

PAKISTANI

COMMUNITY
HEALTH
PROFILE

2022



A BOLDER HEALTH **BRM**

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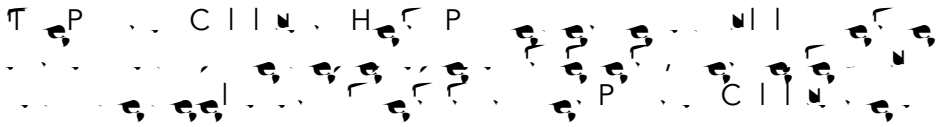
E... 2019, 2020	28
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Executive Summary



Methodology

A... T... P... H... C I I... N... D... S... NOMIS

A BOLDER HEALTHIER BIRMINGHAM

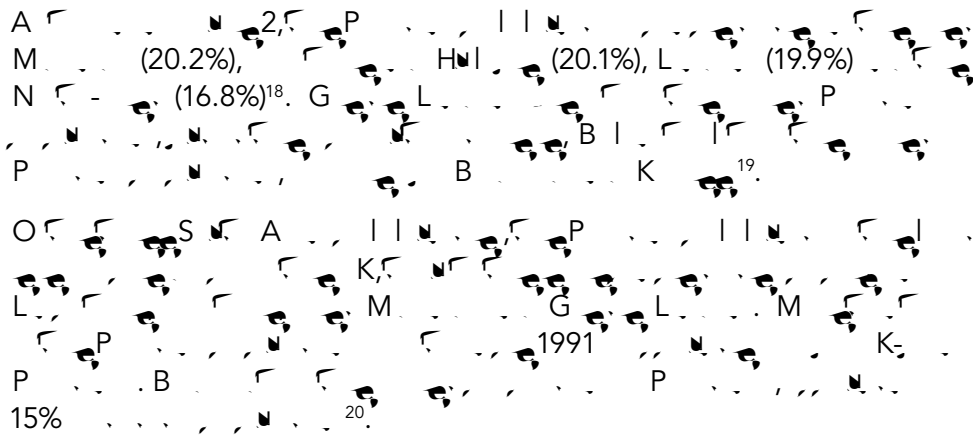


Figure 2: Pakistani ethnic group, by area in the UK

Figure 4: Religious affiliation (percentage %), English regions and Wales 2011



Source: ONS²⁸

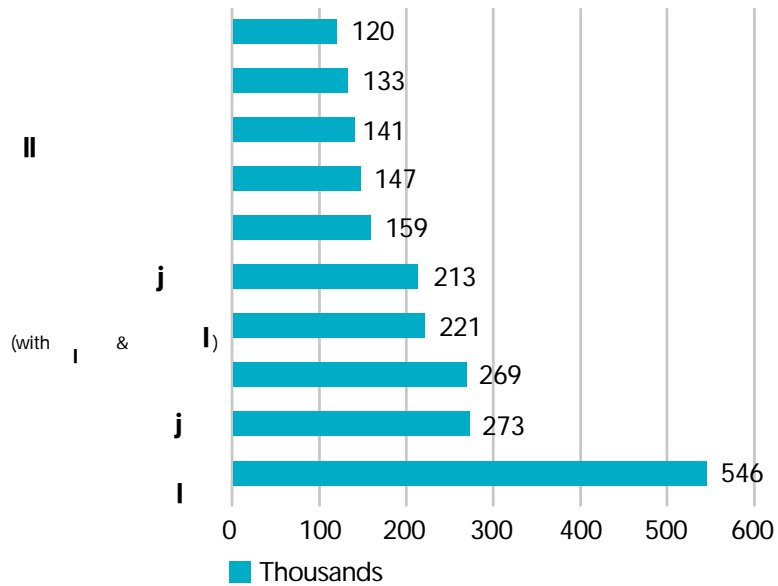
1.3.4 Attire

While usually Pakistanis in the UK wear Western clothing, traditional clothing worn by the Pakistani community is the shalwar kameez, the

national dress of Pakistan which is worn by both men and women.

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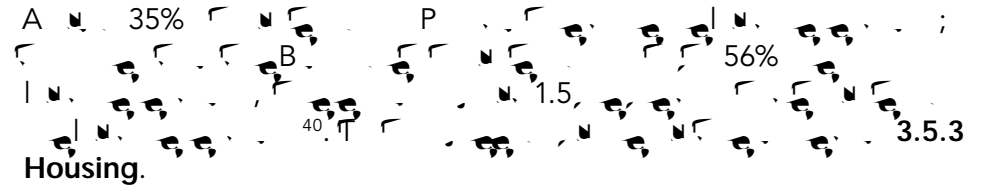
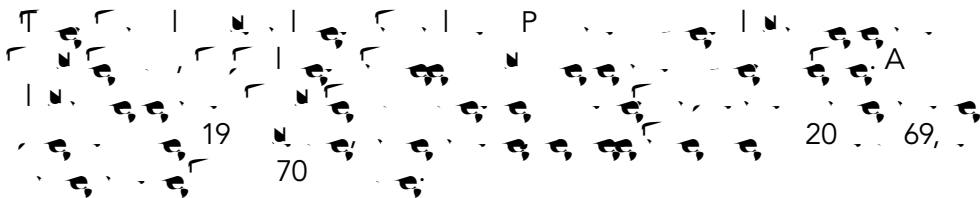
Figure 6: Top ten main 'other' languages in England and Wales, 2011



Source: ONS³⁹

1.3.9 Multigenerational households

The community maintains strong ties with their family and many Pakistanis live in multigenerational households – in the UK around 35% of Pakistani households are multigenerational.



