tirsan ayaa lagu soo ogaaday isticmaalka badan ee joogtada ah ee qaadka (77%) dhanka ragga iyo haweenka Soomaaliyeed ee da' walba ah.

Cabbista sigaarka

- Tirada sigaarka cabta ee ka mid ah shacabka Soomaaliyeed (ee ku salaysan bulshada Soomaaliyeed ee London) ayaa u muuqata in ay ka badan tahay shacabka guud ee Ingiriiska, waxayna uga sii badan tahay ragga 40 jir ka weyn iyo kuwa si joogto ah u cuna qaadka.
- Daraasad lagu sameeyey cabbista sigaarka bulshooyin kaladuwan, oo ay ka mid ahayd bulshada Soomaaliyeed ee London, ayaa lagu soo ogaaday in dabeecadda ka qaybqaateyaashu ay ka muujinayeen cabbista sigaarka markii ay joogeen waddankii ay ka yimaaddeen, tusaale ahaan Soomaaliya, ay saamayso dabeecadaha iyo habdhaqanka cabbista sigaarka ee bulshada haajiriinta ee Ingiriiska.

2.2.1 Caafimaadka maskaxda

Warbixin laga helay urur Soomaaliyeed oo Ingiriiska ka jira, Dhaqdhaqaaqa Ka hortagga Qabyaaladda, ayaa lagu soo ogaaday in bulshooyinka Soomaaliyeed ee Ingiriiska jooga ay ilaa xad ku badan tahay caafimaad darrada maskaxdu oo ay si yar u isticmaalaan adeegyada caafimaadka maskaxda¹²¹. Waxaa lagu soo ogaaday inkastoo boqolkiiba 58 ka jawaabeyaasha sahaminta ay la ahayd in ay u baahan yihiin taageerada caafimaadka maskaxda, in haddana boqolkiiba 14 oo keliya ay isticmaaleen adeegyada taageerada caafimaadka maskaxda.

Boqolkiiba 67 kama war haynin adeegga caafimaadka maskaxda ee ka jira degaankooda ama xaafaddooda¹²² oo boqolkiiba 78 waxaa la ahayd in adeegga caafimaadka maskaxda ee diyaarka ah uusan fahmayn bulshada

Soomaaliyeed. Qiyaas boqolkiiba 22 keliya ah ayaa sheegay in u tagidda adeegyada NHS ay tahay barta ugu horraysa ee loo doonto taageerada caafimaadka maskaxda oo boqolkiiba 45 jawaabeyaasha ayaa qaraabada iyo saaxiibbada u dooran lahaa barta ugu horraysa ee ay u doontaan taageerada caafimaadka maskaxda.

Cilmibaaris la daabacay ayaa lagu soo ogaaday in Cudurka Diiqada Ma hadhada Ka dib (Post-Traumatic Stress Disorder) (PTSD) uu ku badan yahay bulshada Soomaaliyeed, iyadoo ay ku badan yihiin niyadjabka iyo walwalku^{123 124 125}.

Cilmibaaris ayaa lagu soo ogaaday in cudurka ma hadhada PTSD uu u muuqdo in uu si isku mid ah ugu dhaco haweenka iyo ragga Soomaaliyeed¹²⁶ oo cadaadisada sii socda ee la xiriira haajiraadda iyo takoorka ayaa la soo ogaaday in ay cudurka ma hadhada PTSD u saadaaliyaan dhowr iyo toban jireyaasha Soomaaliyeed¹²⁷.

Daraasad cilmibaaris lagu sahamiyey ama lagu waraystay 428 haween oo Soomaali iyo Oromo ah ayaa lagu soo ogaaday ma hadho badan, iyadoo in ka badan boqolkiiba 90 ka qaybqaateyaasha ay guryahoodu ka lumeen, ay caddibeen militariga ama milishiyada degaanku, oo/ama ay la kulmeen gaajo nafta halis gelisa¹²⁸.

Cilmibaaris la daabacay ayaa lagu soo ogaaday¹²⁹, in haajiraadda iyo magangalyo doonku ay kordhin karaan halista cudurka maskaxda. Qaxootida iyo haajiriinta ayuu ku sii tiro badan yahay cudurka maskaxdu, iyadoo boqolkiiba 48.1 Soomaalida qaxootida ah ay buuxiyaan shuruudaha cudurka ma hadhada PTSD¹³⁰.

Daraasado cilmibaaris¹³¹ ayaa lagu soo ogaaday in bulshooyinka Soomaaliyeed ee jooga London iyo Maraykanka ay ilaa xad ku badan tahay baahida caafimaad darrada maskaxdu laakiin ay si yar u isticmaalaan adeegyada caafimaadka maskaxda.¹³² Waxaa lagu soo ogaaday, in dhowr iyo toban jireyaasha Soomaaliyeed ay weliba si yar u isticmaalaan adeegyada, laakiin ay si ka badan meelo kale gargaar uga helaan (dugsiga iyo hoggaamiyeyaasha diimeed)¹³³. Is dilis sii badan ayaa si aanan rasmi ahayn loogu soo sheegay bulshada Soomaaliyeed ee jooga London, iyadoo cudurka maskaxdu uu yahay arrin la og yahay in uu keeno halista is dilista¹³⁴.

Cilmibaaris la daabacay ayaa lagu soo ogaaday¹³⁵ in haweenka Soomaaliyeed ay sharxeen in cudurka maskaxda iyo dareennada silicu ay ka bilaabmaan oo ay Takhtarka Guud (GP) ugu tilmaami doonaan “madax xanuun”, taasoo muujinaysa sida duwan ee bulshada dhexdeeda loogu sharxo ama loogu macneeyo calaamadaha cudurka maskaxda. Calaamadaha cudurka maskaxda ee jirka ka

muuqda ayay sharxeen ama tilmaameen dadka qaangaarka ah ee Soomaaliyeed, sida dawakhaadda, aragga xun iyo kulayl ka soo baxa madaxa¹³⁶.

2.2.2 Khamriga

Inkastoo aanan la heli karin tirakoobyada dadka khamriga cabba ee ku jira bulshada Soomaaliyeed, haddana cilmibaaris¹³⁷ ka timid Xaafadda Lambeth ee London ka tirsan ayaa lagu soo ogaaday in diinta Islaamku ay tahay arrin Soomaalida ka badbaadisa qaadashada mukhaadaraadka iyo khamriga waxaana markaa la filayaa in uu yar yahay khamriga ay bulshadu cabbaan.

Daraasad¹³⁸ ka timid Finland oo ay ka qayb qaateen muunadda 512 qof oo Soomaali ah, ayaa lagu soo ogaaday in khamriga la isku badiyo uu ku yar yahay ragga Soomaalida ah (2%). Sababta ugu muhiimsan ee ay bulshadu sheegtay in khamriga la iskaga ilaaliyo waxay tahay in khamrigu uu mamnuuc ku yahay Islaamka.

Daraasad cilmibaaris loo isticmaalay habab kaladuwan¹³⁹ ayay qabteen Kooxda Mukhaadaraadka iyo Khamriga ee Xaafadda Lambeth ee London ka tirsan; in ka badan 350 ka qaybqaateyaal ayaa bulshada dhexdeeda ku soo buuxiyey xogwaraysiyo (taasoo ka mid ah qaybaha xogta ugu ballaaran ee daraasadda qaadka ee laga qabtay Ingiriiska), dib u eegista buugaagta iyo dukumeentiyada, kooxo diiradsaaris iyo waraysiyo. Waxaa lagu soo ogaaday in khamriga dadka mukhaadaraad kaladuwan qaata lagu cabbo qaadka (qiyaasaha saxda ah lama garanayo). Dadka qaadka cuna waxaa guud ahaan la ahayd oo ay ku ra'yi qabeen in uu yahay caado dhaqameed oo muhiim ah oo gebi ahaan ka tirsan aqoonsiga Soomaaliyeed, taasoo ka duwan khamriga.

2.2.3 Isticmaalka mukhaadaraadka

Isticmaalka ama cunidda qaadka ee sida loo maleeyo caadi u ah ama ku badan ayaa ka mid ah caqabadaha muhiimka ah ee ka dhex jira bulshada Soomaaliyeed ee ku kala baahsan Ingiriiska. Qaadka ama jaadku waa geed caleemo leh oo dareen kiciya marka la calaliyo waxaana suurogal ah in uu keeno saamayn waxyeello leh. Inkastoo aanan la heli karin tirakooby sax ah, haddana cilmibaarista¹⁴⁰ ka timid Xaafadda Lambeth ee London ka tirsan ayaa lagu soo ogaaday isticmaalka badan ee joogtada ah ee qaadka (77%) dhanka ragga iyo haweenka Soomaaliyeed ee da' walba ah. Waxaa taas lagu soo ogaaday saamayn weyn oo uu qaadku ku leeyahay dhaqaalaha isticmaaleyaasha, qoysaskooda iyo bulshada: marka la raaco sahaminta qiyaas ahaan boqolkiiba 50 jawaabeyaasha ayaa shaqo laawe ahaa oo lacagta isku celcelis ama meeldhexaad ah ee isticmaale kaste ka baxaysay waxay ahayd qiyaas ahaan £780 sanadkii.

Inkastoo caleemaha qaadku ay waafaqsan yihiin sharciga Ingiriiska, haddana labada walax ugu firfircooni badan ee ku jira caleemaha, ee lagu magacaabo cathine iyo cathinone, waa maandooriyeyaal la xakameeyo ee Darajada C, marka la raaco Sharciga Isticmaalka xun ee Mukhaadaraadka ama daawooyinka (1971)¹⁴¹.

Cilmibaaris¹⁴² ayaa lagu soo ogaaday inkastoo Soomaaliya cunidda qaadku ay tahay waxqabad bulsheed oo dhaqan u ah ragga Soomaaliyeed, in haddana Ingiriiska gudihisa kuwa shaqo laawaha ah ama niyadjab qaba ay caadi u tahay ama ay hannaan u leeyihiin in ay maandooriyaha cunaan, taasoo badi keenta caadaysi.

Natiijo muhiim ah oo laga helay dib u eegista buugaagta ama qoraallada¹⁴³ ku saabsan isticmaalka maandooriyaha ee bulshada Soomaaliyeed ayaa ah in isticmaaleyaasha maandooriyaha iyo qoysaskoodu ay dhibaatooyin kala kulmeen helitaanka adeegyada iyo baahida ay u qabaan adeegyo dhaqanka tixgeliya.

Dib u eegista buugaagta¹⁴⁴ ayaa lagu soo ogaaday in bulshooyinka qaadka cuna, ragga siyaado looga filan karo in ay maandooriyaha isticmaalaan marka loo barbar dhigo haweenka. Tusaale ahaan, daraasad ku saabsan isticmaalka qaadka oo laga qaaday 602 Soomaali oo jooga London, Birmingham, Bristol iyo Sheffield waxaa lagu soo ogaaday in boqolkiiba 14 jawaabeyaasha haweenka ah ay soo sheegeen in ay qaadka dhawaan isticmaaleen (boqolkiiba 16 'weligood isticmaalay') marka loo barbar dhigo boqolkiiba 51 jawaabeyaasha ragga ah (boqolkiiba 58 'weligood isticmaalay'). Falanqaynta warbixinta ayaa tilmaamaysa sababtoo ah dhaleecada ka timaadda isticmaalka qaadka, in la filayo in haweenku ay qiran waayaan in ay qaadka isticmaalaan oo laga yaabo in ay keligood qaataan halkii ay bulshada dhexdeeda kaga cuni lahaayeen. Haweenka ayaa weliba u muuqda in siyaado looga filayo in ay dhibaato u arkaan qaadka ay isticmaalaan ama cunaan¹⁴⁵. Boqolkiiba 40 qaybta jawaabeyaasha ee daraasadda ayaa lagu soo sheegay in bulsho dhexgalku uu yahay sababta ugu caadi ah ee qaadka loo isticmaalo¹⁴⁶. 'Si loogu xiise qaato oo loogu raaxaysto' ayaa ahayd sababta labaad ee loogu jeclaa ee ay tilmaameen dadka muunadda ka mid ahaa (17%).

Daraasad kale¹⁴⁷ oo laga qaaday isticmaalka qaadka oo ay ka mid ahaayeen 45 waraysi iyo 11 koox diiradsaaris ay ka qayb galeen xubnaha bulshada Soomaaliyeed, Yamani iyo Itoobiyaad ayaa lagu sheegay in qaadku uu yahay sabab ay saaxiibbadu iskugu yimaaddaan oo ay ka wada hadlaan arrimaha khuseeya

bulshooyinkooda¹⁴⁸. Yaraynta diiqada ama buuqa maskaxda ayaa ahayd sabab kaloo loo sheegay isticmaalka oo ay tilmaameen boqolkiiba 11 jawaabeyaashu. Jawaabeyaashan ayay badi la ahayd in cunidda qaadku ay tahay wax fiican oo ay iskaga jeediyaan dhibaatooyinka kaladuwan ee ku wajahan¹⁴⁹. Daraasad¹⁵⁰ lagu qiimeeyey sida ay dhallinyarada Soomaaliyeed ee Ingiriiska joogta u isticmaalaan qaadka iyo fikradaha ay ka qabaan ayaa lagu waraystay 94 dhallinyaro Soomaali ah. 83 ka mid ahaa jawaabeyaasha ayaa soo sheegay in Soomaalida ay ku wajaahan caqabado dheeraad ah oo u sii fududeeya isticmaalka qaadka, waxaana ka mid ah shaqo la'aanta, aqoon la'aanta caafimaadka Ingiriiska, nidaamyada bulsheed iyo waxbarashada, caalwaaga ka yimaadda carqaladaha dhaqameed iyo kuwa luqadda iyo dareennada tabidda waddankii iyo waddan la'aanta ka timid xaaladooda qaxootinimada¹⁵¹.

2.2.4 Cabbista sigaarka

Tirada sigaarka cabta ee ka mid ah shacabka Soomaaliyeed (ee ku salaysan bulshada Soomaaliyeed ee London) ayaa u muuqata in ay ka badan tahay shacabka guud ee Ingiriiska, waxayna uga sii badan tahay ragga 40 jir ka weyn iyo kuwa si joogto ah u cuna qaadka¹⁵². Daraasad¹⁵³ lagu sameeyey cabbista sigaarka bulshooyin kaladuwan, oo ay ka mid ahayd bulshada Soomaaliyeed ee London, ayaa lagu soo ogaaday in dabeecadda ka qaybqaateyaashu ay ka muujinayeen cabbista sigaarka markii ay joogeen waddankii ay ka yimaaddeen, tusaale ahaan Soomaaliya, ay saamayso dabeecadaha iyo habdhaqanka cabbista sigaarka ee bulshada haajiriinta ee Ingiriiska. Waxay tani gaar ahaan waxtar u leedahay haajiriinta dhawaan yimid, khaas ahaan kuwa ka yimid waddamada ay dad badan sigaarka ku cabbaan iyo halka

***qaabab kaloo sharciyeed iyo dhaqameed looga isticmaalo ama looga adeegsado isticmaalka tubaakada*¹⁵⁴.**

Daraasad ay qabteen hay'adda kansarka ee Cancer Research iyo jaamacadda University College London oo ku saabsan *Dabeecadaha ay Cabbista sigaarka ka muujiyaan iyo Sida ay ugu badan tahay Shacabka Soomaaliyeed ee London*¹⁵⁵ ayaa lagu soo ogaaday aqoon gaaban oo ay bulshadu ka haystaan adeegyada joojinta sigaarka ee degaanka ama xaafadda. Ra'yicelinta ugu muhiimsan waxaa ka mid ahaa qaabka iyo xayaysiinta aanan waxtar lahayn ee Adeegyada Joojinta Sigaarka ee NHS, iyo habdhaqanka caafimaadka ee dhibaataada lagaga hortago ee aanan caddayn.

