

A large, stylized letter 'B' graphic on the left side of the page. The 'B' is filled with a vibrant pink color and has a thick black outline. The interior of the 'B' is divided into sections of yellow and light blue. The graphic is positioned on a teal background that transitions into a white background at the bottom.

COMMUNITY HEALTH PROFILES

Understanding the health needs of the
Central and Eastern European community

A BOLDER HEALTHIER BIRMINGHAM

Intro to Community Health Profiles

- Full reports and additional resources can be found on the [Community Health Profile Homepage](#)
- Further information on the research in this webinar can be found in the [Central and Eastern European Community Health Profile report](#)
- See also the [Infographic Summary](#)
- For more information on the background and research methodology of the profiles watch our '[Intro to Community Health Profiles](#)' video



Data Collection

2021 Census:

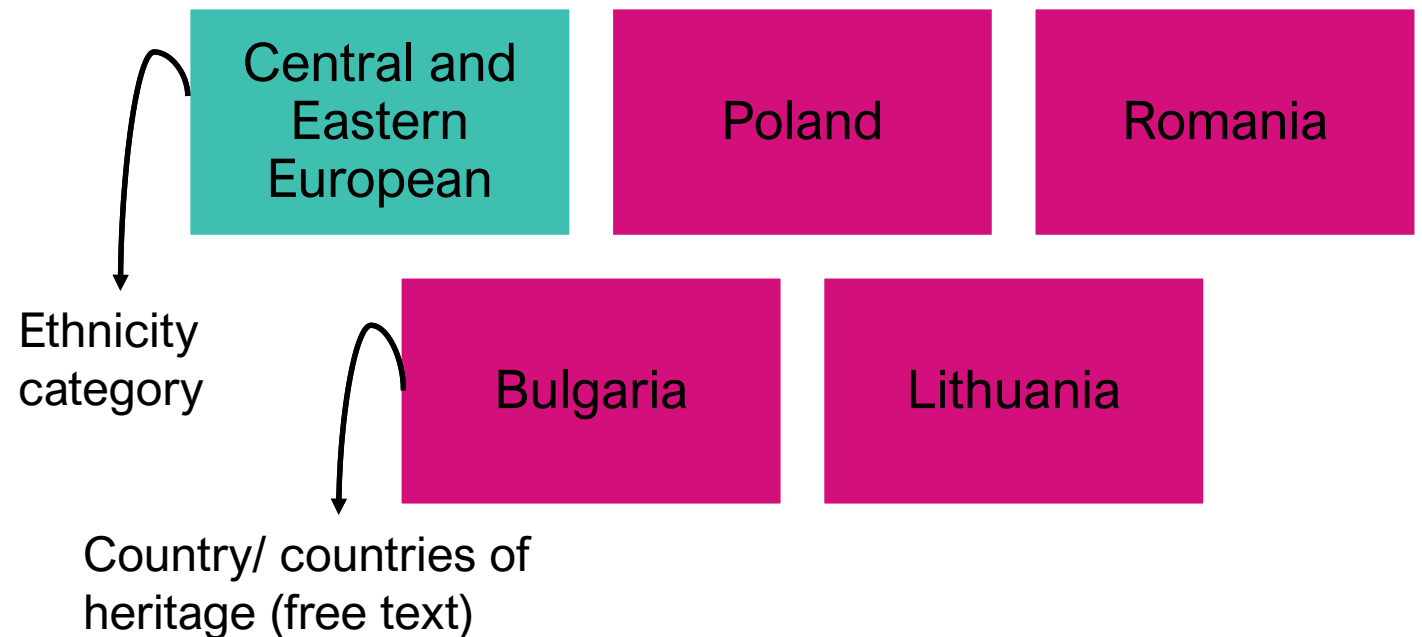
- No relevant ethnic category which accurately reflects population
- ‘White Other’ as an approximate

Limitations:

- No consideration of non-White population
- Often overlooks unique experiences

Recommendations:

- Implementation of BCC standard [demographic data collection tool](#)



Data Limitations



Aggregated Ethnic Categories: People from Central and Eastern European ethnic group often categorised under 'Other White' or 'Other' ethnic group categories