1.3.10 Other cultural aspects

Each generation within the Pakistani community has a different self-

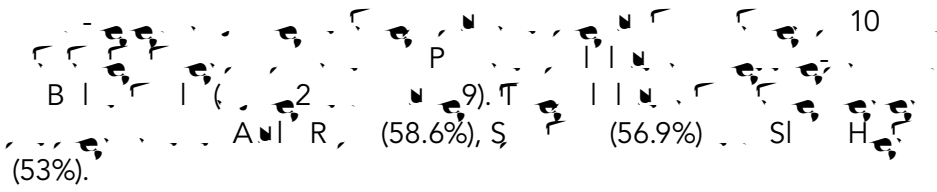


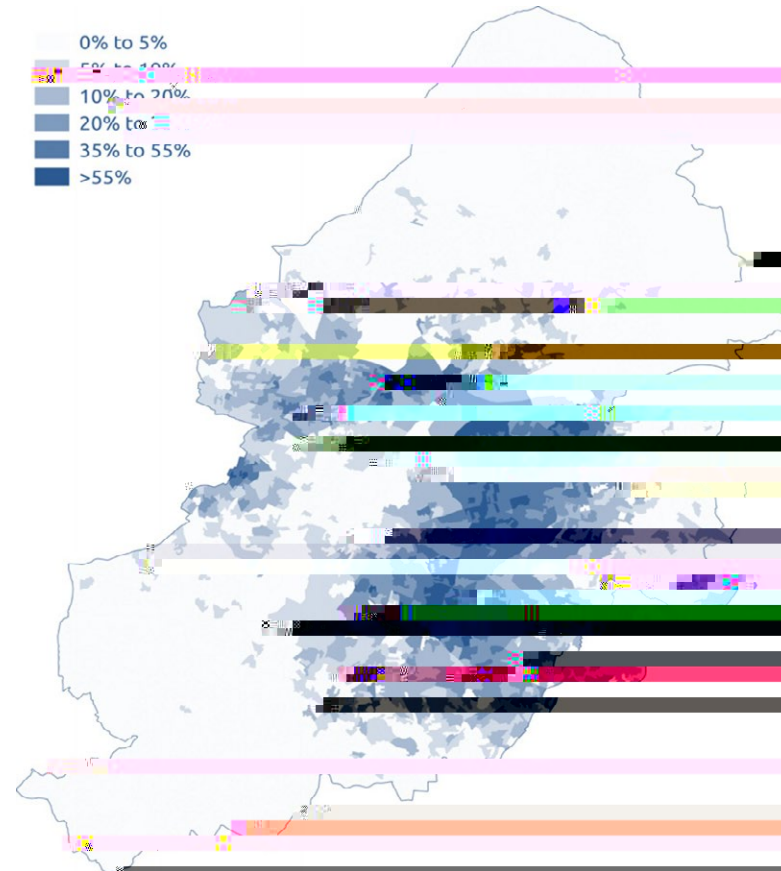
Figure 7: Country of birth for Pakistanis in Birmingham (n=144,627)

Table 2: Top 10 Birmingham wards with highest populations of Pakistanis

Ward	Total ward population	Pakistani population (%)
A... R...	25,487	58.6
S...	20,309	56.9
S... H...	20,403	53
... E...	12,255	51
H... ..	12,287	46.3
S... & B... H... E...	25,211	46.3
B... G...	11,796	41.1
A...	22,636	30.9
L...	9,153	30.8
H... G... N...	21,509	28.1

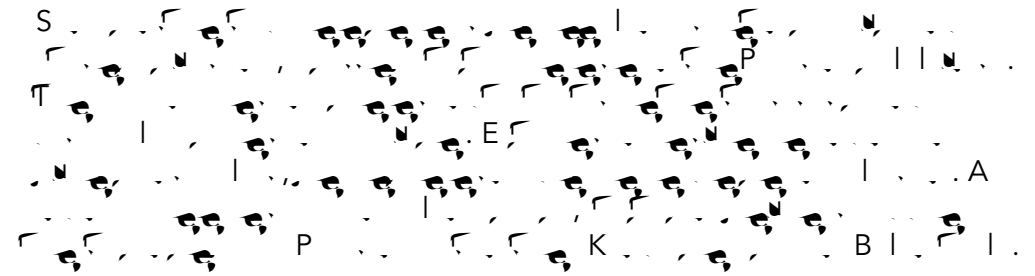
Source: Census 2011 KS201

Figure 9: Map of Birmingham and concentrations of the Pakistani community



Source: 2011 Census ward-level data⁴⁶

2.0 Community Health Profile



2.1 Getting the best start in life

Getting the best start in life key findings:

Maternal health



2.1.1 Maternal health



The Infant and Perinatal Mortality in the West Midlands report⁵⁰ has found from 2012 to 2014 live births to mothers born outside the UK, 49% were from Pakistan, Poland, India and Bangladesh, of which Pakistan accounted for the greatest proportion at 4.92% (10,666 births).