Waxaa daraasadda weliba lagu soo ogaaday, marka la eego sigaar cabbeyaasha hadda ee lagu sahamiyey daraasadda¹⁵⁶, in ka yara badan nus Soomaalida ayaa soo sheegay in ay ugu yaraan hal jeer isku dayeen in ay iska joojiyaan, taasoo in badan ka hoosaysa qiimaynta boqolkiiba 80 ee shacabka guud ee sigaar cabbeyaasha. Waxaa taas lagu soo ogaaday xiriir adag oo ka dhexeeya isticmaalka qaadka iyo cabbista sigaarka: Boqolkiiba 71 dadka qaadka cuna ayaa weliba sigaar cabba, laakiin boqolkiiba 10 oo keliya oo ka mid ah dadka aanan qaad cunin ayaa sigaar cabba. Waxaa taas lagu soo ogaaday caadaysiga maaddada sigaarka ee nikotiin oo ku sii badan bulshada Soomaaliyeed. Qaybta daraasadda ee sigaar cabbeyaasha Soomaaliyeed nuskeed ayaa cabbayey in ka yar 10 sigaar maalintii. Hase yeeshee, boqolkiiba 76 sigaar cabbeyaasha Soomaaliyeed ayaa sigaarkoodii ugu horreeyey cabbay 30kii daqiiqo ee ku xigay lugaynta, qiyaastaas oo aad u badan marka loo barbar dhigo shacabka guud ee Ingiriiska ee sigaar cabba (boqolkiiba 40 ayaa sigaar cabba 30ka daqiiqo ee ku xiga lugaynta)¹⁵⁷. Cabbista

sigarka 30ka daqiiqo ee ku xiga lugaynta ayaa tilmaamaysa caadaysiga badan ee maaddada nikotiin waxaana laga fahmi karaa in caadaysiga ku jira shacabka Soomaaliyeed uu ka badan yahay meelhexaadka qaran¹⁵⁸.

Daraasad ka timid Finland, oo hore lagu sheegay, ayaa isticmaashay muunadda 512 Soomaali waxaana lagu baaray dabeecadaha ay bulshadu ka muujiso cabbista sigarka iyo sida ay ugu badan tahay¹⁵⁹. Waxaa lagu soo ogaaday in cabbista sigarka maalin walba ay ku yar tahay ragga Soomaaliyeed (10%) oo ay kuba sii yar tahay haweenka Soomaaliyeed (1%) marka loo barbar dhigo shacabka guud (15%). Waxaa weliba lagu soo ogaaday in cabbista sigarka joogtada ah ee nolosha oo dhan ee shacabyada haajiriinta ah ay ka yar tahay shacabka guud ee Finland. Cabbista sigarka joogtada ah ee nolosha oo dhan iyo cabbista sigarka maalin walba ee hadda ee ragga ayaa ka badan haweenka marka la eego dhammaan shacabyada daraasad laga qaaday, oo ay ka mid yihiin bulshada Soomaaliyeed.

2.3 Habnololeedka caafimaad leh

Natijoooyinka daruuriga ah

Cuntada

- Daraasado taxane ah ayaa lagu soo ogaaday in ay aad u yar tahay qiyaasta miraha iyo khudaarta darayga ah ee ay Soomaalidu cunaan, waxaana sababaha taas lagu sheegay ka mid ah cadaadisyaada maaliyadeed, miraha iyo khudaarta oo dhaqan ahaan ku xiran saboolnimada, iyo dalagga darayga ah ee ka maqan dukaannada xaafadda.
- Daraasad lagu qabtay Ingiriiska ayaa lagu soo ogaaday in qiyaas ahaan boqolkiiba 97 jawaabeyaasha Soomaalida ah ay cunaan in ka yar 2 miro maalintii iyo in boqolkiiba 92 ay cunaan in ka yar 2 jeex khudaar maalintii.

Cayilnaanta

- Daraasad lagu qabtay Maraykanka ayaa lagu soo ogaaday in tusiyaha BMI ee dhexe uu 24 u ahaa ragga Soomaaliyeed iyo in uu 29 u ahaa haweenka Soomaaliyeed.
- Boqolkiiba 61 ka qaybqaateyaashu waxay lahaayeen culays siyaado ah ama way cayilnaayeen, oo boqolkiiba 27 ayaa cayilnaa. Dadkan cayilan, boqolkiiba 67 ayaa haween ahaa; 2 keliya ayaa rag ahaa.
- Waxaa taas lagu soo ogaaday in dadka siyaado ugu cayilan (BMI >35) ee haweenka ah (60%) ay da'doodu ahayd 40–65 jir.

2.3.1 Cuntada

Daraasado taxane ah^{160 161} ayaa lagu soo ogaaday in ay aad u yar tahay qiyaasta miraha iyo khudaarta darayga ah ee ay Soomaalidu cunaan¹⁶², waxaana sababaha taas lagu sheegay ka mid ah cadaadisyaada maaliyadeed, miraha iyo khudaarta oo dhaqan ahaan ku xiran saboolnimada, iyo dalagga darayga ah ee ka maqan dukaannada xaafadda¹⁶³. Daraasad lagu qabtay Ingiriiska ayaa lagu soo ogaaday in qiyaas ahaan boqolkiiba 97 jawaabeyaasha Soomaalida ah ay cunaan in ka yar 2 miro maalintii iyo in boqolkiiba 92 ay cunaan in ka yar 2 jeex khudaar maalintii¹⁶⁴.

Waxaa qaybtan laga helayaa fikradaha ama fahanka ka soo baxay daraasadaha kaladuwan ee dabiiciga ah ee laga qaaday cuntada bulshada Soomaaliyeed iyo dhibaatooyinka la filayo in ay uga yimaaddaan caafimaadka. Daraasad London lagu qabtay sanadkii 2009 ayaa ka koobnayd 8 koox diiradsaaris oo ay ku jireen 62 ka qaybqaateyaal Soomaali ah iyo sahamin laga qaaday 77 jawaabeyaal Soomaali ah. Waxaa taas lagu soo ogaaday in bulshadu aanay hubin waxa ka mid ah cuntada caafimaad leh, fikrad guud oo ay bulshadu ka qabeen in cuntada Soomaaliyeed ay caafimaad xun tahay iyo in ay tani saamayn xun u leedahay caafimaadka¹⁶⁵. Waxaa taas lagu muujiyey baahida loo qabo in la barto sida loo diyaariyo cuntada caafimaad leh, iyadoo boqolkiiba 60 oo keliya dadka sahamin laga qaaday ay waafaqsanaayeen in ay cuntadoodu caafimaad leedahay¹⁶⁶. Waxaa la soo sheegay in cuntada maalin walba la qaato aanay si joogto ah qayb uga ahayn cunidda miraha iyo khudaartu, iyadoo tiro aad u yar oo ka mid ah jawaabeyaasha sahaminta laga qaaday ay cunaan in ka yar 2 jeex toddobaadkii ee miro iyo khudaar (boqolkiiba 29 miraha; boqolkiiba 24 khudaarta)¹⁶⁷.

Daraasadda ayaa lagu soo ogaaday in cuntada caadiga ah ee Soomaalidu ay ka kooban tahay bariis, baasto, iyo hilib cas, iyadoo hilibka loo arko qayb muhiim ah oo ka mid ah cuntada. Hannaanka ama caadada wax lagu cuno waxay ahayd hal cunto muhiim ah maalintii xilliga qadada ama horraanta galabtii iyadoo boqolkiiba 64 ay soo sheegeen in ay waqtiyo dhaadheer u dhexeysiiyaan cuntooyinka, oo boqolkiiba 51 cuwaaf ma qaataan inta u dhexeysa waqtiyada cuntada¹⁶⁸. Cuntooyinka dibadda laga soo qaato ee la duubo ayay raggu jecel yihiin, gaar ahaan kuwa keligood meel ku nool. Qiyaas badan ee sonkor (4-6 qaaddo yar) ayaa lagu daraa shaaha¹⁶⁹.

Sidoo kale, cilmibaaris ka timid Maraykanka ayaa lagu soo ogaaday in qaar ka mid ah haweenka iyo ragga Soomaaliyeed ee jooga Minnesota ay aqoon u leeyihiin waxa ka mid ah cuntada caafimaad leh¹⁷⁰, halka daraasado kale xataa kuwo lagu sameeyey Ingiriiska lagu soo ogaaday in ay leeyihiin aqoon gaaban¹⁷¹.

Daraasad¹⁷² ka timid Maraykanka ayaa lagu soo ogaaday in haajiriinta Soomaaliyeed ay sii qaataan cuntada dhaqan u ah, oo ay ku daraan cuntada dhakhsada ah ee Galbeed. Waxaa daraasadda lagu soo ogaaday in xogta qaran ee ku saabsan cuntada ee ka timid Soomaaliya iyo Maraykanka lagu sheegay in waxyaabo ka fog ay saameeyaan qaadashada cuntada, sida deegaanka ama dhulka cuntada/ diyaar ahaanta noocyo cunto gaar ah: waxaa taas lagu muujiyey isbarbardhigyo lagu sameeyey Soomaaliya oo boqolkiiba 93 maaddada kaloriga ee la helo ay ka timaaddo khudaarta halka ay Maraykanka ka timaaddo oo keliya boqolkiiba 72¹⁷³ 174.

2.3.2 Cayilnaanta

Iminka lama hayo xog ku saabsan tirada dadka cayilan ee ka mid ah bulshada Soomaaliyeed ee jooga Ingiriiska, hase yeeshee, daraasad lagu sameeyey Maraykanka ayaa fikrad ama fahan waxtar leh ka bixinaysa mawduucan. Daraasadda ayaa lagu soo ogaaday¹⁷⁵ in tusiyaha BMI ee dhexe uu 24 u ahaa ragga Soomaaliyeed iyo in uu 29 u ahaa haweenka Soomaaliyeed; boqolkiiba 61 ka qaybqaateyaashu waxay lahaayeen culays siyaado ah ama way cayilnaayeen, oo boqolkiiba 27 ayaa cayilnaa. Dadka cayilan, boqolkiiba 67 ayaa haween ahaa; 2 keliya ayaa rag ahaa¹⁷⁶. Inta ka mid ah cayilnaanta siyaadada ah (BMI >35), haweenka siyaado ugu cayilnaa (60%) waxay da'doodu ahayd 40–65 jir.¹⁷⁷

Daraasad ayaa lagu eegay tusiyaha culayska jirka (body mass index) (BMI), saamiga quman ee dhexda iyo misigta (waist-to-hip ratio) (WHR), iyo heerka jirdhisnaanta haweenka Soomaaliyeed (t=31) oo loo barbar dhigay kuwa haweenka caddaanka ah ee New Zealand, iyadoo boqolkiiba 36 haweenka Soomaaliyeed ay lahaayeen tusiye BMI>30 kg/m² marka loo barbar dhigo boqolkiiba 19 keliya haweenka caddaanka ah^{178 179}. Markii la isku daray qaybaha culayska siyaadada ah ee BMI> 25 kg/m² iyo kuwa cayilan, boqolkiiba 71 haweenka Soomaaliyeed ayaa kooxdan ku jiray^{180 181}. Waxaa daraasadda weliba lagu soo ogaaday in uusan farqi u dhexeynin kooxaha ku jiray saamiga WHR. Waxaa taas weliba lagu muujiyey xuduudda lala kulmo marka la isticmaalo tusiyaha BMI si loogu qiimeeyo halista caafimaadka iyo cayilnaanta jinsiyadaha laga tiro badan yahay waxaana carrabka lagu saaray oo lagu adkeeyey faa'iidada u barbar dhigan ee ay leedahay marka la isticmaalo saamiga WHR.

Marka la raaco daraasad kale^{182 183}, dhuubnaanta dhaqan ahaan laga doorbido Galbeedka ayay guud ahaan qaateen oo ay dhaqan geliyeen bulshooyinka jinsiyadaha laga tiro badan yahay ee Ingiriisku. Mujtamacyo dhaqameed, oo aanan reer Galbeed ahayn ayaa cayilnaanta u arka calaamad tilmaamaysa barwaaqada iyo guusha: daraasad dabiici ah oo laga qaaday haweenka da' yar ee Soomaaliyeed ee jooga England¹⁸⁴ ayaa lagu soo ogaaday, inkastoo ay ka war hayaan sida ay tahay qiyaasta jirka caafimaad leh, in haddana ay ku xanniban yihiin dabeecadaha dhaqameed ee Soomaalida ka weyn oo doorbida qiyaasaha jirka ballaaran.

Cilmibaaris¹⁸⁵ ay wadajir u qabteen kawnsallada Kensington & Chelsea iyo Westminster oo laga qaaday bulshada Soomaaliyeed ayaa lagu soo ogaaday in fahan gaaban laga haysto cuntada caafimaad leh. Natijada daraasadda ka soo

baxday waxaa ka mid ahayd in dadka Soomaaliyeed ay sheegaan in ay xorriyad dheeraad ah u lahaayeen in ay cunaan waxa ay rabaan markii ay Soomaaliya joogeen iyagoo aanan halis kala kulmin culays caafimaad xun oo fuula. Isbeddelka deegaanka ama dhulka iyo habnololeedka ee soo raaca haajiraadda lagu yimid Ingiriiska ayaa keenay baahida loo qabo in la qaato cunto ka caafimaad badan, iyadoo Soomaali badan aanay ka war haynin in qaar ka mid ah xaaladaha caafimaadka ee iminka ku badan bulshada (matalan cudurka wadnaha, dhiigkarka, koolastaroolka badan, cudurka macaanka ama sonkorowga ee nooca 2, cudurka faaliga iwm) ay toos ugu xiran yihiin cayilnaanta¹⁸⁶.

Daraasad isbarbardhigis leh¹⁸⁷ oo laga qaaday bulshada Soomaaliyeed ee jooga Norway iyo Soomaaliland

a

ayaa lagu soo ogaaday inkastoo tusiyaha BMI sarreeya ee haweenka Soomaaliyeed ee Norway jooga uu ka tiro badan yahay haweenka jooga Soomaalida, in haddana labada koox ay si isku mid ah ugu badan tahay cayilnaanta dhexdu (wareegga dhexda, WC \geq 88 cm)¹⁸⁸. Ragga Soomaaliyeed, tirada cayilnaanta dhexda (WC \geq 102 cm) ee inta joogta Soomaaliland ayaa ka yar inta joogta Norway¹⁸⁹. Qiyaasta tirada badan ee cayilnaanta (tusiyaha culayska jirka \geq 30 kg/m²) ayaa u ahayd boqolkiiba 44 iyo boqolkiiba 31 haweenka Soomaaliyeed ee jooga Norway iyo Soomaaliland, sida ay iskugu daba xigaan. Iyadoo taas ka soo horjeedda, tirada

^a Soomaaliland waa gobol is maamula oo ku yaalla waqooyiga Soomaaliya, oo Soomaaliya ka go'ay oo gobanimo ka sheegtay sanadkii 1991.

badan ee cayilnaanta ayaa ku yar ragga (boqolkiiba 9 Norway; boqolkiiba 6 Soomaaliland) ¹⁹⁰.