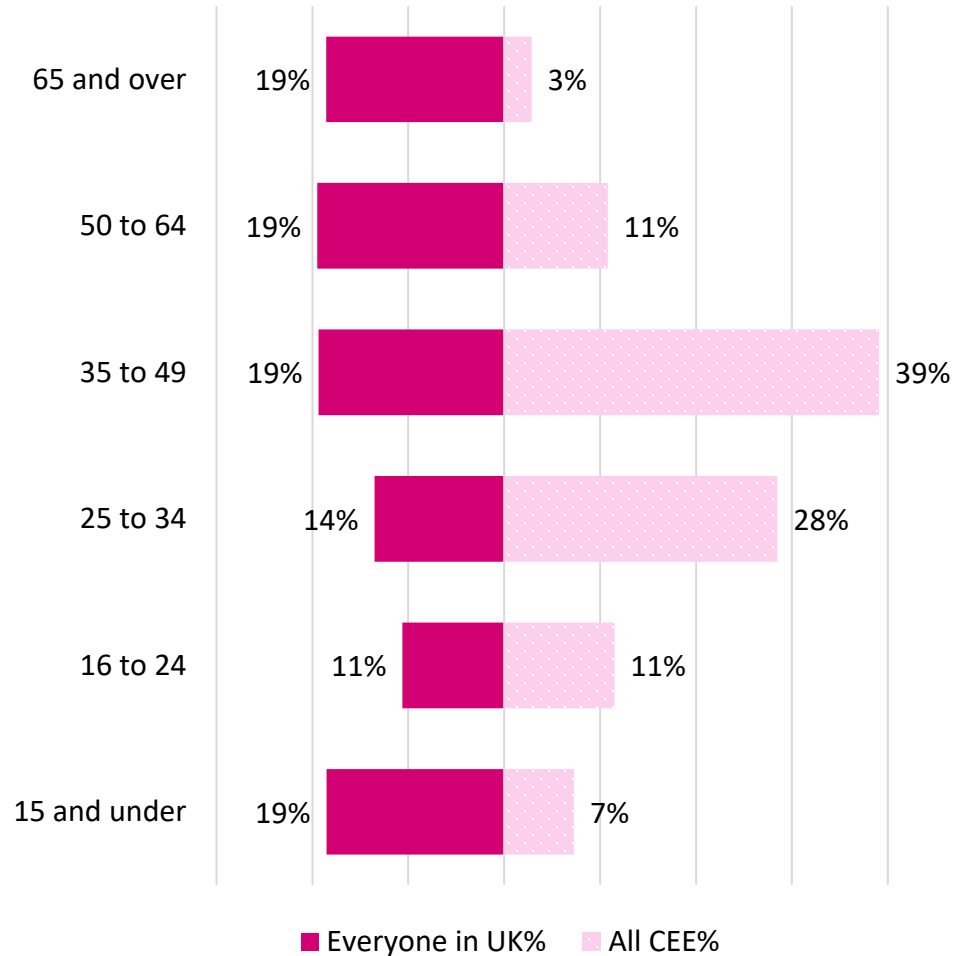


Inconsistent Results: Inconsistent use of ethnic group categories inhibits efficient analysis of health and wellbeing needs



Unadjusted Variables: data from GP patient survey (GPPS) and Health Survey for England (HSE) have not been adjusted

Demographic Overview



- **Population size***: 26,754 (288 category dataset).[1] Top categories:
 - ‘White: Polish’ (8,407),
 - ‘White: Romanian’ (7,364),
 - ‘White: Other Eastern European’ (2,301),
 - ‘Other: Romanian’ (1,152)
- **Religion**: 70% Christian, 17% no religion (46% and 37% respectively England and Wales avg)[2]
- **English Proficiency**: 26% English as a main language, 59% can speak English ‘well or very well’, 14% cannot speak English ‘well or at all’[2]
- **Age**: 39% aged 35 to 49 (likely overestimate)[2]