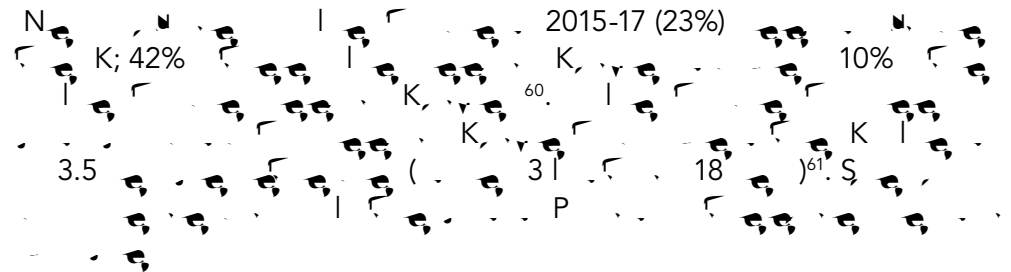
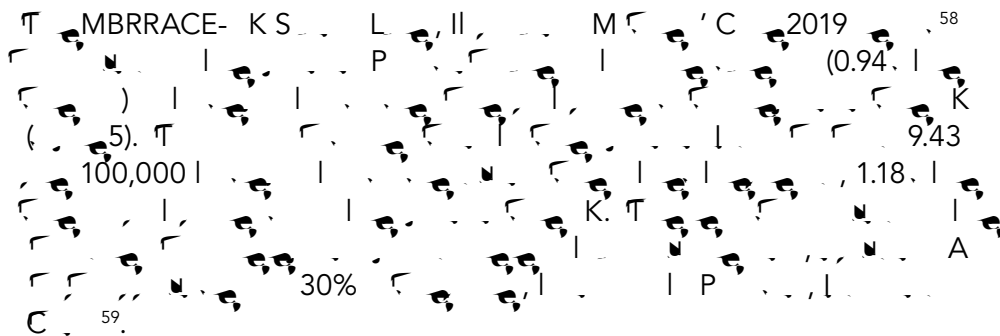
Table 4: Selection of the most common countries of birth of mothers born outside the UK (West Midlands; 2012 to 2014)

Country of Birth of Mother	No. of births in West Midlands	% of live births in West Midlands	% of stillbirths in West Midlands	p value
Pakistan	10,666	4.92	7.29	0
India	5,202	2.4	3.21	0.06
Bangladesh	2,744	1.27	1.36	0.66
Tamil Nadu, India	50,509	23.34	27.11	-
Tamil Nadu, India (UK)	165,770	76.66	72.89	-

Source: ONS - analysis LKIS (WM), data from the Infant and Perinatal Mortality in the West Midlands report⁵⁷

Maternal mortality

Mothers from Pakistan have a similar relative risk of maternal mortalities compared to those born in the UK. From 2015 to 2017, there were 7.48 per 100,000 maternal mortalities in the UK among mothers born in Pakistan, compared to 7.97 deaths per 100,000 of women born in the UK.



*Estimates based on proportions of births to UK and non-UK born mothers applied to a number of maternities

‡Estimates based on the ratio of maternities to births applied to the number of births recorded to mothers born in the stated country

Table 5: Maternal mortality rates according to mother's country of birth (selected countries)

Country of Birth	Maternal Mortality Rate (per 100,000)
UK	7.97
Pakistan	7.48
India	7.48
Bangladesh	7.48
Tamil Nadu, India	7.48
Tamil Nadu, India (UK)	7.48



Figure 13: Infant mortality rate by ethnicity of the baby and cause of death, England and Wales, 2017, 2018 and 2019 combined; Infant mortality rate per 1,000 live births (rate)

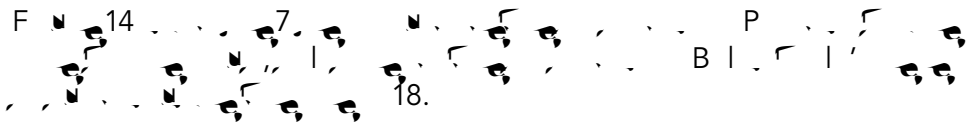


Figure 14: Age profile of under 18s within Birmingham's Pakistani ethnic group, compared to the general under 18 population of Birmingham; shown in percentage % (clustered bar format)

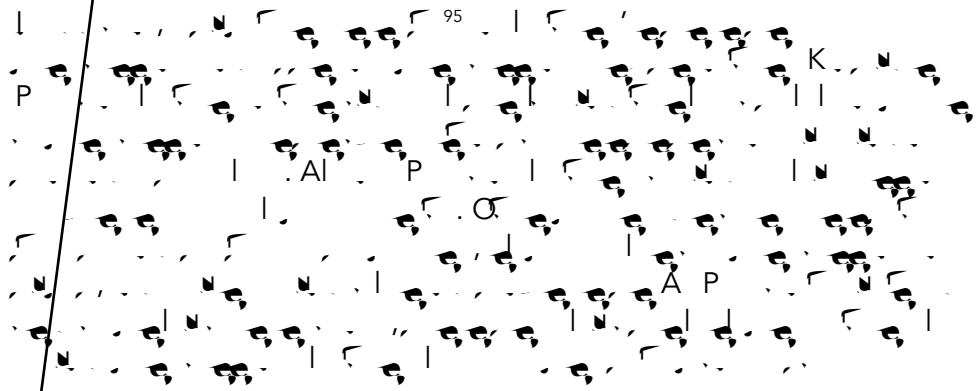
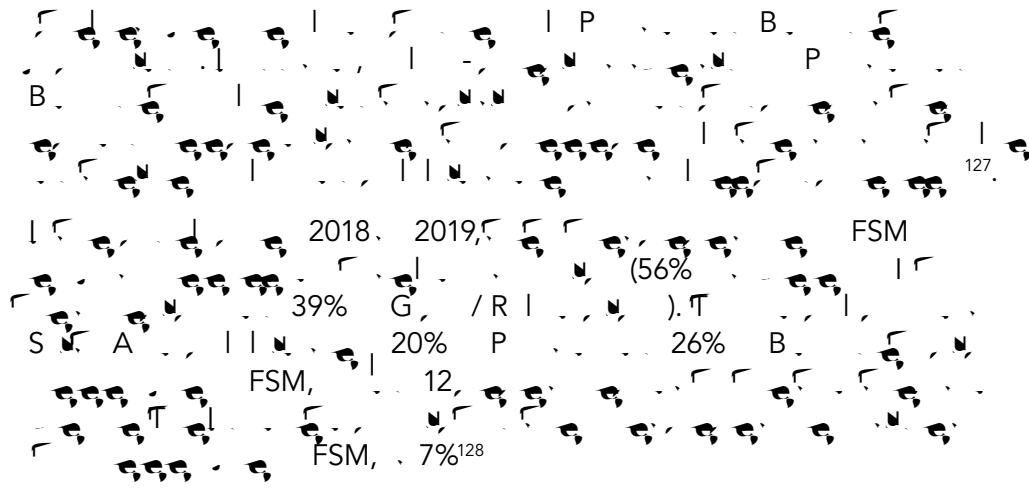