Daraasad¹⁹¹ ka timid Maraykanka oo ku saabsan tirada badan ee culayska siyaadada ah, cayilnaanta, iyo cudurrada soo raaca ee ku jira bulshada haajiriinta Soomaaliyeed ayaa loo isticmaalay muunadda dad qiyaas ahaan 250 qof ah oo ka mid ah bulshada. Waxaa taas lagu soo ogaaday in haajiriinta Soomaaliyeed ee soo galay Minneapolis aanay baranin oo keliya caadooyinka cuntada reerka Galbeedka laakiin in ay weliba gaareen isla sicirka ama tirada safmarka ee culayska siyaadada ah iyo cayilnaanta¹⁹². Hase yeeshee, cayilnaanta Soomaalida ku jirta kuma xirna cudurka sonkorowga ama cudurka koolastaroolka badan (hypercholesterolemia). Waxaa daraasadda lagu soo ogaaday in tusiyaha BMI ee dhexe uu 24 u ahaa ragga iyo in uu 29 u ahaa haweenka. Boqolkiiba 61 ka qaybqaateyaashu waxay lahaayeen culays siyaado ah ama way cayilnaayeen, oo boqolkiiba 27 ayaa cayilnaa. Dadka cayilan, boqolkiiba 67 ayaa haween ahaa; 2 keliya ayaa rag ahaa.¹⁹³. Labo iyo laabatan qof oo daraasadda laga qaaday (20 haween iyo 2 rag) ayaa lahaa cayilnaanta siyaadada ah (BMI >35). Haweenka siyaado ugu cayilnaa (60%) waxay da'doodu ahayd 40–65 jir¹⁹⁴. Tirada badan ee cudurka gulukooska ayaa ahayd oo keliya boqolkiiba 6 waxayna tirada badan ee cudurka baruurta badan ee dhiiggu ahayd boqolkiiba 5¹⁹⁵.

2.4 Firfircoonida da' walba iyo karti walba

Natijjooyinka daruuriga ah

Firfircoonida jirka

- Guud ahaan heerka firfircoonida jirka ayaa ku yar bulshada Soomaaliyeed, oo sida bulshooyinka jinsiyadaha laga tiro badan yahay intooda ugu badan, haweenka Soomaaliyeed ayaa taas kaga yar ragga.
- Marka la raaco cilmibaarista, haweenka Soomaaliyeed waxay la ahayd in firfircoonidooda jirka ama waxqabadyadooda firfircoon ay hoos u dhaceen iyo in ay ka firfircooni badnaayeen ka hor intii aanay soo haajirin.
- Carqaladaha laga sheegay firfircoonida jirka waxaa ka mid ah la'aanta gaadiid lagu tago xarumaha jimicsiga, cadaadisyaada maaliyadeed ee ka jira rukumashada ama is qorista, fursadaha gaaban ee ka diyaar ah dharka jiilaalka ee dibadda ee habboon, iyo xarumaha haweenka oo keliya loogu talagalay oo aanan jirin.

2.4.1 Firfircoonida jirka

Guud ahaan heerka firfircoonida jirka ayaa ku yar bulshada Soomaaliyeed, oo sida bulshooyinka jinsiyadaha laga tiro badan yahay intooda ugu badan, haweenka Soomaaliyeed ayaa taas kaga yar ragga¹⁹⁶. Marka la raaco cilmibaarista, haweenka Soomaaliyeed waxay la ahayd in firfircoonidooda jirka ama waxqabadyadooda firfircoon ay hoos u dhaceen iyo in ay ka firfircooni badnaayeen ka hor intii aanay soo haajirin¹⁹⁷.

Daraasado ayaa lagu soo ogaaday in haweenka Soomaaliyeed ay muujiyeen in ay ka war hayaan halisaha caafimaadka ay u leedahay nolosha dhaqdhaqaaqa yar; carqaladaha laga sheegay firfircoonida jirka waxaa ka mid ah la'aanta gaadiid lagu tago xarumaha jimicsiga, cadaadisyaada maaliyadeed ee ka jira rukumashada ama is qorista, fursadaha gaaban ee ka diyaar ah dharka jiilaalka ee dibadda ee habboon, iyo xarumaha haweenka oo keliya loogu talagalay oo aanan jirin.¹⁹⁸.

Waxaa cilmibaaris lagu soo ogaaday¹⁹⁹ xiriir ka dhexeeya firfircoonida jirka ee ka badan sanado ka dib markii la soo haajiray iyo heerka waxbarashada. Daraasad²⁰⁰ ayaa ku murmaysa in xiriirkani uu ka dhignaan karo in aqoonta laga haysto faa'iidooyinka ku jira jimicsigu ay ka xoog badnaan karto oo ay dib u celin karto caadooyinka mujtamaca dhaqan u ah.

Daraasad lagu qabtay Ingiriiska²⁰¹ taasoo haween Soomaaliyeed lagaga waraystay waayaha ama dhacdooyinka ka soo maray carruurnimada ayaa laga helayaa fikrado la yaab leh oo ku saabsan firfircoonida jirka iyo isticmaalka bannaanada dibadda. Hooyooyinka Soomaaliyeed ayaa nolosha Soomaaliya ku sharxay ama ku tilmaamay mid uu deegaanku qaabeeyo - cadceedda oo lala kaco, guriga oo hurdo gaaban loo yimaaddo duhurka, iyo carruurta oo guriga ku soo noqota oo wax cunta oo seexata marka eedaanka laga maqlo masaajidka waqtiga cadceed dhaca. Waxay sheegeen in carruurta loo oggol yahay in ay dibadda warwareegaan islamarka ay guurguuran karaan ama socon karaan iyadoo hal hooyo ay ku faallootay: '...dadku waxay ku nool yihiin aqallo u eeg guryaha nooca bungalow ee hal dabaq leh, inta ugu badan oo ma jiraan guryaha dabaqa ah... markaa subaxdii ayaad albaabka furtaa uun... islamarka ay carruurta socodka bilaabaan, waxaa loo sii daayaa dibadda'. Waxay tan barbar dhigeen nolosha ay Ingiriiska ku leeyihiin iyagoo ku nool guryo dabaq ah oo ku jira meelo ka ciriirisan waxaana loo baahan yahay dadaal dheeraad ah si bannaanada dibadda wax loogu sameeyo.

2.5 Shaqada iyo waxbarashada fiican

Natijoooyinka daruuriga ah

Shahaadooyinka, xirfadaha iyo tababbarka

- Sida ay sheegtay Wasaaradda Guduhu, boqolkiiba 64 qaxootida Soomaaliyeed ayaa leh heer hoose ee xirfadaha luqadda Ingiriisiga waqtiga Ingiriiska lagu siiyo go'aankooda magangalyada, tan oo la filayo in ay wax ka dhinto kartida ay u leeyihiin in ay shaqo helaan; boqolkiiba 28 ayaa meeldhexaad ku faseexan, oo boqolkiiba 8 ayaa aqoon sare u leh.
- Tirakoobyada Wasaaradda Gudaha ayaa lagu soo ogaaday in sicirka ama tirada shaqadu ay waqti ka dib kordhaan, iyadoo boqolkiiba 20 qaxootidu ay shaqo helaan 8 bilood ka dib go'aanka magangalyada, boqolkiiba 28 oo shaqo haya 15 bilood ka dib, iyo boqolkiiba 39 oo shaqo haya 21 bilood ka dib.

Dhaqdhaqaaqa maaliyadeed

- Soomaalidu waxay ka mid yihiin dadka ugu shaqo yar waddanka iyadoo tobankiiba hal keliya ay hayaan shaqo waqti buuxa. Daraasad ayaa lagu soo ogaaday in shaqo la'aanta, oo ay ku jirto shaqada gallin ah ama saacado kooban, ay weli Soomaalida ku badan tahay – taasoo ka badan boqolkiiba 70.
- Xogta xafiiska ONS ayaa muujinaysa dhaqdhaqaaq la'aanta maaliyadeed iyo shaqo la'aanta ku badan bulshada Soomaaliyeed, gaar ahaan haweenka Soomaaliyeed (84%).

Guryeynta ama guryaha

- Reero badan oo Soomaali ah ayaa ku nool duruuf ama xaalado buuxdhaaf xun leh. Marka la raaco daraasad cilmibaaris oo la qabtay in ka badan nus reeraha Soomaaliyeed ee daraasadda laga qaaday ayaa ku noolaa xaalado buuxdhaaf leh.
- Waxaa taas lagu soo ogaaday in qiyaasta meeldhexaadka ah ee qoyska reerka Soomaaliyeed ay ahayd afar, hase yeeshee guryaha in ka badan rubuc ayay ku noolaayeen lix qof ama in ka badan.

Caafimaadka guud

- Marka la eego caafimaadka guud, boqolkiiba 86 degganeyaasha Soomaaliya ku dhashay ee sahamin laga qaaday ee jooga gobolka West Midlands waxay la ahayd in uu caafimaadkoodu aad u fiican yahay ama fiican yahay, taasoo ka badan degganeyaasha Soomaaliya ku dhashay ee deggan England iyo Wales (82%).
- Gobolka West Midlands boqolkiiba 4.8 degganeyaasha Soomaaliya ku dhashay waxay la ahayd in uu caafimaadkoodu xun yahay ama aad u xun yahay, taasoo ka yar kuwa ku nool ee ku kala baahsan England iyo Wales (7%).

Dheellanka caafimaadka, cudurka waqti dheer ama naafada

- Marka la raaco sahaminta Dhibaataada Caafimaadka ee Waqti dheer ama Naafada, boqolkiiba 89 degganeyaasha Soomaaliya ku dhashay ee ku nool dhibaato caafimaad oo waqti dheer ama naafo ee jooga gobolka West Midlands waxay la ahayd in aanay taasi saamaynin waxqabadyadooda maalinba maalin ku xigta, marka loo barbar dhigo boqolkiiba 11 oo ay la ahayd in ay saamayso.

2.5.1 Shahaadooyinka, xirfadaha iyo tababbarka

Sida ay sheegtay Wasaaradda Guduhu, boqolkiiba 64 qaxootida Soomaaliyeed ayaa leh heer hoose ee xirfadaha luqadda Ingiriisiga waqtiga Ingiriiska lagu siiyo go'aankooda magangalyada, tan oo la filayo in ay wax ka dhinto kartida ay u leeyihiin in ay shaqo helaan²⁰²; boqolkiiba 28 ayaa meeldhexaad ku faseexan, oo boqolkiiba 8 ayaa aqoon sare u leh.

Tirakoobyada Wasaaradda Gudaha ayaa lagu soo ogaaday in sicirka ama tirada shaqadu ay waqti ka dib kordhaan, iyadoo boqolkiiba 20 qaxootidu ay shaqo helaan 8 bilood ka dib go'aanka magangalyada, boqolkiiba 28 oo shaqo haya 15 bilood ka dib, iyo boqolkiiba 39 oo shaqo haya 21 bilood ka dib²⁰³ (eeg *shaxda 8*).

Shaxda 7: Xirfadaha luqadda Ingiriisiga ee qaxootida waqtiga go'aanka magangalyada, 2005-2007

(baarista 1) ku salaysan waddanka laga yimid; Jawaabeyaasha: 5,535

Waddanka laga yimid	Xirfadaha luqadda Ingiriisiga		
	Sare	Dhexe	Hoose
Zimbabwe	87%	11%	2%
Itoobiya	37%	46%	18%
Baakistaan	30%	29%	41%
Jamhuuriyadda Dimoqraadiyeed ee Kongo/Kongo	22%	42%	37%
Eritariya	20%	53%	26%
Suudaan	12%	41%	47%
Soomaaliya	8%	28%	64%
Turki	5%	21%	74%

Isha: Wasaaradda Gudaha²⁰⁴

Shaxda 8: Sicirrada ama tirooyinka shaqada qaxootida cusub 8, 15 iyo 21 bilood ka dib go'aanka magangalyada, 2005-2007

	Bilaha ka dambeeya go'aanka magangalyada		
	8 (baarista 2)	15 (baarista 3)	21 (baarista 4)
	Boqolleyda koox kaste ee shaqo haysa		
Da'da salka aasaasi ah			
18-24	28	40	50
25-34	36	45	50
35-44	36	42	46
45+	25	31	35
Jinsiga			
Lab	41	53	61
Dheddig	18	22	24
Degaanka laga yimid			
Eritariya	18	36	43
DRC/ Kongo	26	32	47
Soomaaliya	20	28	39
Suudaan	25	28	49
Zimbabwe	60	68	62
Baakistaan	20	29	43
Itoobiya	19	33	19

Isha: Wasaaradda Gudaha²⁰⁵

Hal sabab oo la sheegay in ay ka dambayso tirada yar ee shaqada haweenka Soomaaliyeed waxay ahayd xirfadaha luqadda Ingiriisiga ee gaaban. Cilmibaaris ka timid hay'adda Joseph Rowntree Foundation (JRF) ayaa lagu soo ogaaday in xirfadaha luqaddu ay yihiin carqalad weyn oo haweenka Soomaaliyeed ka hor taagan gelitaanka suuqa shaqada. Inkastoo dad badan oo loo waraystay cilmibaarista hay'adda JRF ay ku damac sheegteen barashada af Ingiriisiga iyo helitaanka waxbarasho iyo tababar dheeraad ah, haddana qaar badan ayaa ku ra'yi qabay in masuuliyadaha daryeelka carruurta ay tan adkeeyaan²⁰⁶. Waxaa taas weliba lagu soo ogaaday in haweenka Soomaaliyeed siyaado looga filan karo in ay daryeel bixiyaan, iyadoo hooyooyinka qaarkood ay door bidaan in ay daryeelaan carruurta ay dhaleen oo ay ku noolaadaan xaalad ka hoosaysa xadka saboolnimada ee rasmiga ah halkii ay ka isticmaali lahaayeen daryeelka carruurta ee rasmiga ah.

Warbixinta ayaa weliba lagu soo ogaaday²⁰⁷ in bulshadu ay aqoonsan tahay in la'aanta shahaadooyinka iyo xirfaduhu ay weliba carqalad u tahay helitaanka shaqada, iyadoo la fahansan yahay in dadka waxbarashadoodu ay gaaban tahay ee aanan xirfado lahayn ay halis ugu jiraan in ay la kulmaan saboolnimo ku soo noqnoqota, waxaana ka mid ah waalidiinta kelida ah, shaqo laaweyaaha, dadka aanan lahayn dhaqdhaqaaq ama waxqabad maaliyadeed iyo shaqaalaha xirfad leh ee gacanta ku shaqeeya iyo kuwa xirfado hoose leh.

2.5.2 Dhaqdhaqaaqa maaliyadeed

Soomaalidu waxay ka mid yihiin dadka ugu shaqo yar waddanka iyadoo tobankiiba hal keliya ay hayaan shaqo waqti buuxa²⁰⁸. Daraasad ayaa lagu soo ogaaday in shaqo la'aantu ay weli Soomaalida ku badan tahay – taasoo ka badan boqolkiiba 70²⁰⁹. Xogta xafiiska ONS ayaa muujinaysa dhaqdhaqaaq

la'aanta maaliyadeed iyo shaqo la'aanta ku badan bulshada Soomaaliyeed. Saddexdii bilood ee ilaa bishii Juun 2008, xafiiska ONS ayaa soo ogaaday in tirada ragga ugu badan ee aanan shaqo haynin ay khusaysay Soomaaliya, iyadoo taagnayd boqolkiiba 41. Sidoo kale, haweenka Soomaaliyeed ayaa ugu tiro badnaa dhaqdhaqaaq la'aanta ama waxqabad la'aanta, iyadoo taagnayd boqolkiiba 84²¹⁰.