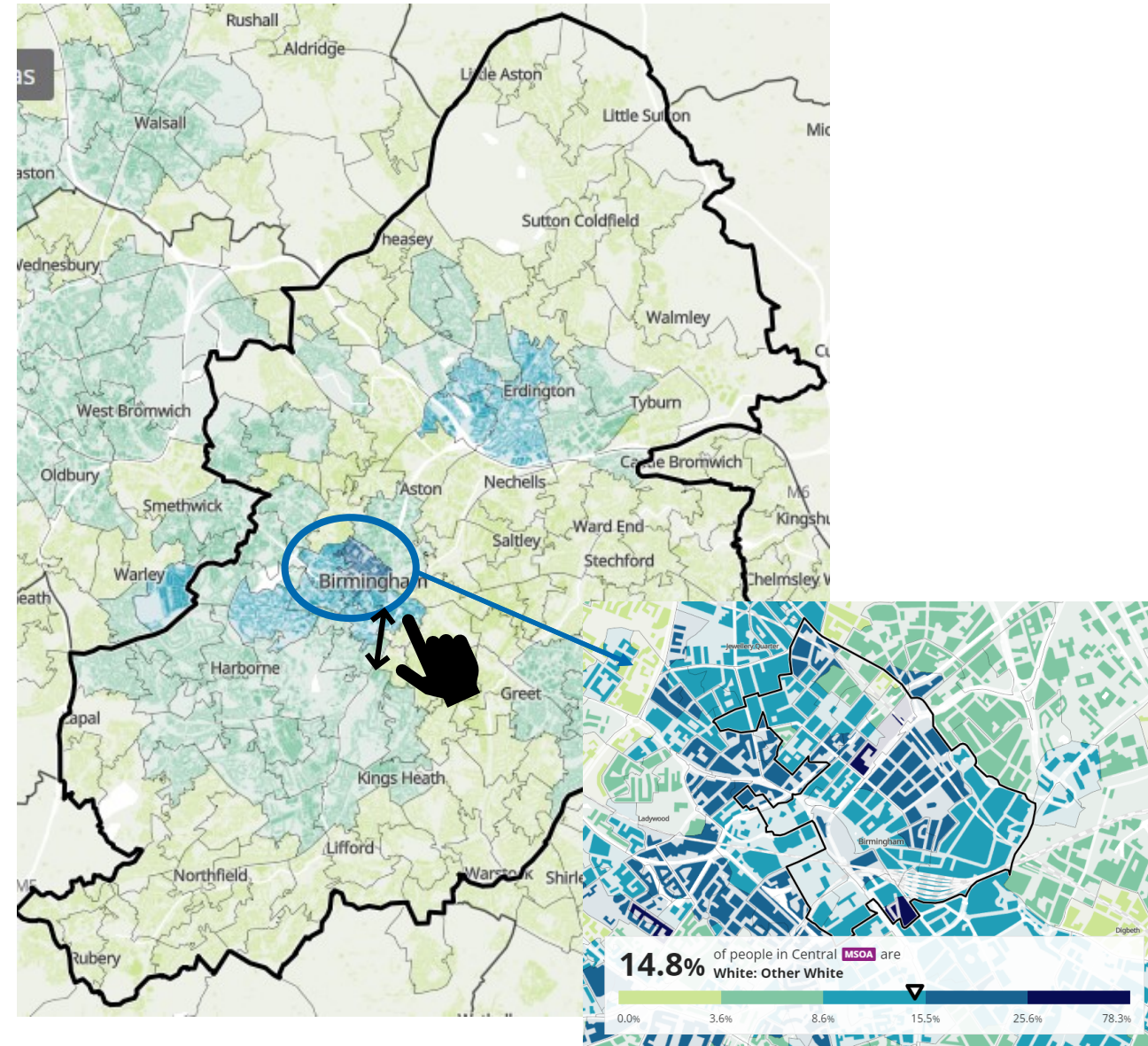
All demographic data relates to the England and Wales population born in a Central and Eastern European country unless otherwise specified.

*Birmingham specific

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Geography Overview

- [Census mapping tool](#): ethnic group available to output area (OA) level [3]
- MSOA density of 'White: Other' ethnic group ranges approx. 1.2% to 14.8%.
- MSOAs by population density:
 1. Central (14.8%)
 2. Ladywood – Summer Hill (13%)
 3. Five Ways North (12.2%)



Geography (Continued)

Top 5 Birmingham wards by country of birth:

Central and Eastern Europe (total)