Figure 17: Percentage of children living in households in low income, by ethnicity, UK, three-year average, FYE 2016 to FYE 2018

2.1.6 Social care



121.1

DETENTIONS PER 100,000 PEOPLE

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

4,459

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

ALCOHOL: NON-DRINKERS

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



DRUG USE

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

2.9%
PAKISTANI

2.7%
INDIAN

2.6%
BANGLADESHI

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

SMOKING

9.1%
CURRENT SMOKERS

83.8%
NEVER SMOKED



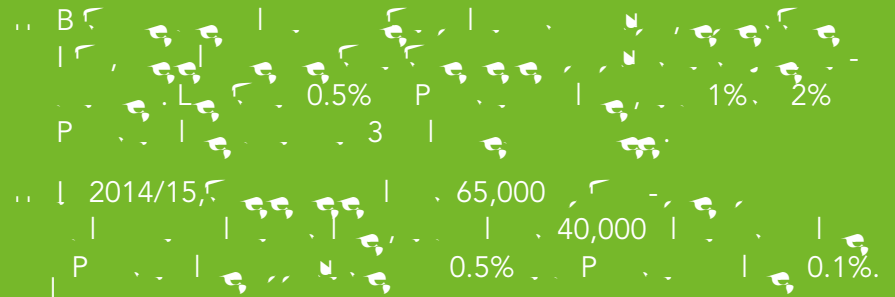
2.2 Mental Wellness & Balance

Mental Wellness & Balance Key findings:

Mental health



Alcohol



Drug use





2.2.1 Mental health

People from the Pakistani community had a detention rate of 121.1 detentions per 100,000 people under the Mental Health Act. The ethnic group had a rate of 4,459 per 100,000 adults using mental health, learning disability and autism services, lower than the Bangladeshi groups but higher than the Indian community.

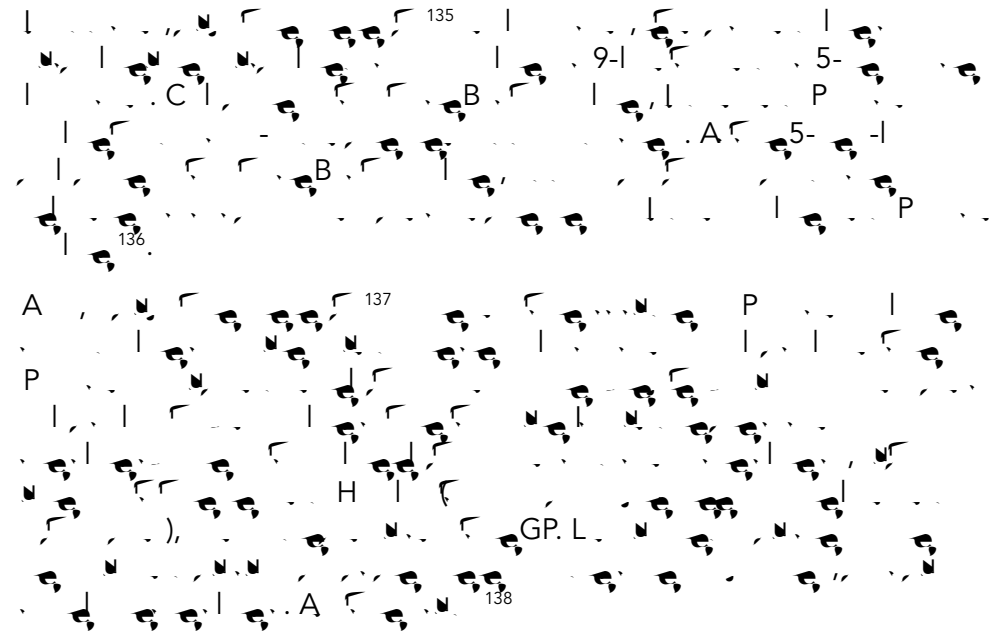
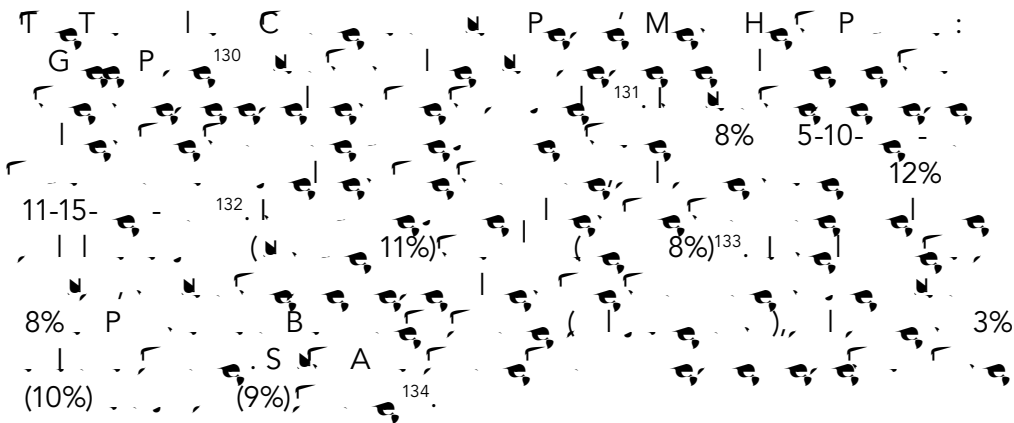