Xogta xafiiska ONS ayaa weliba muujinaysa in boqolkiiba 31 ragga Soomaaliyeed iyo boqolkiiba 84 haweenka Soomaaliyeed ay ku jireen dhaqdhaqaaq la'aan maaliyadeed oo aanay haynin waxqabad dhaqaale lagu helo. Inta lahayd dhaqdhaqaaq maaliyadeed, boqolkiiba 41 ragga iyo boqolkiiba 39 haweenka ayaa bilaa shaqo ahaa ama shaqo laawe ahaa. Sicirrada shaqada ama tirada shaqo haysa waxay ahaayeen boqolkiiba 40 ragga iyo boqolkiiba 10 haweenka. Sicirka shaqada ragga ee sanadkii 2008 ayaa ka soo kacay boqolkiiba 21.5 ee sanadkii 1998 (eeg shaxda ku jirta warbixinta xafiiska ONS, bog. 7²¹¹).

Sidoo kale, daraasad²¹² ayaa lagu shaaciyey laga bilaabo sanadkii 2003 ilaa 2013, in sicirka shaqada ama tirada shaqaysa ee shacabka Soomaaliya ku dhashay ay si dhif ah uga sarraysay qiyaasta boqolkiiba 20 ee shacabka shaqeeya ee 16–64 jir ah. Waxaa taas weliba lagu soo ogaaday in xogta Sahaminta Xoogga Shaqaaluhu ay tilmaamayso tirooyin shaqo la'aan aanan ku habboonayn oo ku jirta dadka 25 jir ka yar ee ka soo jeeda waddamada qaarkood, oo ay ku jirto Soomaaliya. Waxay sidan tahay xataa marka waxbarashada loo tixgeliyo sabab ka dambaysa dhaqdhaqaaq la'aanta maaliyadeed: dadka 20–24 jir ah ee Soomaaliya ku dhashay boqolkiiba 17 uun ayaa shaqo hayey saddexdii bilood ee Q3 sanadkii 2012²¹³.

Carqaladaha daraasadaha lagu sheegay in ay hor taagan yihiin helitaanka shaqada²¹⁴ waxaa ka mid ah aqoonsasho la'aanta ama tixgelin la'aanta shahaadooyinka haajiraadda ka hor, xiriirro aanan ku filnayn oo lagu leeyahay Ingiriiska iyo luminta xirfadaha lala wareegi karo ee ka timaadda haajiraadda.

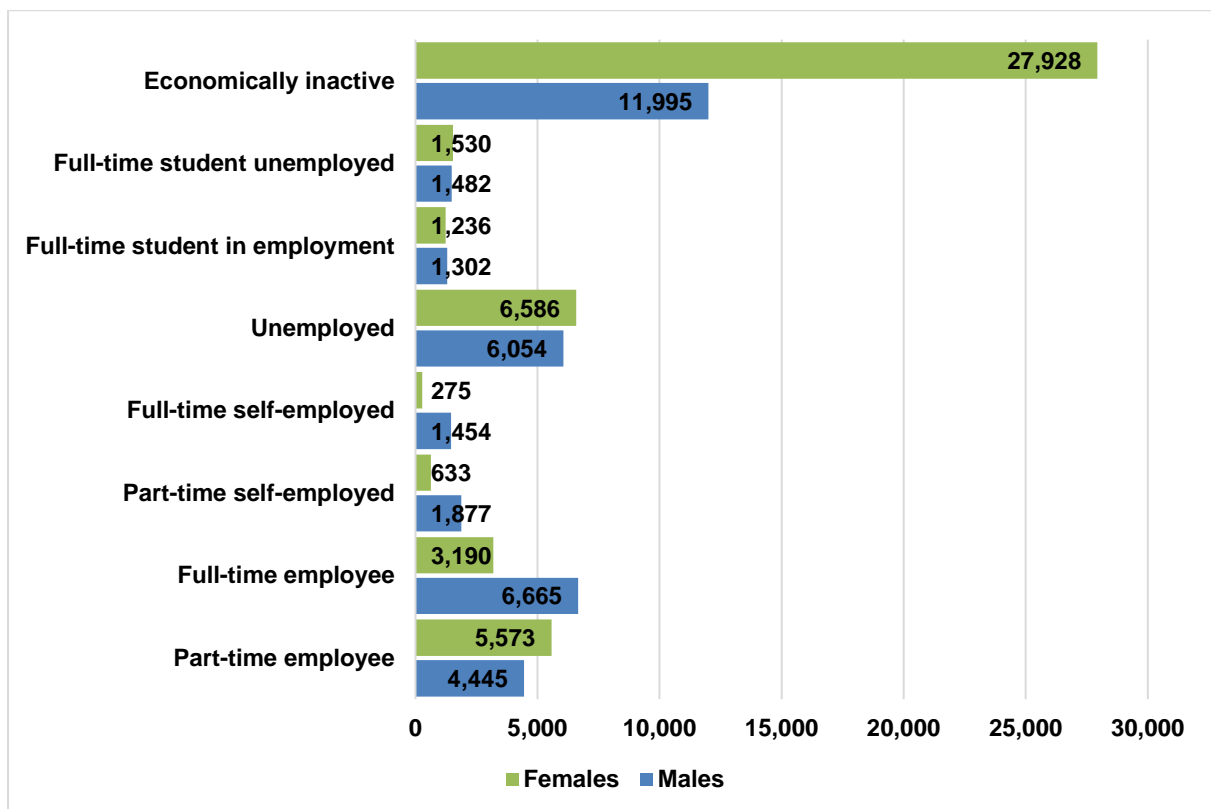
Shaxda 9: Shaqo la'aanta da'da shaqada (16-64 jir) iyo sicirrada waxqabad la'aanta marka loo eego waddanka dhalashada & jinsiga

	Lab		Dheddig	
	Sicirrada shaqo la'aanta	Sicirrada waxqabad la'aanta	Sicirrada shaqo la'aanta	Sicirrada waxqabad la'aanta
Ingiriiska	5.7	16.7	4.7	24.5
Kenya	4.4	11.4	2.8	21.7
Nayjiiriya	4	11.4	9.8	22
Zimbabwe	5.3	13.8	4.3	20.4
Soomaaliya	41.4	31.4	39.1	84.2
Ugaanda	12.9	14.6	0	38.9

Isha: Sahaminta Xoogga Shaqaalaha ee xafiiska ONS²¹⁵

Marka la raaco xogta Tirakoobkii 2011, dadka ku jira shacabka da'da shaqada ee jooga gobolka West Midlands, dadka ku dhashay Soomaaliya, boqolkiiba 9 ayaa ku jiray shaqo waqti buuxa oo boqolkiiba 13 ayaa ku jiray saacado kooban ama gallin²¹⁶. Dadka ku jira shacabka da'da shaqada ee jooga England iyo Wales, dadka ku dhashay Soomaaliya, boqolkiiba 12 ayaa ku jiray shaqo waqti buuxa, la mid ah inta ku jirtay shaqo saacado kooban ama gallin ah (12%)²¹⁷.

Sawirka 20: Dhaqdhaqaaqa ama waxqabadka maaliyadeed ee loo kala saaray jinsiga, ee lagu diiwaangeliyey Tirakoobkii 2011 taasoo khusaysa dadka ku dhashay Soomaaliya; xogta ku toosan West Midlands



Isha: Tirakoobkii 2011 Shaxda CT0566

2.5.3 Guryeynta ama guryaha

Buuxdhaafa

Reero badan oo Soomaali ah ayaa ku nool duruuf ama xaalado buuxdhaaf xun leh. Marka la raaco daraasad cilmiibaaris ay samaysay jaamacadda Sheffield Hallam University²¹⁸ oo lagu darsaday ama lagu baaray bulshada

Soomaaliyeed ee Sheffield, Tower Hamlets, Ealing, Liverpool iyo Bristol waxaa la soo ogaaday in reeraha Soomaaliyeed ee ka mid ahaa muunaddooda ama qaybta ay ka soo qaateen in ka badan nus ay ku noolaayeen xaalado buuxdhaaf leh. Waxaa taas lagu soo ogaaday in qiyaasta meeldhexaadka ah ee qoyska reerka Soomaaliyeed ay ahayd afar, hase yeeshee guryaha in ka badan rubuc ayay ku noolaayeen lix qof ama in ka badan.

Daraasadda ka timid Sheffield ayaa lagu shaaciyey in qiyaas ka badan saddex meelood hal meel reeraha qayb ka ahaa muunadda cilmibaarista ay ka koobnaayeen in ka badan hal qoys keli ah, iyadoo in ka badan nus reeraha Soomaaliyeed ay ku nool yihiin xaalado buuxdhaaf leh²¹⁹. Waxaa dhowr qaybood u kala baxda saamaynta buuxdhaafu uu ku yeesho reeraha Soomaaliyeed, iyadoo Soomaalida dhallinyarada ah ay sheegtaan caqabado ay kala kulmaan dhammaystirka shaqada guriga ama casharka guriga iyo wax u barashada ama isku diyaarinta imtixaannada iyagoo ku jira xaalado buuxdhaaf leh.

Dhibaatooyinka kale ee lagu soo ogaaday cilmibaarista jaamacadda Sheffield Hallam University waxaa ka mid ah xaaladaha guryaha sida qoyaanka iyo uumi-biyoodka, nidaamyada kulsiinta aanan hagaagsanayn, hawlaha dib u hagaajinta iyo dayactirka ee tayo xun iyo tallaabooyinka amniga ee aanan ku filnayn²²⁰. Waxaa taas weliba lagu soo ogaaday in reero farabadan oo Soomaali ah ay isku tiiryaan ama weydiistaan qaraabada ama saaxiibbada in ay ka war bixiyaan hawlaha dib u hagaajinta ee loo baahan yahay.²²¹

Kiraysiga

Marka la raaco Tirakoobkii 2011, aqlabiyadda ama inta ugu badan dadka Soomaaliya ku dhashay ee jooga gobolka West Midlands ayaa ama kiraysta

guri khaas loo leeyahay (28%) ama guri ka kiraysta Kawnsalka (Dawladda Hoose) 38%²²².

Waxay tani la siman tahay xaaladda ku kala baahsan England iyo Wales halkaasoo boqolkiiba 27 degganeyaasha Soomaaliya ku dhashay ay kiraystaan guri khaas loo leeyahay, oo boqolkiiba 37 ay ka kiraystaan Kawnsalka (dawladda hoose)²²³.

2.5.4 Caafimaadka guud

Marka la eego caafimaadka guud, boqolkiiba 86 degganeyaasha Soomaaliya ku dhashay ee sahamin laga qaaday ee jooga gobolka West Midlands waxay la ahayd in uu caafimaadkoodu aad u fiican yahay ama fiican yahay, taasoo ka badan degganeyaasha Soomaaliya ku dhashay ee deggan England iyo Wales (82%). Gobolka West Midlands boqolkiiba 4.8 degganeyaasha Soomaaliya ku dhashay waxay la ahayd in uu caafimaadkoodu xun yahay ama aad u xun yahay, taasoo ka yar kuwa ku nool ee ku kala baahsan England iyo Wales (7%).

Dadka ka yimid Soomaaliya ee jooga gobolka West Midlands, boqolkiiba 20 kuwa 55 ilaa 64 jir ah waxay la ahayd in caafimaadkoodu uu xun yahay ama aad u xun yahay, marka loo barbar dhigo boqolkiiba 24 kuwa ku kala baahsan England iyo Wales ee ku jira kooxdaas da'da. Boqolkiiba 25 dadka 65 jir ka weyn waxay la ahayd in caafimaadkoodu uu xun yahay ama aad u xun yahay, marka loo barbar dhigo boqolkiiba 33 kuwa ku kala baahsan England iyo Wales²²⁴.

2.5.5 Dheellanka caafimaadka, cudurka waqti dheer ama naafada

Marka la raaco sahaminta Dhibaataada Caafimaadka ee Waqti dheer ama Naafada, boqolkiiba 89 degganeyaasha Soomaaliya ku dhashay ee ku nool dhibaato caafimaad oo waqti dheer ama naafo ee jooga gobolka West

Midlands waxay la ahayd in aanay taasi saamaynin waxqabadyadooda maalinba maalinta ku xigta, marka loo barbar dhigo boqolkiiba 11 oo ay la ahayd in ay saamayso.

Iyadoo taas in yar ka soo horjeedda, England iyo Wales gudahooda, boqolkiiba 84 degganeyaasha Soomaaliya ku dhashay ee ku nool dhibaato caafimaad oo waqti dheer ama naafo waxay la ahayd in aanay taasi saamaynin waxqabadyadooda maalinba maalinta ku xigta, taasoo ka hoosaysa kuwa jooga gobolka West Midland; boqolkiiba 16 ayay la ahayd in ay taasi saamayso waxqabadyadooda maalinba maalinta ku xigta, ka badan kuwa jooga gobolka West Midlands²²⁵.

Marka la raaco Machadka Cilmibaarista Siyaasadda Dawliga ah (Institute for Public Policy Research) (IPPR), marka la eego xogta laga soo guray kooxaha jinsiyadeed, Soomaalida ayaa ugu filasho badan in ay qaataan ama dalbadaan Taageerada Dakhliga (Income Support), taasoo la filayo in ay sabab u tahay saboolnimada ku badan kooxda (*shaxda 10*)²²⁶. Warbixinta machadka IPPR²²⁷ ayaa weliba lagu soo ogaaday maadaama Dheefaha ama lacagaha cayrta ee Carruurta la siiyo reeraha ay carruuri deggan tahay, in qiyaasta ama qaybta koox kastoo ku salaysan waddanka dhalashada ee qaadata dheeftan ay saameeyaan da'da kooxaha iyo qaabdhismeedyada qoysku. Sidaas darteed, la yaab ma leh, in kooxda qiyaasta ama qaybta ugu badan ku leh dadka qaata Dheefta Carruurta ay yihiin dadka Soomaaliya ku dhashay, oo ugu da' yar kooxaha ku salaysan waddanka dhalashada ee ku qayaxan shaxda hoose²²⁸ (*shaxda 11*).

Iyagoo taagan qiyaasta boqolkiiba 7, kooxda Soomaaliyeed ayaa ugu caado badnayd in ay dalbadaan dheefaha ama lacagaha cayrta ee diyaar u ah dadka qaba

cudur ama jirro waqti dheer ama naafo, marka loo barbar dhigo kooxaha jinsiyadaha kale (*shaxda 12*).