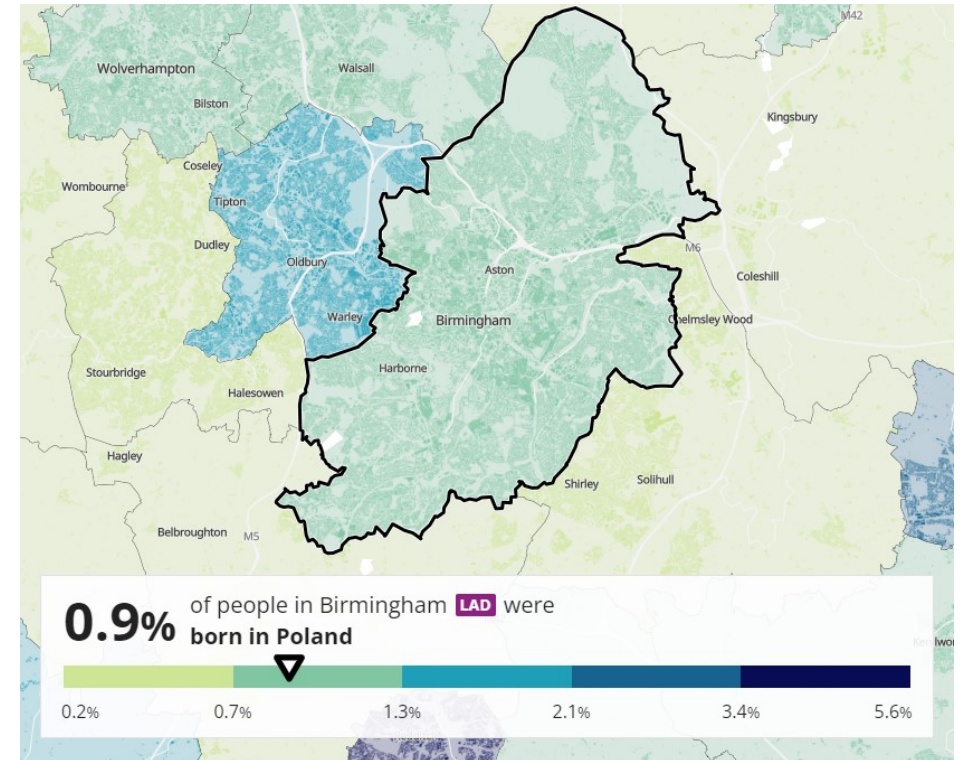
1. Stockland Green
2. Ladywood
3. Soho & Jewellery Quarter
4. North Edgbaston
5. Erdington

Polish-born:

1. Stockland Green
2. Erdington
3. Acocks Green
4. Ladywood
5. Kingstanding

Romanian-born:

1. Soho & Jewellery Quarter
2. Stockland Green
3. Ladywood
4. North Edgbaston
5. Erdington



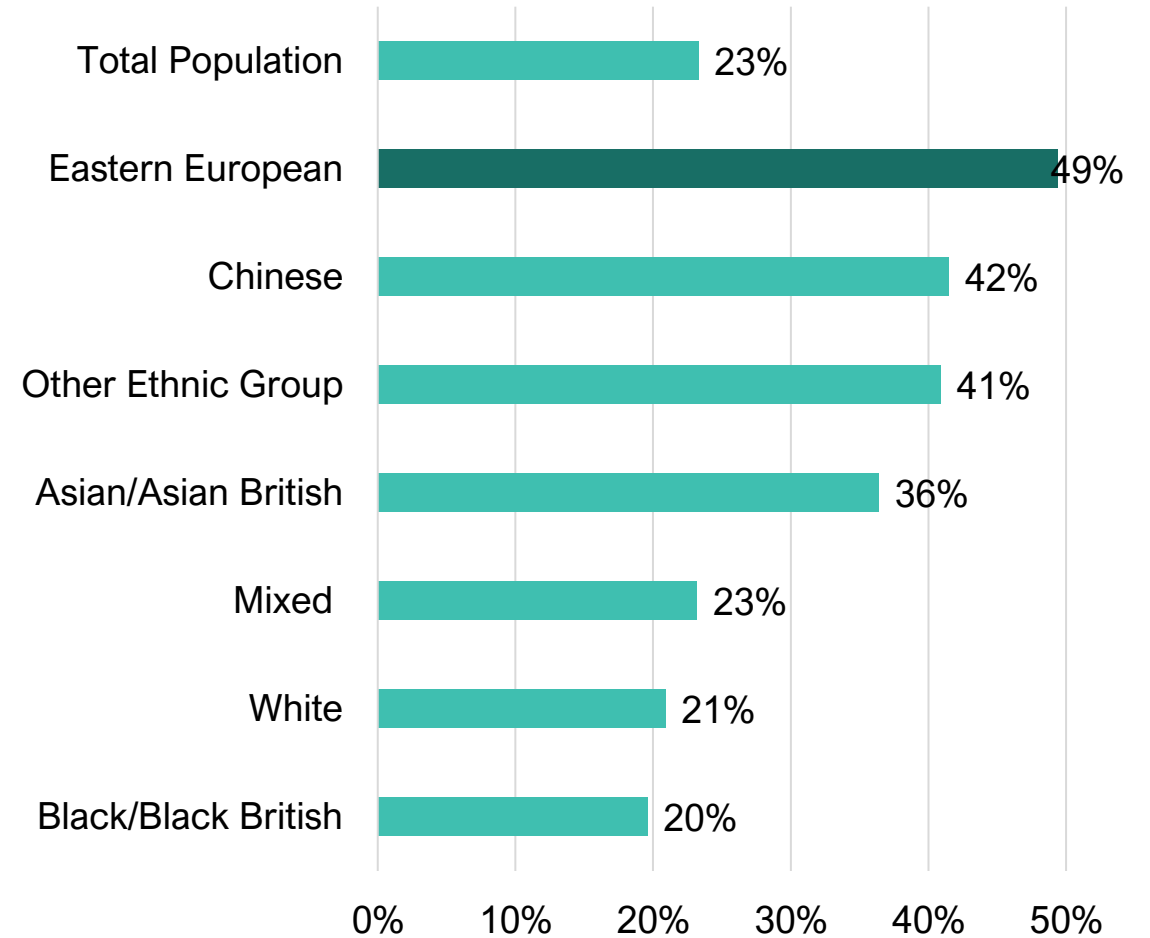
Limited visual data available via census map

**By observation, not population density, results may vary slightly when analysing ward population density by community group*

Getting the Best Start in Life

Oral Health Survey of 5-year-old Children Report (2017)^[4]

- Examines the prevalence of experience of dental decay across England.
- Overall, 23% of children aged 5 had experience of dental decay.
- Eastern European children aged 5 had highest experience of dental decay (49%).



Mental Wellness and Balance



Discrimination based on 'otherness' e.g. nationality, language, anti-immigration



Experiences of racism increased since EU Referendum



Mental health needs overlooked 'majority-group passing'

Experiences of Discrimination [5,6]

- Limited national datasets, reliance on survey data
- 77% (n=882) of Central and Eastern European young people in a study (n=948) reported experiences of racism and xenophobia based on their nationality
- 14% experienced this 'often' or 'very often'

Healthy and Affordable Food

Identified gap for primary data collection: national surveys on food, diet and nutrition typically only report results by 'Other White' ethnic group

A 2018 gap-analysis by Luton Borough Council may provide some insights specific to the Polish community: [7]

- Main barriers to healthy eating: availability of unhealthy foods such as take-aways, pre-packed ready meals in supermarkets, lack of time to plan and prepare healthy meals.
- Participants were often unsure if their Polish diet was healthy because they felt “confused by the information that only a particular diet can be healthy.”

Active at Every Age and Ability

Active Lives Survey (2020 to 2021) [8,9]

- Physically active: 150 minutes (or more) or moderate physical activity per week
- 65% of the 'White Other' population in the West Midlands were physically active, compared with 60% of the White British population

Popular Physical Activities



Volleyball



Gymnastics



Basketball



Cycling for travel



Snowsports

Living, Working and Learning Well

Household Deprivation (2021 census)^[2,10]

- 24% of Central and Eastern European born migrants lived deprivation under the 'housing' dimension (9% England and Wales average)



Protect and Detect

Improving Access to Healthcare Services:

[11,12,13]

- Crucial for healthcare workers to explain the system to service users
- Important for community to access credible information
- Engagement reported as more effective using outreach services (e.g. community groups, door knocking)

Barriers to Accessing
UK Healthcare



Challenges navigating
health system



Trust in services



Transnational use of
services



Language and literacy

Contributing to a Green and Sustainable Future

Ministry of Housing, Communities & Local Government (2020) ^[14]

- Mapped pollutant data with geography data from 2021 census
- Approximately 22% of the 'White Other' population live in the 15 most polluted MSOAs in Birmingham (5.4% of the White British population).
- Air pollution is a major public health risk, estimated that 6.2% of total mortalities in Birmingham (2021) were attributed to particulate air pollution.