Figure 21: Number of detentions under the Mental

2.2.2 Alcohol

Both genders among all ethnic minority groups, except the Irish, were more likely than the general population to be non-drinkers. Less than 0.5% of Pakistani women and 1% to 2% of Pakistani men drank on 3 or more days a week.¹⁴¹ Pakistani men accounted for 0.5% of alcohol-specific admissions in England (2014/15); women from the ethnic group had one of the lowest proportions of alcohol-specific admissions (0.1%).

↑ PHE E N, R C I I, H P 2022

Table 13: Smoking rates (15+) by country of origin, top five immigrant communities to the UK by size, 2016

Country of birth	Smoking rate in country of origin

Table 15: Use of chewed or sucked tobacco products

COOKING PREFERENCES



93% of Pakistani men use salt in cooking, one of the highest proportion among men in minority ethnic groups.

OBESITY PREVALENCE

Pakistanis	General population
15%	23%
28%	23%

ACCORDING TO THE HSE, THE MEAN FAT SCORES ARE

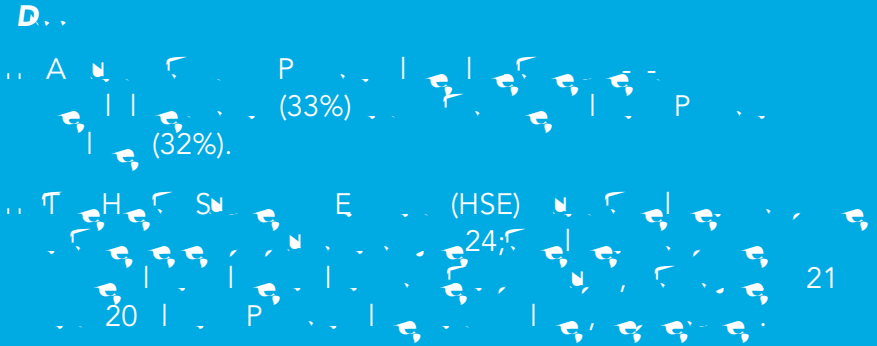
24	21	20
GENERAL POPULATION	PAKISTANI MEN	PAKISTANI WOMEN

5-A-DAY

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

2.3. Healthy and affordable food

Healthy lifestyle Key findings



Obesity



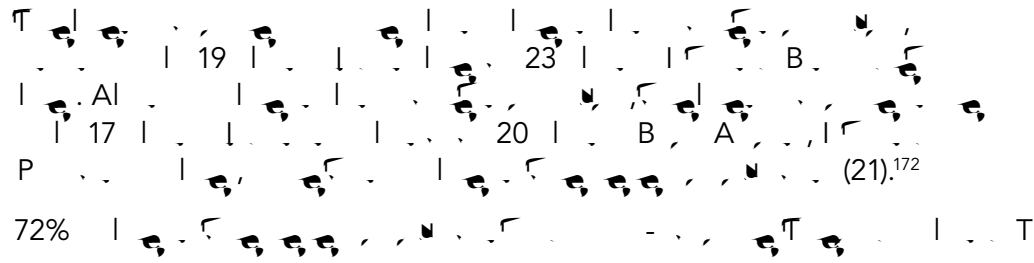


Table 19: Use of salt in men aged 16+ when cooking, by ethnicity (%)

Adds salt to food*	Indian	Pakistani	Bangladeshi
A	93	93	95
G	6	15	17
T	14	13	16
T	32	25	28
R	47	47	39

Source: Health Survey for England 2004¹⁷⁷

Table 20: Use of salt in women aged 16+ when cooking, by ethnicity (%)

Adds salt to food*	Indian	Pakistani	Bangladeshi
A	92	88	91

Figure 23: Body mass index, waist-to-hip ratio and waist

96.5, | | 86.4, | |
95.0, | | B (93.0
88.7, | |). A 87.7 P
(83.9) B (85.7) | 185.
33% | 30% |
(HR) (0.95 | | 0.85 |
) P | | HR
(36%), | | S A | | : 38%;