Shaxda 10: Qiyaasta shacabka ee qaadata Taageerada Dakhliga (Income Support)

marka loo eego waddanka dhalashada, 2005/06

Waddanka dhalashada	Taageerada dakhliga
Soomaaliya	39%
Zimbabwe	3%
Jamayka	6%
Nayjiiriya	5%
Ghana	3%
Kenya	3%
Ugaanda	7%

Isha: Sahaminta LFS iyo warbixinta ippr bog27; xisaabaha LFS iyo ippr²²⁹

Shaxda 11: Qiyaasta shacabka ee qaadata Dheefta Carruurta (Child Benefit) marka

loo eego waddanka dhalashada, 2005/06

Waddanka dhalashada	Dheefta carruurta
Soomaaliya	40%
Zimbabwe	16%
Jamayka	16%
Nayjiiriya	22%
Ghana	24%
Kenya	24%
Ugaanda	25%

Isha: Sahaminta LFS iyo warbixinta ippr bog29; xisaabaha LFS iyo ippr²³⁰

Shaxda 12: Qiyaasta shacabka ee qaadata dheefaha jirrada ama cudurka ama naafada marka loo eego waddanka dhalashada, 2005/06

Waddanka dhalashada	Dheefta jirrada ama naafada
Soomaaliya	7%
Zimbabwe	1%
Jamayka	8%
Nayjiiriya	1%
Ghana	2%
Kenya	8%
Ugaanda	5%

Isha: Sahaminta LFS iyo warbixinta IPPR bog28; xisaabaha LFS iyo IPPR²³¹

[Warbixinta](#) Sinnaan la'aanta Caafimaadka ee ururka Healthwatch Birmingham ayaa lagu soo ogaaday caqabadaha iyo carqaladaha saameeya waayaha ama waxyaabaha ay caafimaadka iyo daryeelka bulsheed kala kulmaan dadka Soomaaliyeed ee jooga Birmingham intii ka horraysay iyo weliba intii lagu jiray cudurka safmarka Covid-19. Sida loogu soo ogaaday warbixinta [BLACHIR](#), isdhexgalka ama wadashaqaynta sinnaan la'aanta kala nooc ah ee ka timaadda diinta iyo jinsiyadda ayaa saameeya helitaanka daryeelka, tayada daryeelka iyo natiijooyinka caafimaadka. Waxaa weliba daruuri ah in la fahmo waayaha ay dadku ka heleen ama waxyaabaha ay kala kulmeen caafimaadka iyo daryeelka bulsheed oo kolba kiis ama arrin loo eego oo laga durko in dadka la iskugu ururiyo ereyga baaxad weyn ee BAME ama jinsiyadaha madow, aasiyan iyo kuwa laga tiro badan yahay.

Warbixinta ayaa weliba lagu shaaciyey in dhaleecada, takoorka iyo dhibaatooyinka la xiriira fikradaha dadka laga haysto ay badi hagaan ama horseedaan macaamilada ama islafagalka dhex mara Soomaalida iyo adeegyada caafimaadka iyo daryeelka bulsheed. Takoorka ayaa weliba dadka siyaado uga waabiyey ama ay uga cago jiideen in ay adeegyada helaan. Ka qaybqaateyaasha qaarkood ayaa sheegay in ay la qabsadeen oo ay caadaysteen takoorka iyaga ku wajahan oo ay sheegi waayaan in ay dhibaato tahay sababtoo ah cabsida ay ka qabaan in ay taasi saamayso helitaanka adeegyada ee iyaga laftigooda iyo qoysaskooda. Is aaminaadda ayaa ka maqan dadka Soomaaliyeed iyo adeegyada caafimaadka iyo daryeelka bulsheed ee ka jira Birmingham, taasoo keenta in laga feejignaado ama laga taxaddaro in daawayn la doonto iyo in la isku tiiriyo ilaha kale ee daryeelka iyo talada.

Carqaladaha dhaqanka iyo luqadda ayaa saamayn weyn ku leh sida daryeelka loo bixiyo ee loo helo. Ka qaybqaateyaasha Soomaaliyeed waxay sheegeen in xirfadleyaal badan oo ka shaqeeya daryeelka caafimaadku aanay dareen ka muujinin dhaqanka oo aanay wax ku sheegi karin hab fudud oo ay fahmi karaan dadka kaladuwan ee ay la hadlayaan xataa dadka af Ingiriisigoodu gaaban yahay ee xirfado yar u leh qorista iyo akhriska. Waxay weliba sheegeen baahida loo qabo in la baaro fikradaha iyo anshaxa dadka adeegyada bixiya. Macaamilada ama islafalgalka fool-ka-foolka ah ee lala yeesho xirfadleyaasha caafimaadka iyo daryeelka bulsheed ayaa muhiim u ah dadka Soomaaliyeed. Adeegyada lagu bixiyo qalabka ama nidaamka dijitalka ah ee kumbiyuutarrada iyo wixii la mid ah ayaa suurogal ah in iyaga lagaga saaro ama lagaga fogeeyo, laakiin weliba waxaa loo baahan yahay in si hagaagsan loogu helo afceliyeyaal/turjumaanno aqoon leh, la isku hallayn karo oo ereyada caafimaadka ku sharxi kara kalmado fudud.

2.6 Dhawr oo soo hel

Natijoooyinka daruuriga ah

Baarista

- Lama hayo xogta ku saabsan sida ay bulshada Soomaaliyeed u isticmaalaan baarista loogu talagalay cudurrada kansarka intooda ugu badan.
- Xogta iyo macluumaadka kooban ee laga hayo sida ay haweenka Soomaaliyeed u isticmaalaan baarista kansarka naasaha iyo afka ilmogaleena ayaa muujinaya in baaristu aanay joogto u ahayn labada nooc ee kansar.

Caafimaadka galmada

- Waxaa yar macluumaadka iyo xogta ku saabsan caafimaadka galmada ee bulshada Soomaaliyeed ee jooga Ingiriiska.
- Daraasad ay kafaala qaadday jaamacadda Birmingham City University ayaa lagu baaray baahiyaha caafimaadka galmada ee bulshada Soomaaliyeed ee degaanka ama xaafadda. Waxaa lagu shaaciyey aqoon gaaban oo ay bulshadu ka haystaan adeegyada caafimaadka galmada. Carqaladaha hor taagan waxaa ka mid ahaa arrimaha la xiriira ceebta, dhaleecada iyo xaaraanta, iyo la'aanta xirfadleyaal ka shaqeeya daryeelka caafimaadka oo dhaqanka ka war haya oo dareen u muujiya.

Qaaxada (Tuberculosis) (TB)

- Dadka ku dhashay Ingiriiska dibaddiisa ee lagu sheegay in ay qabaan TB-da ama cudurka qaaxada sanadkii 2020, waddamada dhalashada ee ugu tiro badnaa waxay ahaayeen Hindiya, Baakistaan, Romania, Soomaaliya iyo Eritariya.
- Intii u dhexeysay sanadkii 2018 iyo 2020, tirada ogaysiimaha ka naaqusmay dadka ku dhashay Ingiriiska dibaddiisa ee ka mid ah 5ta waddan dhalasho ee ugu tiro badan; Hindiya qiyaasta 1.1%, Baakistaan qiyaasta 6.3%, Romania qiyaasta 11.8%, Soomaaliya qiyaasta 13.3% iyo Eritariya qiyaasta 3.1%).

Rabshadda guriga

- Waxaa yar xogta ku saabsan rabshadda guriga ee ka dhex dhacda bulshada Soomaaliyeed; sahamin ayaa lagu soo ogaaday in boqolkiiba 68 jawaabeyaashu ay sheegeen haddii ay la kulmaan rabshadda guriga in ay horta gargaar weydiisan doonaan hoggaamiyeyaasha bulshada ee Ingiriiska ama waddan kale ka hor inta aanay gargaar u doonanin masuuliyiinta sida booliiska ee Ingiriiska.

2.6.1 Baarista

Lama hayo xogta ku saabsan sida ay bulshada Soomaaliyeed u isticmaalaan

baarista loogu talagalay cudurrada kansarka intooda ugu badan. Xogta iyo

macluumaadka kooban ee laga hayo sida ay haweenka Soomaaliyeed u

isticmaalaan baarista kansarka naasaha iyo afka ilmogaleena ayaa muujinaya in baaristu aanay joogto u ahayn labada nooc ee kansar²³².

Waxaa fiican in la ogaado inkastoo aanan Soomaaliya si toos ah loogu gurin ama loogu ururin tirakoobyada ku saabsan kansarka naasaha, in haddana tirakoobyadii Ururka Caafimaadka Adduunka (World Health Organization) (WHO) ee bishii May 2014²³³ ay muujinayaan in cudurka kansarku uu Soomaaliya ku dilo ugu yaraan 3,200 oo haween sanad kaste. Kansarka naasaha ayaa qaybta ugu badan ku leh tirakoobyadan kaasoo u dhigma boqolkiiba 19 tirada dhimashada, waxaana ku xiga kansarka afka ilmogaleenka iyo kansarka dhuunta.

Daraasad ka timid Maraykanka ayaa fikrad ama fahan waxtar leh ka bixinaysa mawduucan. Daraasad²³⁴ ka timid Minnesota ayaa lagu qiimeeyey waxa ay haweenka Soomaaliyeed ee haajiriinta ahi ka og yihiin kansarka naasaha iyo afka ilmogaleenka, dabeecadda ay ka muujiyaan baarista, waxaa lagu baaray carqaladaha dhaqanka ee hor taagan baarista iyo weliba arrimaha dhaqameed ee saameeya ee fududayn kara baarista (t=29 haween; afar koox diiradsaaris).

Daraasadda ayaa lagu soo ogaaday baahida loo qabo in wax laga qabto fikradaha qaladka ah ee dhaqameed ee la haysto si loo dejiyo dhexgallo ama hawlo dhaqanka ku habboon. Waxaa taas weliba lagu muujiyey baahida loo qabo jawaabcelin ka deggan si wax looga qabto carqaladaha gaar u ah kooxaha Soomaaliyeed ee da' yar iyo kuwa da' weyn, iyadoo ay suurogal tahay in fikradaha ama aragtiyada dhaqanka ka yimaadda lagu daro dhexgalka la dejiyo, daryeelka ka hortagga ah iyo xayaysiinta ama abaabulka baarista.

Daraasad kale oo ka timid Maraykanka, oo iyaduna diiradda saaraysa haajiriinta Soomaalida ah ee jooga Minnesota²³⁵, ayaa lagu soo ogaaday in haweenka

Soomaaliyeed ay si ka tiro badan u isticmaalaan sawirka raajada naaska laakiin ay si ka yar iskaga qaadaan baaritaanka afka ilmogaleenka marka loo barbar dhigo haweenka kale ee haajiriinta Afrikaanka ah ee ku jira daraasadda.

Daraasad dabiici ah²³⁶ oo ka timid Hooland ayaa weliba caawin karta in fikrad ama fahan la helo; daraasadda waxaa lagu qiimeeyey fikradaha ay haweenka Soomaaliyeed ee Hooland jooga ka haystaan ka hortagga kansarka afka ilmogaleenka. Waxaa lagu tilmaamay in ka qaybqaadashada tallaalka fayruska Human Papillomavirus (HPV) iyo baaritaanka afka ilmogaleenku ay ku yar tahay jinsiyadaha laga tiro badan yahay ee jooga Hooland, taasoo laga yaabo in ay sabab u tahay macluumaadka ku saabsan hababka ka hortagga kansarka afka ilmogaleenka oo aanan diyaar ku ahayn luqadaha habboon si ay ugu habboonaato oo ay macluumaad uga helaan haweenka Soomaaliyeed ee dibadaha ku nool.

Waxaa taas lagu soo ogaaday dhowr dhibaato oo ay ka mid tahay aaminaad la'aanta nidaamka daryeelka caafimaadka Hooland; ceeb ama xishood laga qabo baaritaannada afka ilmogaleenka sababtoo ah Gudniinka Fircooniga ah ee Gabdhaha (FGM); ka waabashada ama ka cagojiidka in uu ku baaro xirfadle Hoolandiis ah, oo rag ah; iyo malaha laga qabo in halis yar loogu jiro fayruska HPV iyo kansarka sababtoo ah caadooyinka diimeed ee mamnuuca galmada ka hor guurka. Waxaa daraasadda weliba lagu soo ogaaday in hooyooyinka Soomaaliyeed qaarkood, uu gudniinka FGM u yahay carqalad ka hor taagan baaritaanka afka ilmogaleenka²³⁷.

2.6.2 Caafimaadka galmada

Waxaa yar macluumaadka iyo xogta ku saabsan caafimaadka galmada ee bulshada Soomaaliyeed ee jooga Ingiriiska. Daraasad 8 bilood socotay²³⁸ oo

ay kafaala qaadday jaamacadda Birmingham City University ayaa lagu baaray baahiyaha caafimaadka galmada ee bulshada Soomaaliyeed ee degaanka ama xaafadda iyadoo la fahmo fikradda ama aragtida ay ka qabaan waxa ay ka og yihiin adeegyada caafimaadka galmada, caqabadaha laga yaabo in ay iyaga u diidaan in ay adeegyadan isticmaalaan iyo sida adeegyada loogu hagaajin karo ee habka ugu fiican loogu dabooli karo ama loogu haqabtiri karo baahiyahooda. Daraasadda waxaa lagu shaaciyey aqoon gaaban oo ay bulshadu ka haystaan adeegyada caafimaadka galmada; carqaladaha hor taagan waxaa ka mid ahaa arrimaha la xiriira ceebta, dhaleecada iyo xaaraanta; saamaynta caadooyinka jinsiga, diinta iyo dhaqanka; carqaladaha luqadda; iyo la'aanta xirfadleyaal ka shaqeeya daryeelka caafimaadka oo dhaqanka ka war haya oo dareen u muujiya.²³⁹.

Iyadoo ah xaalad ka ballaaran waxaa daraasadda lagu caddeeyey in qaxooti farabadan ay qabaan dhibaatooyin caafimaad oo waaweyn oo la xiriira waxyaabaha ka soo maray dagaalka iyo haajiraadda, xataa fayruska HIV iyo cudurro kaloo ogaysiin leh²⁴⁰. Waxaa loo arkaa in Soomaali badani aanay ka war haynin in ay caabuqa qabaan oo marka ay daawayn heli waayaan in ay taasi kordhin karto halista faafista caabuqa.

Waxaa daraasadda weliba lagu soo ogaaday in dhaleeco ay ka jirto galmoodka iyo caafimaadka galmada, taasoo keenta in mawduuca si dhif ah lagaga hadlo bulshada dhexdeeda. Waxay ku talinaysaa baahida loo qabo in bulshada Soomaaliyeed laga wacyi geliyo adeegyada caafimaadka galmada ee xaafadda ama degaanka, oo ay ka mid tahay dhisidda khayraad ama adeegyo bulshada ka caawin kara in ay si ka fudud u helaan macluumaadka²⁴¹.

2.6.3 Qaaxada

Dadka ku dhashay Ingiriiska dibaddiisa ee lagu sheegay in ay qabaan TB-da ama cudurka qaaxada sanadkii 2020, waddamada dhalashada ee ugu tiro badnaa waxay ahaayeen Hindiya, Baakistaan, Romania, Soomaaliya iyo Eritariya²⁴². Intii u dhexeysay sanadkii 2018 iyo 2020, tirada ogaysiimaha ka naaqusmay dadka ku dhashay Ingiriiska dibaddiisa ee ka mid ah 5ta waddan dhalasho ee ugu tiro badan; Hindiya qiyaasta 1.1%, Baakistaan qiyaasta 6.3%, Romania qiyaasta 11.8%, Soomaaliya qiyaasta 13.3% iyo Eritariya qiyaasta 3.1%)²⁴³.

Guud ahaan, sanadkii 2020, boqolkiiba 40.6 (1,098 ka mid ah 2,708) ee dadka qaba TB-da ee ku dhashay Ingiriiska dibaddiisa ayaa la ogaysiiyey in ka yar 6 sano ka dib markii ay Ingiriiska soo galeen, iyadoo boqolkiiba 18.9 (511 oo ka mid ah 2,098) lagu ogaysiiyey 2 sano gudahood. Dadka ku dhashay Soomaaliya waqtiga meeldhexaadka ah ee u dhexeeyey soo gelitaankii ilaa ogaysiintii ayaa uga badnaa 10 sano²⁴⁴.