- Nitrogen Oxide
- Benzene
- Sulphur Dioxide
- Particulate matter

Pollutants
Included



Other Key Inequality Data and Conclusions

Other Key Inequality Data

Increased use of
NHS mental
health services

Experience of
suicidal thoughts
and attempts

Chronic hepatitis
B infection

Limited data
specific to
community

Conclusions:

- CHP provide an evidence summary to start building co-produced solutions. Important to note that the CHP is **not** a fully inclusive document that will accurately map the experience of all Central and Eastern European people. Should use as a **starting point**.
- Important to consider other aspects of individuals identity to enable delivery of appropriate care and support decision making for services and resources.

Opportunities for Engagement: Profile Review

Potential Feedback Areas:



Appropriate language used throughout



Community area of importance not included



Missing dataset or relevant report



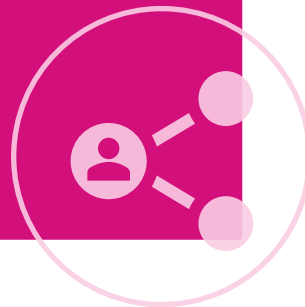
General comments and feedback

- Encouraged to read full report/area of interest
- Feedback may be added to future versions of profile
- Organisation details may be added
- Feedback can be submitted to CommunitiesTeam@Birmingham.gov.uk

Opportunities for Engagement: Dissemination of Findings

- ✓ Team members
- ✓ Wider organisation
- ✓ Partner organisation(s)
- ✓ Community organisations working with Central and Eastern European people

Have you shared the profile with?



- ✓ Referencing the profile in a new project
- ✓ Including findings in project/service proposal
- ✓ Influencing discussions with relevant stakeholders
- ✓ Making your daily practice more inclusive

Have you used the profile by?



References

References

- [1] ONS (2022). [Ethnic group \(detailed\), 2021 census](#)
- [2] [ONS Custom Data Tool](#)
- [3] [ONS Census Maps](#)
- [4] Public Health England (2018). [National Dental Epidemiology Programme for England: oral health survey of 5-year-olds 2017](#)
- [5] Sime D, Tyrrell N, Käkelä E, Moskal M. Performing whiteness: Central and Eastern European young people's experiences of xenophobia and racialisation in the UK post-Brexit. *Journal of Ethnic and Migration Studies*. 2022;48(19):4527-46
- [6] Peñuela OBE, Wan MW, Berry K, Edge D. Central and Eastern European migrants' experiences of mental health services in the UK: A qualitative study post-Brexit. *Patient Educ Couns*. 2023;107:107562

References (2)

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- [7] Czarnecka B. Perceptions of healthy eating and meanings of food amongst Polish immigrants in Luton – a qualitative study: London South Bank University; 2019
- [8] Sport England. [Active Lives Survey, 2021](#)
- [9] Sport England. [Sport for all? Why ethnicity and culture matters in sport and physical activity. 2020](#)
- [10] Ministry of Housing CLG (2020). [People living in deprived neighbourhoods](#)
- [11] Cleland JA, Watson MC, Walker L, Denison A, Vanes N, Moffat M. Community pharmacists' perceptions of barriers to communication with migrants. International Journal of Pharmacy Practice. 2012;20(3):148-54
- [12] Sadie B, Michael E, Mateusz Z, Mary R, Sandra M-J. 'I don't think anybody explained to me how it works': qualitative study exploring vaccination and primary health service access and uptake amongst Polish and Romanian communities in England. BMJ Open. 2019;9(7):e028228

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- [13] Al Shamsi H, Almutairi AG, Al Mashrafi S, Al Kalbani T. Implications of Language Barriers for Healthcare: A Systematic Review. Oman Med J. 2020;35(2):e122
- [14] Ministry of Housing CLG. [English indices of deprivation 2019](#)