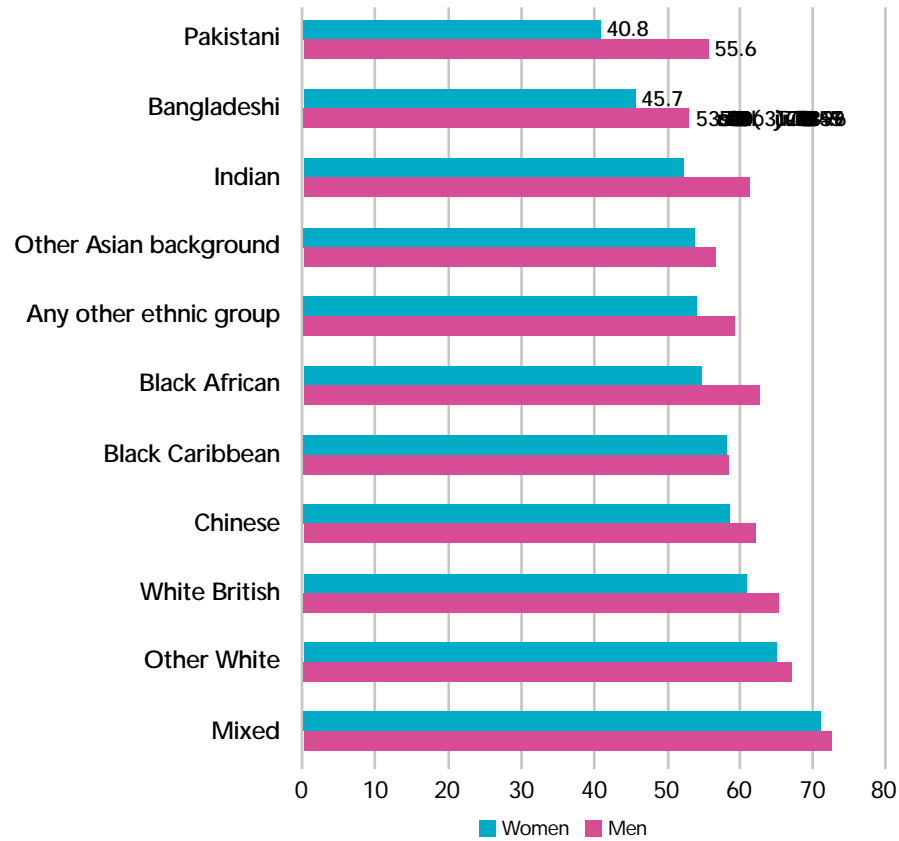
PHYSICAL ACTIVITY

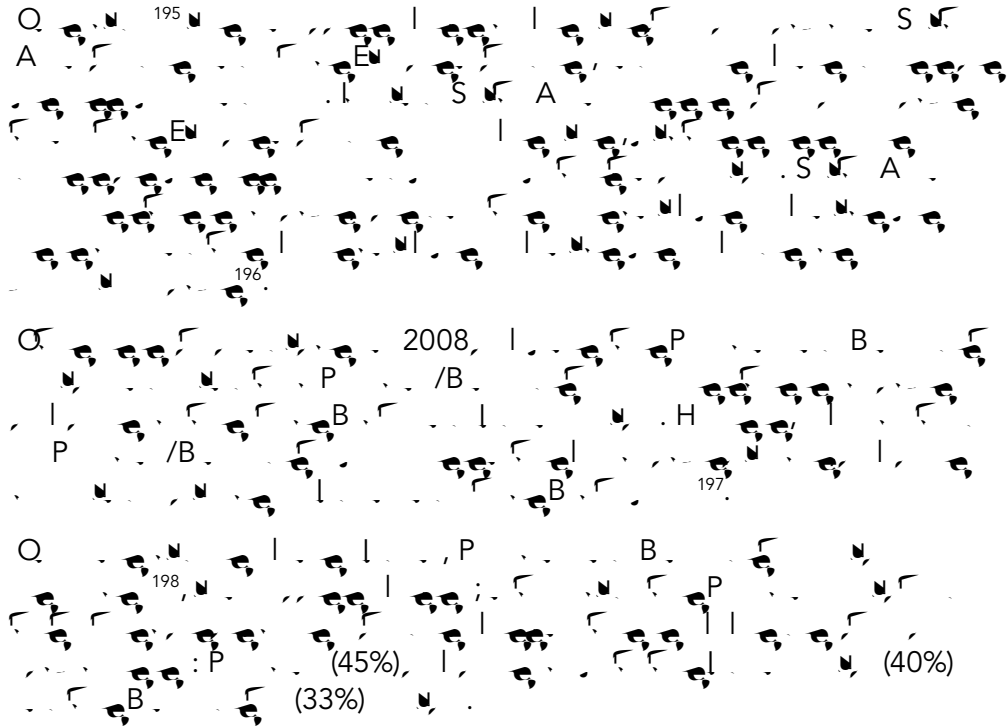
AT LEAST 150 MINS / WEEK



Pakistani	Bangladeshi	Indian
40.8%	45.7%	52.3%
55.6%	53.0%	61.3%

Figure 25: Adults 16+: Active (at least 150 mins per week)





PROGRESS 8 SCORES (0.24)

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

ECONOMIC ACTIVITY

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

74% 34%

Adults in State Homes

18%

Figure 27: Percentage of South Asian pupils achieving a grade 5 or above in English and maths GCSE

0% 10% 20% 30% 40% 50% 60% 70% 80%

Figure 29: Percentage of South Asian pupils getting a grade 5 or above in English and maths GCSE by eligibility for free school meals, 2020-21