Waxaa fiican in la ogaado in tirada cudurka TB-du ay si ka dhakhso badan ugu kordhayso Birmingham²⁴⁵. Dadka qaba waxaa ku korodhay boqolkiiba 107 intii u dhexeysay sanadkii 1999 iyo 2009 Birmingham gudaheeda, halka England gebi ahaanteed, ay kaga korodhay qiyaas ah boqolkiiba 57 intii u dhexeysay sanadkii 1987 iyo 2008²⁴⁶. Dadka isbitaalka loo jiiifiyo TB-da ee jooga Birmingham waxay iskugu tageen qayb isbitaallada ay ku sii badan yihiin kooxaha jinsiyadaha laga tiro badan yahay, gaar ahaan bulshooyinka Koonfur Aasiya²⁴⁷.

2.6.4 Rabshadda guriga

Waxaa yar xogta ku saabsan rabshadda guriga ee ka dhex dhacda bulshada Soomaaliyeed; sahamin ay qabteen Kooxda Isku jirka Haweenka (Women's Inclusive Team) (WIT) – koox taageero loogu talagalay haweenka Soomaaliyeed ee Tower Hamlets – ayaa lagu soo ogaaday in xubnahooda, boqolkiiba 68²⁴⁸ ay sheegeen haddii ay la kulmaan rabshadda guriga in ay horta gargaar weydiisan doonaan hoggaamiyeyaasha qabiilka ee Ingiriiska ama waddan kale ka hor inta aanay gargaar u doonanin masuuliyiinta sida booliiska.

Kooxda WIT ayaa soo ogaaday²⁴⁹ in hoggaamiyeyaasha beesha qabiilku ay badi yihiin barta koowaad ee lala xiriiro haddii ay guriga ka jiraan dhibaatooyin la xiriira guurka ama qoyska.

2.7 Gaboobista iyo dhimashada bilaa dhibaata ah

Natijoooyinka daruuriga ah

Cudurka macaanka ama sonkorowga

- Daraasad la daabacay oo ka timid Maraykanka ayaa lagu soo ogaaday in cudurka gulukoosku uu aad ugu sii badan yahay bukaannada Soomaaliyeed (t= 1007) marka loo barbar dhigo dadka aanan Soomaali ahayn (t=1010) ee bukaanno ah (12.1% ka soo horjeedda 5.3%).

Cudurka wadnaha iyo halbowleyaasha

- Waxaa gaaban cilmibaarista ku saabsan halista cudurka CVD ee wadnaha iyo halbowleyaasha ee bulshada Soomaaliyeed ee jooga Ingiriiska.
- Cilmibaaris ka timid Finland ayaa lagu soo ogaaday in ragga Soomaaliyeed si ka yar looga filayo in ay yeeshaan in ka badan hal arrin oo halis ka keenta wadnaha iyo halbowleyaasha marka loo barbar dhigo ragga ka soo jeeda shacabka Finland ee guud. Dhanka kale, haweenka Soomaaliyeed ayaa ka filasho badnaa in ay yeeshaan labo arrin ama in ka badan oo halis ka keena wadnaha iyo halbowleyaasha.

Caafimaadka/Cudurka Neefsashada

- Inkastoo aanan tirakoobyoo laga haynin sida uu cudurka COPD ee xirmista sanbabbadu ugu badan yahay bulshada Soomaaliyeed ee jooga Ingiriiska, haddana cilmibaarista ku saabsan qaad cunista dabadheeraadka ah ee lagu sameeyey Itoobiya ayaa lagu shaaciyey saamaynta ay ku leedahay shaqada sanbabbada, taasoo sidoo kale ugu habboonaan karta bulshada Soomaaliyeed.
- Waxaa daraasadda lagu shaaciyey in tirada ugu badan ee qaad cuneyaasha, boqolkiiba 40.1, ay lahaayeen muuqaallada ama caadooyinka cudurka ciriiriga sanbabbada.

Asaasaqa

- Halista cudurka asaasaqa (dementia) ayaa ku korodha da'da, gaar ahaan ka dib da'da 65 jir.
- Inkastoo aanan tirakoobyoo laga haynin sida uu cudurka asaasaqu ugu badan yahay bulshada, maadaama ay muuqaal ama taariikh da' yar leeyihiin bulshada Soomaaliyeed ee Ingiriiska jooga, iyadoo dadka 65 jir ah ama ka weyn ee ka mid ah kooxda jinsiyadda Soomaaliyeed ee Birmingham ay u dhigmaan oo keliya boqolkiiba 1.5 (Tirakoobkii 2011, SP009) ee shacabka bulshada ka jooga magaalada, haddana waxaa la filayaa in cudurka asaasaqu uu hadda weli ku yar yahay.

Dhammaadka nolosha

- Waxaa gaaban macluumaadka ku saabsan sida ay Soomaalida Ingiriisku u isticmaalaan daryeelka dhammaadka nolosha.
- Cilmibaaris ka timid Maraykanka ayaa lagu soo ogaaday in la filayo in carruurta Soomaaliyeed ay doorbidaan in ay daryeelaan waalidkooda. Waxaa taas lagu tilmaamay qorshe daawayn oo carruurta iyo bulshada u suurto geliya in waalidiinta sakaraadka ah ee geeri ku dhow ama waayeelka ay ku daryeelaan guriga iyo qabashada ducooyin iyo hawlo Islaami ah, oo la filayo in laga doorbido isbitaal jiiifka dheer ama meel dejinta xarunta xannaanaynta ama daryeelka dhammaadka nolosha.

2.7.1 Cudurka macaanka ama sonkorowga

Daraasad la daabacay²⁵⁰ oo ka timid Maraykanka ayaa lagu soo ogaaday in cudurka gulukoosku uu aad ugu sii badan yahay bukaannada Soomaaliyeed (t= 1007) marka loo barbar dhigo dadka aanan Soomaali ahayn (t=1010) ee bukaanno ah (12.1% ka soo horjeedda 5.3%).

Bukaannada Soomaalida ah ayay weliba ku sii badnayd xaaladda caafimaadka ee ka hor cudurka sonkorowga (21.3% ka soo horjeedda 17.2%). Waxaa taas weliba lagu soo ogaaday in bulshada Soomaaliyeed ay ku sii badnaayeen bukaannada cayilan (34.6% ka soo horjeedda 32.1%), iyo kuwa culayska siyaadada ah leh (33.2% ka soo horjeedda 30.4 %). Tirada badan ee dhiigkarka (17.0% ka soo horjeedda 15.5 %) iyo dhiigkarka aanan la maamulin (5.0% ka soo horjeedda 6.2%) ayaa iskugu sinnayd labada kooxood, oo tirada badan ee cudurka qiyaasta xun ee baruurta dhiigga ee bukaannada Soomaaliyeed ayaa ka yarayd kooxda aanan Soomaali ahayn (18.1% ka soo horjeedda 21.6%).²⁵¹

Daraasad kale^{252 253} oo ka timid Minnesota ayaa lagu baaray diiwaannada caafimaadka (t=584) laga bilaabo sanadkii 1993 ilaa 2006. Waxaa taas lagu soo ogaaday in haweenka Soomaaliyeed ee carruurtooda dhalay nuskii dambe ee muddadan sicirkooda ama tiradooda cudurka sonkorowga ee waqtiga uurku uu saddex laab uga badnaa kuwa carruurta dhalay nuskii koowaad ee muddada (5.2% ka soo horjeedda 15.1%).

2.7.2 Cudurka wadnaha iyo halbowleyaasha (Cardiovascular disease) (CVD)

Waxaa gaaban cilmibaarista ku saabsan halista cudurka CVD ee wadnaha iyo halbowleyaasha ee bulshada Soomaaliyeed²⁵⁴ ee jooga Ingiriiska. Hase

yeeshee, cilmibaaris ka timid Finland²⁵⁵ ayaa lagu soo ogaaday in ragga Soomaaliyeed si ka yar looga filayo in ay yeeshaan in ka badan hal arrin oo halis ka keenta wadnaha iyo halbowleyaasha marka loo barbar dhigo ragga ka soo jeeda shacabka Finland ee guud. Dhanka kale, haweenka Soomaaliyeed ayaa ka filasho badnaa in ay yeeshaan labo arrin ama in ka badan oo halis ka keena wadnaha iyo halbowleyaasha.

Waxaa cilmibaarista lagu soo ogaaday in haajiriinta Soomaaliyeed uu si cad uga tiro yaraa dhiigkarku laakiin ay uga tiro badnaayeen dhowr arrin oo kale oo halis keena, oo ay ka mid yihiin dheefshiidka gulukooska dhantaalan, koolastaroolka HDL yar iyo cayilnaanta caloosha.

Cilmibaaris²⁵⁶ ka timid Maraykanka oo la qabtay sanadkii 2015 ayaa lagu sahamiyey 1156 Soomaali ah waxaana lagu soo ogaaday tirada badan ee cudurka macaanka ama sonkorowga iyo in firfircooni yarida jirku ay ku badnayd ragga iyo haweenka. Waxaa taas weliba lagu soo ogaaday in ay weliba si gaar ah ugu tiro badnaayeen culayska siyaadada ah, cayilnaanta, iyo qiyaasta xun ee baruurta dhiiggu. Caddadyada halista cudurka CVD ee laga xisaabiyey bulshada oo dhan ee ragga ayaa ka badnaa haweenka, hase yeeshee waxaa la arkay in halista cudurka CVD ee guud ay Soomaalida uga yarayd shacabka guud ee Maraykanka.

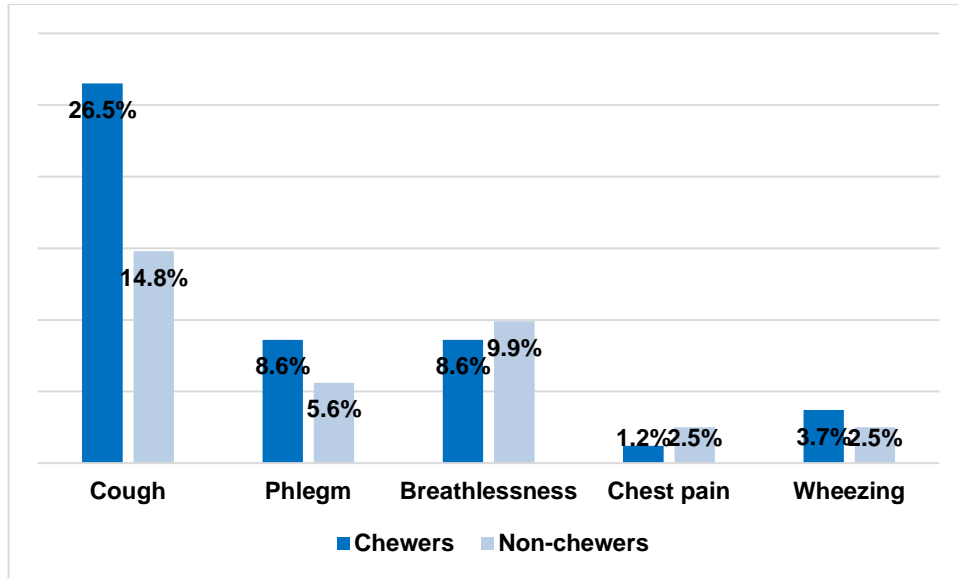
2.7.3 Cudurka Xirmista Sanbabbada ee Dabadheeraadka ah (Chronic Obstructive Pulmonary Disease) (COPD)

Inkastoo aanan tirakoobyu laga haynin sida uu cudurka COPD ee xirmista sanbabbadu ugu badan yahay bulshada Soomaaliyeed ee jooga Ingiriiska, haddana cilmibaarista ku saabsan qaad cunista dabadheeraadka ah ee lagu sameeyey Itoobiya ayaa lagu shaaciyey saamaynta ay ku leedahay shaqada

sanbabbada. Waxaa daraasaddan lagu shaaciyey in tirada ugu badan ee qaad cuneyaasha, boqolkiiba 40.1, ay lahaayeen muuqaallada ama caadooyinka cudurrada ciriiriga sanbabbada. Marka natijadan la eego waxaa qiime lahaanaysa in la baaro saamaynta ay qaad cunista dabadheeraadka ah ama joogtada ahi ku leedahay shaqada sanbabbada bulshada Soomaaliyeed ee jooga Ingiriiska.

Daraasad la daabacay²⁵⁷ oo laga qaaday saamaynta ay qaad cunista dabadheeraadka ahi ku leedahay xuduudda shaqada sanbabbada iyo buuxa curiyaha oksiijin ee qaad cuneyaasha dabadheeraadka ah oo lagu sameeyey Itoobiya ayaa lagu soo ogaaday in qiyaasta boqolleyda qufacu u ahayd boqolkiiba 26.5 qaad cuneyaasha marka loo barbar dhigo qiyaasta boqolkiiba 14.8 ee dadka aanan qaadka cunin. Waxaa taas weliba lagu gaba gabeeyey in caadada ama muuqaalka xirmista ee dhantaalka shaqada sanbabbada laga helay boqolkiiba 21.6 ka qaybqaateyaasha; kuwan, boqolkiiba 10.5 ayaa qaad cuneyaal ahaa oo boqolkiiba 11.1 ayaanan qaadka cunin. Inta qaadka cunta, boqolkiiba 3.7, boqolkiiba 16.1 iyo boqolkiiba 1.2 ayaa lahaa cudurrada xirmista sanbabbada ee sahlán, meeldhexaad ah iyo daran, sida ay iskugu daba xigaan. Sidoo kale, boqolkiiba 8, boqolkiiba 13 iyo boqolkiiba 1.2 ee dadka aanan qaadka cunin ayaa lahaa cudurrada xirmista sanbabbada ee sahlán, meeldhexaad ah iyo daran, sida ay iskugu daba xigaan (eeg sawirrada 13 iyo 14).

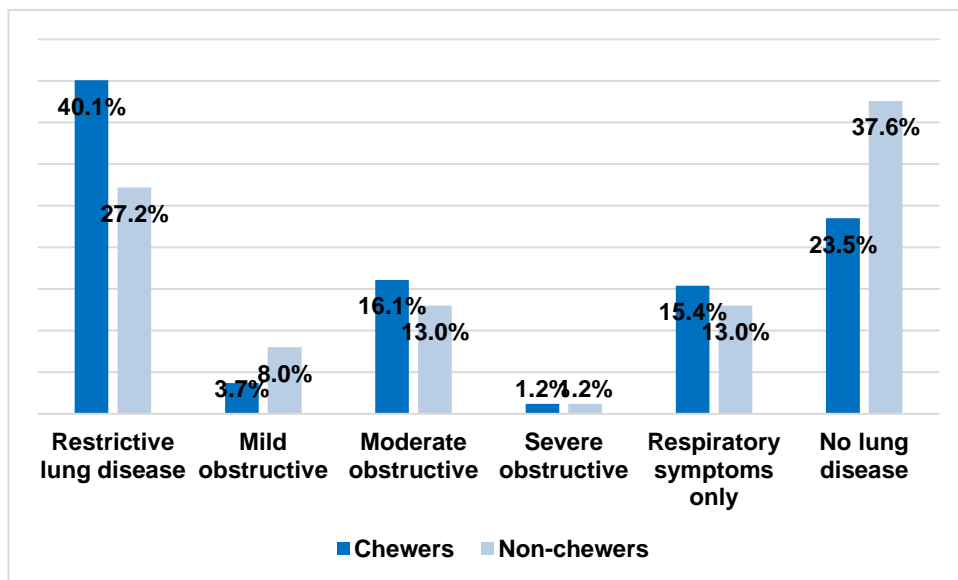
Sawirka 14: Calaamadaha neefsashada ee dadka qaadka cuna (t=162) iyo kuwa aanan cunin (t=162) ee jooga Wolkite, Itoobiya, 2018



Isha: Woldeamanuel GG, iyo kuwo kale²⁵⁸

Sawirka 15: Qiyaasaha boqolleyda ee dadka qaadka cuna (t=162) iyo kuwa aanan cunin (t=162) ee loo kala saaray qaybta shaqada sanbabbada ee Wolkite, Itoobiya,

2018



Isha: Woldeamanuel GG, iyo kuwo kale²⁵⁹

2.7.4 Asaasaqa

Halista cudurka asaasaqa (dementia) ayaa ku korodha da'da, gaar ahaan ka dib da'da 65 jir. Inkastoo aanan tirakoobylo laga haynin sida uu cudurka asaasaqu ugu badan yahay bulshada, maadaama ay muuqaal ama taariikh da' yar leeyihiin bulshada Soomaaliyeed ee Ingiriiska jooga, iyadoo dadka 65 jir ah ama ka weyn ee ka mid ah kooxda jinsiyadda Soomaaliyeed ee Birmingham ay u dhigmaan oo keliya boqolkiiba 1.5 (Tirakoobkii 2011, SP009) ee shacabka bulshada ka jooga magaalada, haddana waxaa la filayaa in cudurka asaasaqu uu hadda weli ku yar yahay.

Cilmibaaris²⁶⁰ ka timid ururka Healthwatch Islington ayaa lagu soo ogaaday in guud ahaan la isku tiiriyo shabakadaha ama dadka ka mid ah qoyska iyo bulshada degaanka ama xaafadda si taageero loogu helo dadka maamula ama caawiya xubnaha qoyska ee qaba cudurka asaasaqa. Ka qaybqaateyaasha Soomaalida ahaa ee ku jiray kooxda diiradsaarista ayaa sheegay aaminaad la'aan guud ahaan loo qabo adeegyada caafimaadka, taasoo ay iyagu ugu filasho yar yihiin in ay helaan adeegyada cudurka asaasaqa. Waxaa fiican in la ogaado, in Ingiriiska ay ka jiraan dhowr urur Soomaali ah oo adeegyada talada iyo taageerada ka bixiya wacyigelinta ama ka warhaynta iyo maamulka cudurka asaasaqa.

2.7.5 Dhammaadka nolosha

Waxaa gaaban xogta iyo macluumaadka ku saabsan daryeelka dhammaadka nolosha ee diiradda lagu saaro xubnaha bulshada Soomaaliyeed ee jooga Ingiriiska. Cilmibaaris²⁶¹ ka timid Maraykanka ayaa lagu soo ogaaday in la filayo in carruurta Soomaaliyeed ay doorbidaan in ay daryeelaan waalidkooda maxaa yeelay Soomaaliya waxaa laga aaminsan yahay oo laga sugaa in

waalidiintu ay carruurta koriyaan, ayna carruurtu waalidiinta daryeelaan marka ay gaboobaan. Waxaa daraasadda lagu tilmaamay qorshe daawayn oo carruurta iyo bulshada u suurto geliya in waalidiinta sakaraadka ah ee geeri ku dhow ama waayeelka ay ku daryeelaan guriga iyo qabashada ducooyin iyo hawlo Islaami ah, oo la filayo in laga doorbido isbitaal jiifka dheer ama meel dejinta xarunta xannaanaynta ama daryeelka dhammaadka nolosha²⁶².

Waxaa daraasadda lagu soo ogaaday maadaama ay haajiriinta Soomaaliyeed aad ugu badan yihiin cudurka PTSD ee ma hadhada iyo cudurro kaloo ku dhaca maskaxda ama niyadjabka, in ay gaar ahaan muhiim tahay in daryeel bixiyeyaashu ay wax ka qabtaan sababaha shucuureed ee dhibaataada haysata iyo weliba kuwa jirka ku xiran ama ka yimaadda²⁶³.

2.8. Isku soo dhawaynta waxyaabaha kaladuwan

Natijoyinka daruuriga ah

Darxumada

- Bulshada Soomaaliyeed ee ku kala baahsan Ingiriisku waxay la kulmaan saboolnimo badan, iyadoo intooda ugu badan ku nool guryo buuxdhaaf ah, inta ugu badan waxaa ku jirta dhaqdhaqaaq la'aanta ama waxqabad la'aanta maaliyadeed, waxaa ku badan shaqo la'aanta, iyadoo qaar badani ay weliba isku dabbaran dhibaatooyin caafimaad sida cudurka PTSD ee ma hadhada.
- Sida hore loogu sheegay, hay'adda Joseph Rowntree Foundation (JRF) ayaa soo ogaatay in ay tiro badan yihiin ama sicirro badan yihiin reeraha Soomaaliyeed ee hal waalid leh, oo cilmibaaris ku saabsan saamaynta cudurka safmarku uu ku yeeshay reeraha waalid keliya leh ayaa lagu soo ogaaday in la filayo in ku dhawaad nus (44%) ee carruurta ku jirta qoys waalid keliya leh ay sabool ahaayeen maalmihii ka yara horreeyey cudurka safmarka Koronafayrus, marka loo barbar dhigo qiyaasta ahayd uun afartiiba hal (26%) ee dadka ku nool qoysaska kale.

2.8.1 Darxumada

Bulshada Soomaaliyeed ee ku kala baahsan Ingiriisku waxay la kulmaan saboolnimo badan, iyadoo intooda ugu badan ku nool guryo buuxdhaaf ah, inta ugu badan waxaa ku jirta dhaqdhaqaaq la'aanta ama waxqabad la'aanta maaliyadeed waxaa ku badan shaqo la'aanta, iyadoo qaar badani ay weliba isku dabbaran dhibaatooyin caafimaad sida cudurka PTSD ee ma hadhada. Sida hore loogu sheegay, hay'adda Joseph Rowntree Foundation (JRF) ayaa soo ogaatay in ay tiro badan yihiin ama sicirro badan yihiin reeraha Soomaaliyeed ee hal waalid leh oo cilmibaaris²⁶⁴ ku saabsan saamaynta cudurka safmarku uu ku yeeshay reeraha waalid keliya leh ayaa lagu soo ogaaday in la filayo in ku dhawaad nus (44%) ee carruurta ku jirta qoys waalid keliya leh ay sabool ahaayeen maalmihii ka yara horreeyey cudurka safmarka Koronafayrus, marka loo barbar dhigo qiyaasta ahayd uun afartiiba hal (26%) ee dadka ku nool qoysaska kale.

Marka la eego xaaladdan ka ballaaran, cudurka safmarka Koronafayrus waxuu gaar ahaan saameeyey ama taabtay bulshada Soomaaliyeed. Marka la raaco cilmibaaris²⁶⁵ ka timid Dhaqdhaqaaqa Ka hortagga Qabyaalladda (Anti-Tribalism Movement) (ATM), haween Soomaali ah oo badan ayaa u shaqeeya shirkadaha daryeelka waxayna safka hore ugu jireen cudurka safmarka, oo rag badan oo Soomaali ah ayaa ka shaqeeya waaxda dhaqaalaha tignoolojiyeed ama gig waxaana la filayaa in ay in badan u feydmeen ama u dhawaadeen fayruska oo ay weliba la kulmeen xasillooni la'aanta ama hubaal la'aanta shaqada. Cilmibaarista ururka ATM ayaa weliba lagu muujiyey in guryaha buuxdhaafka ah ee bulshada Soomaaliyeed la filan karo in ay gabbaadka ama is qarinta ku sii adkeeyaan xubnaha bulshada ee nuglan ama baylahda ah.

Iyadoo uu bulshada hore ugu badnaa cudurka PTSD ee ma hadhada, dhimashada kadiska ah ee xubnaha qoyska ama bulshada ee ka timid fayruska ayaa la filayaa in ay culays dheeraad ah saartay Soomaalida, gaar ahaan markii ay awoodi waayeen baroordiiqa ehelkooda sababtoo ah xadaymihii saarnaa aaska muddadii cudurka safmarka.

2.9. Qayb ka bixinta Mustaqbal Cagaaran oo Waara

Natiijada daruuriga ah:

- Shacabyada ama dadyowga Soomaaliyeed ee ugu ballaaran Birmingham waxaa laga helaa Nechells, Aston, Bordesley Green, Sparkbrook iyo Lozells; qayb maamuleedyadani waxay qayb ka yihiin kuwa qiimahooda dhexe ugu sarreeyo maabka caddaaladda deegaaneed

Maabka Caddaaladda Deegaaneed (Environmental Justice)²⁶⁶ waxaa iskugu jira 5 tusiyeyaal, kuwaasoo ah, tusiyaha Sanadaha Nololsha ka Lumay (Years of Life Lost) (YLL), saamaynta Jasiiradda Kulaylka Magaalada (Urban Heat Island) (UHI), Tusiyeyaasha Darxumada Kaladuwan (Indices of Multiple Deprivation) (IMD), Helitaanka bannaanada cagaaran ee dadweynaha iyo Halista Daadka.

Tusiyeyaasha ayaa la isku daraa oo loo kala saaraa cabbir u kala dhexeeya 0-1, iyadoo 0 ay tahay midda ugu doorbid badan iyo 1 ay tahay midda ugu yar.

Shacabyada ama dadyowga Soomaaliyeed ee ugu ballaaran Birmingham waxaa laga helaa Nechells, Aston, Bordesley Green, Sparkbrook iyo Lozells; qayb maamuleedyadani waxay qayb ka yihiin kuwa qiimahooda dhexe ugu sarreeyo maabka caddaaladda deegaaneed (hoos ku taxan).

Shaxda 13: Qayb maamuleedyada ay ugu tiro badan yihiin ama ugu qiyaas badan yihiin shacabka Soomaaliyeed ee ku jira Tusiyaha Caddaaladda Deegaanka (Environmental Justice Index) ee Kawnsalka Magaalada Birmingham

Qayb maamuleedka Birmingham	Tusiyaha – qiimaha dhexe	Shacabka Soomaaliyeed (%)
Qayb maamuleedka Nechells	0.42	1.2
Qayb maamuleedka Aston	0.42	0.7
Qayb maamuleedka Bordesley Green	0.39	0.7
Qayb maamuleedka Sparkbrook	0.39	0.5
Qayb maamuleedka Lozells	0.40	0.4
Qayb maamuleedka Ladywood	0.33	0.3
Qayb maamuleedka Soho	0.36	0.3

Isha: Kawnsalka Magaalada Birmingham²⁶⁷

3.0 Gabagabada

Warbixintani waxay muujisay sinnaan la'aanta ay la kulmaan bulshada Soomaaliyeed ee jooga Ingiriiska iyo Birmingham, waxaana taas qaarkeed ka mid ah halista korodhsan ee dhalashada maydka ah ama carruurta maydka ah ee u dhasha hooyooyinka Soomaaliyeed, tirada ka badan ee caafimaad darrada maskaxda iyo tirada yar ee dadka isticmaala adeegyada caafimaadka maskaxda,

tirada ka badan ee dadka isticmaala mukhaadaraadka (qaadka), iyo tirada ka badan ee cudurka macaanka ama sonkorowga. Taariikhdan ama muuqaalkan Caafimaadka Bulshada waxaa loogu talagalay in lagu taageero kawnsalka, bulshooyinka iyo iskaashatada si ay fahan dheeraad ah uga helaan sinnaan la'aanta saamaysa bulshada Soomaaliyeed. Arrimaha wax saameeya ee kaladuwan ee warbixinta lagu soo ogaaday ayaa la isticmaali karaa si loogu qaabeeyo ama loogu hago shaqada wax lagaga qabto sinnaan la'aanta ka jirta magaalada oo dhan.

Hase yeeshee, sida loogu tilmaamay Dib u eegista Sinnaan la'aanta Caafimaadka Afrikaanka iyo Kaarabiyanka Birmingham iyo Lewisham (Birmingham and Lewisham African and Caribbean Health Inequalities Review) ([BLACHIR](#)), cabbirrada laga qaado dadka ka soo jeeda jinsiyadda Madow ayaa laga yaabaa in aanan marwalba loo tixgelinin baahiyaha shakhsiyaadka Afrikaan Madow. Adeegyada ayaa tixgelin kara in ay isticmaalaan farqiyada u dhexeeya jinsiyadaha ee caddayn loo hayo marka la eegayo cabbirrada natiijooyinka, sida isticmaalidda tusiyaha BMI halka cabbirrada isku eegista dhexda iyo dhererka. Marka aan hubinno in gurista xogtu ay si ka fiican u matalayso baahiyaha bulshooyinka ee aan isku caawinno taariikhdan caafimaadka bulshada, waxaan fahan dheeraad ah ka heli doonnaa sinnaan la'aanta lagu arko shakhsiyaadka ka soo jeeda bulshada Soomaaliyeed, taasoo xoojin karta hababka ama qaababka aan isticmaalno si aan wax uga qabanno sinnaan la'aanta noocaas ah.