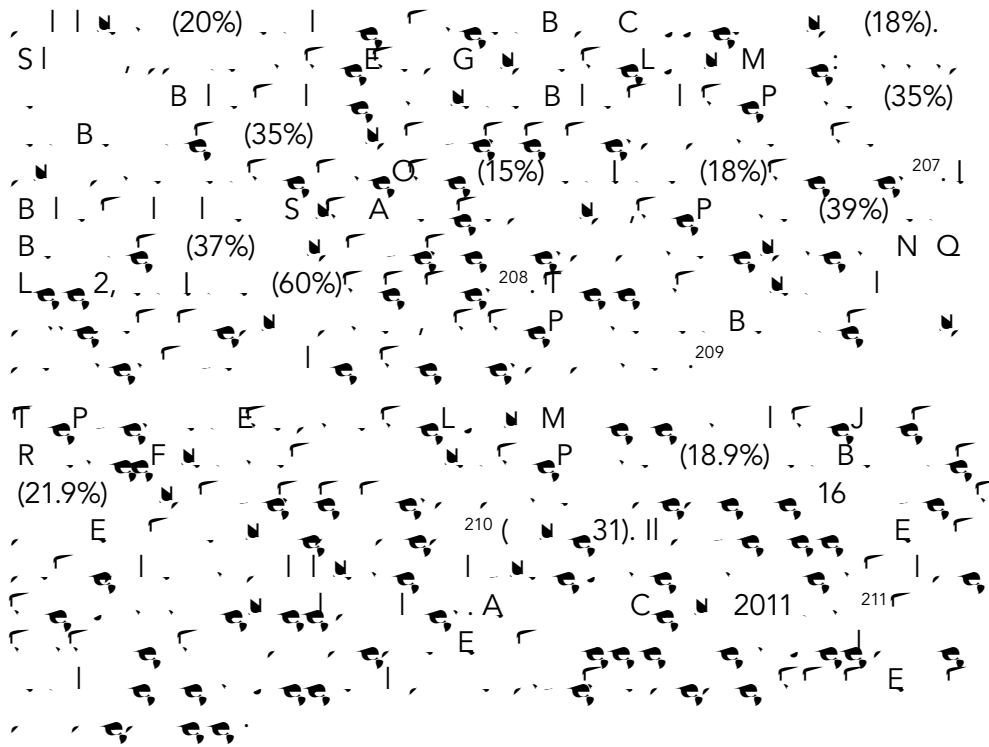
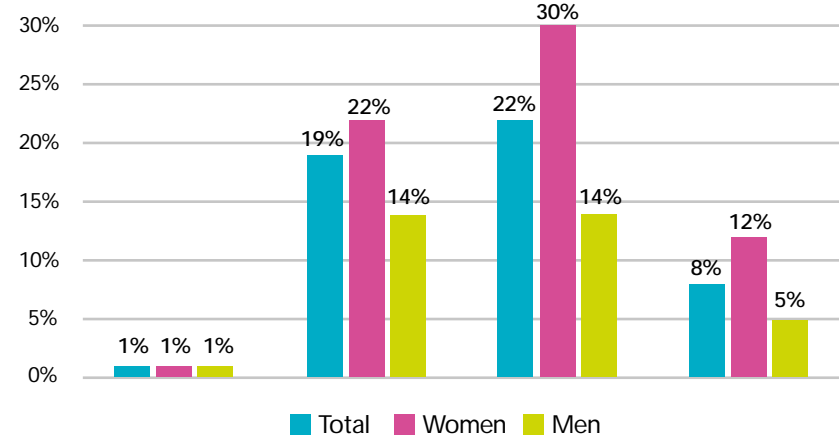


Figure 31: Percentage of people aged 16+ who cannot speak English well or at all

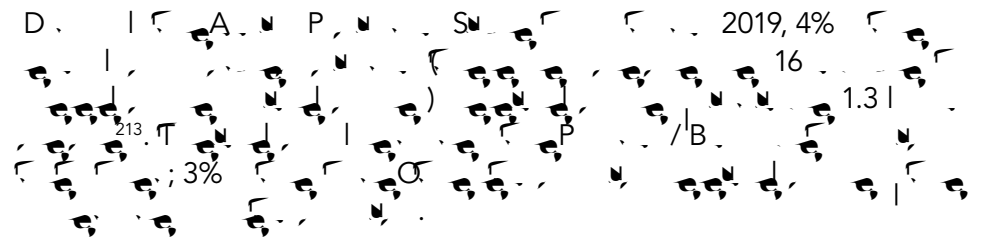


Source: Based on data from Poverty and Ethnicity in the Labour Market report, Joseph Rowntree Foundation²¹²

2.5.2 Economic activity

Unemployment

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



2010
M
NEET
19-
B
C
P
B
NEET. I
224

CANCER SCREENING

(% of early, late and unknown stage diagnosis)

*Combined data for Pakistani & Bangladeshi ethnic groups

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

SEXUAL HEALTH MEDIAN AGE FOR PAKISTANI MEN & WOMEN AT FIRST HETEROSEXUAL INTERCOURSE IS

 **20**  **22** YEARS OLD

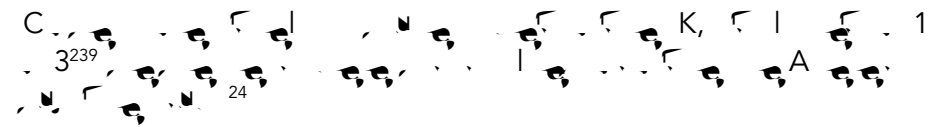
Research has found Pakistani female respondents were highly unlikely to report using emergency contraception (2.1%) compared to white British women (23%)