4.0 Tixraacyada

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5.0 Lifaaqa

Lifaaqa 1: Xeeladda raadinta

Bilowga ugu fiican oo loo helo nolosha	Caafimaadqabka iyo dheellitirka maskaxda	Cuntada caafimaadka leh ee qiime jaban	Firfircoonida da' walba iyo karti walba	Shaqada iyo waxbarashada fiican
<p>Guud:</p> <p>"Soomaali" iyo "carruur" ama "dhallinyaro" ama "dhallinyar" ama "ilme" ama "dhallaan" ama "carruurnimo"</p> <p>Khaas:</p> <p>"Soomaali" iyo "tallaal" ama "jadeeco" ama "cayilnaan" ama "baaritaan caafimaad" ama "daryeel dhalmo" ama "naasnuujin" ama "booqashooyin guri" ama "dhaqanno"</p>	<p>Guud:</p> <p>"Soomaali" iyo "caafimaad maskax" ama "maskax" ama "caafimaad" ama "caafimaadqab" ama "wanaagqab" ama "helitaan" ama "dheellitir"</p> <p>Khaas:</p> <p>"Soomaali" iyo "cudur maskax" ama "niyadjab" ama "is dilis" ama "ceeb" ama "dhaleeco" ama "diiqo" ama "kadeed jinsiyadeed" ama "sharaf" ama "naafo" ama "khamri" ama</p>	<p>Guud:</p> <p>"Soomaali" iyo "cunto" ama "cunto qaadasho" ama "cayilnaan" ama "hibil" ama "khudaarad"</p> <p>Khaas:</p> <p>"Soomaali" iyo "cunto caadi ah" ama "cunto ciid" ama "shuruuc cunto" ama "caadooyin cunto" ama "dhaqameed" ama "cayilnaan"</p>	<p>Guud:</p> <p>"Soomaali" iyo "firfircooni jir" ama "waxqabad" ama "firfircooni" ama "jimicsi"</p> <p>Khaas:</p> <p>"Soomaali" iyo "jimicsi xooggan" ama "jimicsi sahlam" ama "socod" ama "orod" ama "isboorti" ama "wadnaha iyo halbowleyaas ha" ama "jimicsi waayeel" ama "abaabul caafimaad"</p>	<p>Guud:</p> <p>"Soomaali" iyo "shaqayn" ama "waxbarasho" ama "guryeyn" ama "guri" ama "noolaan" ama "dhaqdhaqaaq maaliyadeed" ama "caafimaad guud" ama "caafimaad" ama "jirro" ama "naafo" ama "naafo waqti dheer" ama "caafimaad waqti soo jiray"</p> <p>Khaas:</p>

<p>ama "tallaal xiiqdheer" ama "ka tirsanaan" ama "xoogsheegas ho" ama "korin" ama "daryeel"</p>	<p>"cabbitaan" ama "iska dayn" ama "tiro cabbitaan" ama "xoog cabbitaan" ama "dhibaato khamri" ama "taageero khamri" ama "cabbitaan khamri" ama "ku xadgudub maandooriye" ama "caadaysi" ama "tubaako" ama "xashiishad" ama "mukhaadaraad qaadasho yar" ama "mukhaadaraad" ama "cabbis sigaar" ama "isticmaal mukhaadaraad"</p>	<p>ama "firfircooni jir" ama "culays siyaado ah" ama "BMI" ama "culays" "Saami Dhex iyo Dherer"</p>	<p>"Soomaali" iyo "xirfad barashooyin" ama "Shahaadooyin darajo 1,2,3,4" ama "digirii" ama "NEET" ama "dugsi dhexe" ama "dugsi hoose" ama "waxbarasho waqti buuxa" ama "xirfad" ama "xulasho xirfad" ama "dakhli reer" ama "lahaansho guri" ama "Caafimaad xun" ama "naafo waxbarasho" ama "dhantaal maqal" ama "dhantaal wadaxiriir"</p>
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Lifaaqa 2: Shaxda Xogta Aasaasiga ah ee Sawirka 1: Qiyaasta ama saamiga dadka Soomaaliya ku dhashay, ee u kala saaran dawladda hoose ee Ingiriiska

Dawladda Hoose ee Ingiriiska	Boqolleyda Dadka Soomaaliya ku Dhashay
Greater Manchester	0.2
Manchester	0.7
Merseyside	0.1
Liverpool	0.3
South Yorkshire	0.2
Sheffield	0.4
East Midlands	0.1
Leicester	1
Northamptonshire	0.2
Northampton	0.5
West Midlands	0.2
Birmingham	0.7
Coventry	0.4
London	0.8
Camden	1.3
Hackney	0.6
Hammersmith and Fulham	1.5
Haringey	1.3
Islington	1.2
Lambeth	0.8
Lewisham	0.4
Newham	1.3
Southwark	0.6
Tower Hamlets	1.2
Wandsworth	0.8

Barking and Dagenham	0.6
Barnet	0.7
Brent	2.2
Croydon	0.3
Ealing	1.9
Enfield	1.1
Greenwich	0.7
Harrow	0.9
Hillingdon	1.1
Hounslow	1.1
Redbridge	0.6
Waltham Forest	0.9
Slough	0.9
Milton Keynes	0.5
Koonfur Galbeed	0.1
Bristol	1.2

Lifaaqa 3: Shaxda Xogta Aasaasiga ah ee Sawirka 2: Aqoonsiga qaran ee dhammaan degganeyaasha ka soo jeeda kooxda jinsiyadda Soomaaliyeed, England iyo Wales; boqolkiiba (%)

Aqoonsiga Qaran	Boqolkiiba
Aqoonsi Biritish keliya	59%
Aqoonsi English keliya	10%
Aqoonsi English iyo Biritish keliya	2%
Aqoonsi Welsh keliya	0%
Aqoonsi kale iyo ugu yaraan hal aqoonsi Biritish, English, Waqooyi Ayrish, Iskotish, Welsh	6%
Faransiis	0%

Jarmal	0%
Talyaani	0%
Burtaqiis	0%
Waddamo kaloo xubin ah	19%
Boolish	0%
Turki	0%
Yurubiyani Kale	2%

Lifaafa 4: Shaxda Xogta Aasaasiga ah ee Sawirka 3: 20ka luqadood ee koowaad ee ugu tiro badan ee aanan af Ingiriisi ahayn marka loo eego tirada dadka ku hadla ee jooga Ingiriiska

Luqadda	Tirada Dadka ku hadla Luqadaha Koowaad ama ugu muhiimsan
Boolish	546174
Banjabi	273231
Urdu	268680
Bengali	221403
Gujarati	213094
Carabi	159290
Faransiis	147099
Shiine, Kale	141052
Burtaqiis	133453
Isbaanish	120222
Tamil	100689
Turki	99423
Talyaani	92241
Soomaali	85918
Lithuani	85469
Jarmal	77240

Beershan/Faarsi	76391
Tagalog ama Filibino	70342
Romaniyaan	67586
Ruush	67366

Lifaaqa 5: Shaxda Xogta Aasaasiga ah ee Sawirka 4: Tirada dadka ka yimaadda Soomaaliya ee yimaadda London, West Midlands, iyo England iyo Wales, sanadkii

Muddada Waqtiga Imaanshaha	Tirada Imaanshaha West Midlands	Tirada Imaanshaha London	Tirada Imaanshaha England iyo Wales
Ka hor 1981	38	496	915
1981-1990	148	4788	6093
1991-2000	1519	27779	36290
2001-2003	3943	14309	25665
2004-2006	2578	10400	18670
2007-2009	1313	6129	11003
2010-2011	331	1432	2731

Lifaaqa 6: Shaxda Xogta Aasaasiga ah ee Sawirka 5: Tirada dadka ka yimaadda Soomaaliya ee yimaadda West Midlands, marka loo eego jinsiga

Muddada Waqtiga Imaanshaha	Ragga Yimaadda West Midlands ee ka yimaadda Soomaaliya	Haweenka Yimaadda West Midlands ee ka yimaadda Soomaaliya
Ka hor 1981	18	20
1981-1990	81	67

1991-2000	760	759
2001-2003	1734	2209
2004-2006	1197	1381
2007-2009	569	744
2010-2011	148	183

Lifaaqa 7: Shaxda Xogta Aasaasiga ah ee Sawirka 6: Qaybaha xogta shacabka tiro yar: shacabka loogu kala saaray waddanka dhalashada ee 'Soomaaliya', marka loo eego jinsiga, ee Birmingham jooga

Xadka Da'da	Boqolleyda Haweenka ku dhashay Soomaaliya ee ku Nool Birmingham	Boqolleyda ragga ku dhashay Soomaaliya ee ku Nool Birmingham
80 ama Ka weyn	0.3	0.2
75-79	0.5	0.5
70-74	1.4	0.8
65-69	0.9	1.1
60-64	1	1.2
55-59	1.4	2.5
50-54	3.8	4.6
45-49	6.7	8.9
40-44	14.8	13.5
35-39	13.7	9.8
30-34	12	8.9
25-29	10.2	8.2
20-24	11	10.7
15-19	9.8	12.3
10-14	8.8	12
5-9	3	4.4
0-4	0.8	0.6

Lifaaqa 8: Shaxda Xogta Aasaasiga ah ee Sawirka 7: Qaybaha xogta shacabka tiro yar: shacabka loogu kala saaray kooxda jinsiyadda Soomaaliyeed, marka loo eego jinsiga, ee Birmingham jooga

Xadka Da'da	Boqolleyda ragga ka mid ah Kooxda jinsiyadda Soomaaliyeed ee ku Nool Birmingham	Boqolleyda Haweenka ka mid ah Kooxda Jinsiyadda Soomaaliyeed ee ku Nool Birmingham
80 ama Ka weyn	0.1	0.1
75-79	0.3	0.3
70-74	0.3	0.8
65-69	0.7	0.4
60-64	0.7	0.6
55-59	1.3	0.6
50-54	2.6	1.7
45-49	4.8	3.9
40-44	7.4	8.3
35-39	4.3	8.8
30-34	3.5	6
25-29	2.8	4.4
20-24	4.2	5.3
15-19	12.9	11.3
10-14	21.2	17.7
5-9	17.6	16.5
0-4	15.3	13.3

Lifaaqa 9: Shaxda Xogta Aasaasiga ah ee Sawirka 8: Shaxda Xil bixinta Tirakoobka 2011: Waddanka Dhalashada Soomaaliya – Agabka Ahraamta Shacabka

Xadka Da'da	Boqolleyda Ragga ku dhashay Soomaaliya ee ku nool West Midlands	Boqolleyda Haweenka ku dhashay Soomaaliya ee ku nool West Midlands	Boqolleyda Ragga ku dhashay Ingiriiska ee ku nool West Midlands	Boqolleyda Haweenka ku dhashay Ingiriiska ee ku nool West Midlands
80 ama Ka weyn	0	0	3	6
75-79	0	1	3	4
70-74	1	1	4	4
65-69	1	1	5	5
60-64	1	1	6	6
55-59	2	1	6	6
50-54	5	4	6	6
45-49	9	7	7	7
40-44	13	15	7	7
35-39	10	13	6	6
30-34	9	12	5	5
25-29	9	10	6	6
20-24	12	11	7	6
16-19	10	8	6	5
10-15	14	11	8	7
5-9	4	3	6	6
0-4	1	1	7	7

**Lifaaqa 10: Shaxda Xogta Aasaasiga ah ee Sawirka 9: Tirakoobkii
2011: Waddanka dhalashada, marka loo eego da'da – Birmingham**

Waddanka Dhalashada	Boqolleyda dadka ku nool Birmingham ee ah da'da 65 ama ka weyn	Boqolleyda dadka ku nool Birmingham ee ah da'da 15-64	Boqolleyda dadka ku nool Birmingham ee ah da'da 0-14
Baakistaan	11.80%	84.30%	3.90%
Hindiya	20.64%	75.84%	3.53%
Ayrland	59.46%	39.73%	0.81%
Jamayka	38.13%	59.15%	2.73%
Bangladesh	8.58%	87.83%	3.59%
Booland	4.43%	83.95%	11.62%
Soomaaliya	2.83%	82.60%	14.57%
Nayjiiriya	2.91%	85.82%	11.27%
Filibiin	1.09%	86.48%	12.42%
Faransiis	4.44%	77.32%	18.24%
Koonfur Afrika	8.46%	83.55%	7.99%
Romania	0.91%	76.55%	22.54%
Ghana	5.89%	88.32%	5.79%
Sri Lanka	6.16%	86.76%	7.08%
Cyprus	23.09%	74.68%	2.24%
Bulgaria	1.53%	92.69%	5.78%
Turki	1.00%	95.26%	3.74%

Lifaaqa 11: Shaxda Xogta Aasaasiga ah ee Sawirka 10: Taariikhda da'da dadka 0-19 jir ah ee ka mid ah kooxda jinsiyadda Soomaaliyeed ee Birmingham, marka loo barbar dhigo shacabka guud ee Birmingham; lagu muujiyey boqolkiiba %

Kooxda Da'da	Boqolleyda shacabka Soomaaliyeed ee jooga Birmingham	Boqolleyda shacabka guud ee Birmingham
15-19	12	7
10-14	19	7
5-9	17	4
0-4	14	8

Lifaaqa 12: Shaxda Xogta Aasaasiga ah ee Sawirka 11: 5+ shahaado GCSE ee darajada A*-C oo ay ku jiraan Ingiriisiga iyo Xisaabtu oo loo kala saaray jinsiyadda, jinsiga iyo u qalmista cuntooyinka bilaashka ah ee dugsiga dugsiyada Birmingham, 2013

Kooxda Shacabeed	Qiyaasta boqolleyda qaadata 5+ shahaado GCSE ee darajada A*-C ee Birmingham
Wiilasha Caddaan Biritish ee u qalma cuntooyinka bilaashka ah ee dugsiga	31%
Gabdhaha Caddaan Biritish ee u qalma cuntooyinka bilaashka ah ee dugsiga	45%
Wiilasha Baakistaani ah ee u qalma cuntooyinka bilaashka ah ee dugsiga	46%
Gabdhaha Baakistaani ah ee u qalma cuntooyinka bilaashka ah ee dugsiga	55%

Wiilasha Soomaali ah ee u qalma cuntooyinka bilaashka ah ee dugsiga	55%
Gabdhaha Soomaali ah ee u qalma cuntooyinka bilaashka ah ee dugsiga	60%
Wiilasha Bangladeshi ah ee u qalma cuntooyinka bilaashka ah ee dugsiga	63%
Gabdhaha Bangladeshi ah ee u qalma cuntooyinka bilaashka ah ee dugsiga	65%
Meeldhexaadka Dawladda Hoose	60%

Lifaaqa 13: Shaxda Xogta Aasaasiga ah ee Sawirka 12: Qiyaasta boqolleyda ardayda Afrikaan Madow ee hela 5+ shahaado GCSE ee darajada A*-C, 2003 iyo 2005

Kooxda shacabeed	Qiyaasta boqolleyda qaadata 5+ shahaado GCSE ee darajada A*-C (2003)	Qiyaasta boqolleyda qaadata 5+ shahaado GCSE ee darajada A*-C (2005)
Ghanayan	46%	53%
Nayjiiriyan	54%	56%
Soomaali	22%	29%
Afrikaan Madow (Tirada Qaran)	41%	48%
Ardayda Dhammaantood (Tirada Qaran)	51%	55%

Lifaaqa 14: Shaxda Xogta Aasaasiga ah ee Sawirka 13:

Dhaqdhaqaaqa ama waxqabadka maaliyadeed ee loo kala saaray jinsiga, ee lagu diiwaangeliyey Tirakoobkii 2011 taasoo khusaysa dadka ku dhashay Soomaaliya; xogta ku toosan West Midlands

Dhaqdhaqaaqa Maaliyadeed	Haweenka ku dhashay Soomaaliya ee ku Nool West Midlands	Ragga ku dhashay Soomaaliya ee ku Nool West Midlands
Dhaqdhaqaaq la'aan Maaliyadeed	27928	11995
Arday Waqti buuxa shaqo laawe ah	1530	1482
Arday waqti buuxa shaqo haya	1236	1302
Shaqo laawe	6586	6054
Iskiis u shaqayste waqti buuxa	275	1454
Iskiis u shaqayste saacado kooban	633	1877
Shaqaaale waqti buuxa	3190	6665
Shaqaaale saacado kooban	5573	4445

Lifaaqa 15: Shaxda Xogta Aasaasiga ah ee Sawirka 14:

Calaamadaha neefsashada ee dadka qaadka cuna (t=162) iyo kuwa aanan cunin (t=162) ee jooga Wolkite, Itoobiya, 2018.

Dhibaataada neefsashada	Qaad Cuneyaasha	Dadka Aanan Qaad Cunin
Qufac	26.5	14.8
Xaako	8.6	5.6
Neeftuuris	8.6%	9.9%

Laab Xanuun	1.2%	2.5%
Hinraag	3.7%	2.5%

Lifaaqa 16: Shaxda Xogta Aasaasiga ah ee Sawirka 15 Qiyaasaha boqolleyda ee dadka qaadka cuna (t=162) iyo kuwa aanan cunin (t=162) ee loo kala saaray qaybta shaqada sanbabbada ee Wolkite, Itoobiya, 2018.

Qaybta Shaqada sanbabbada	Qaad Cuneyaasha	Dadka Aanan Qaad Cunin
Cudurka Ciriiriga Sanbabbada	40.1%	27.2%
Xirmista Yar	3.7%	8%
Xirmista Meeldhexaadka ah	16.1%	13%
Xirmista Daran	1.2%	1.2%
Calaamadaha Neefsashada Keliya	15.4%	13%
Ma leh Cudurka Sanbabbada	23.5%	37.6%