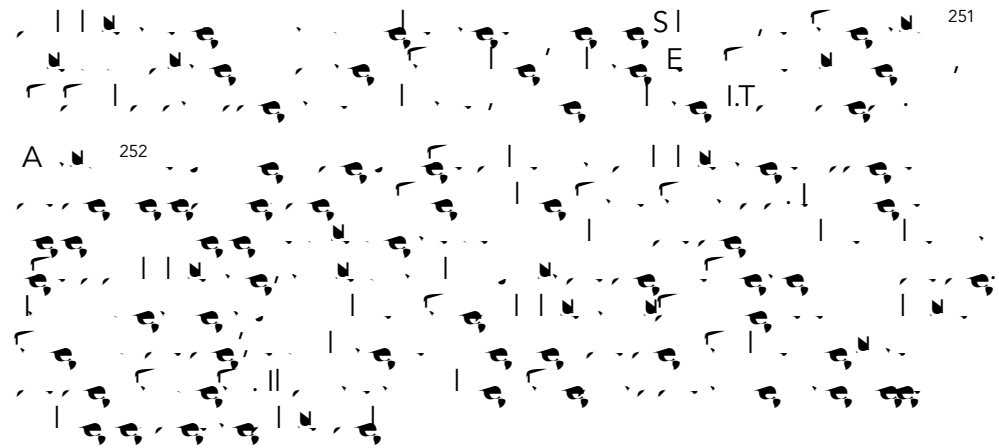
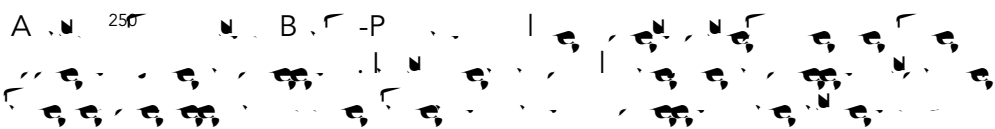
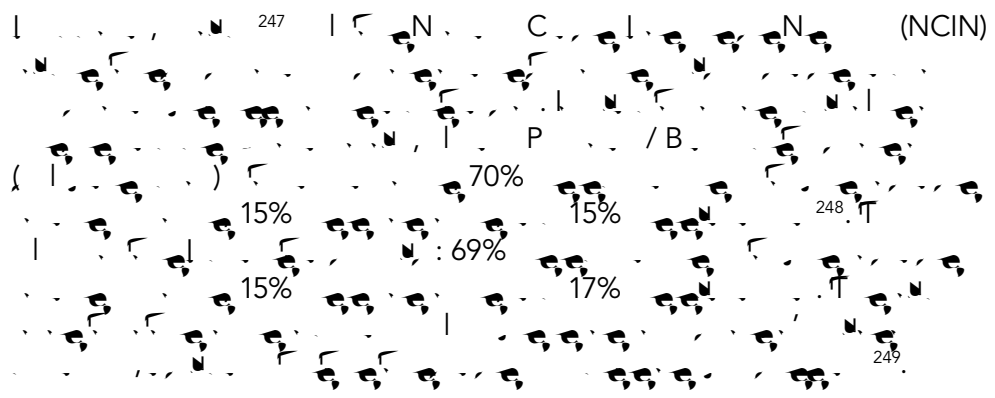
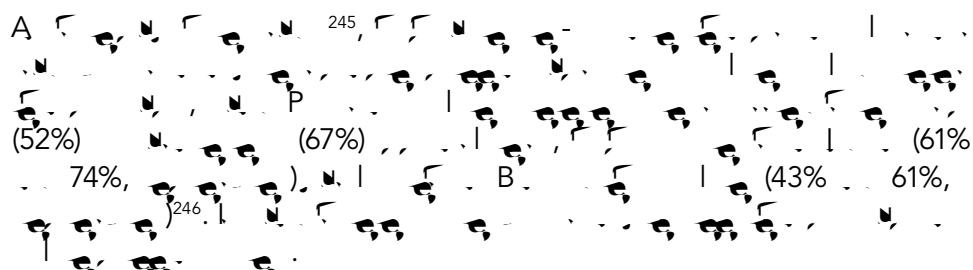
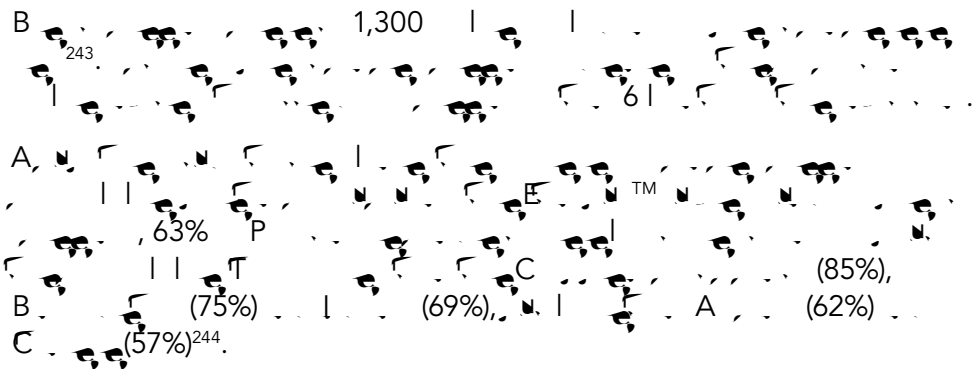
TUBERCULOSIS (TB)

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

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

2.6.1 Cancer screening





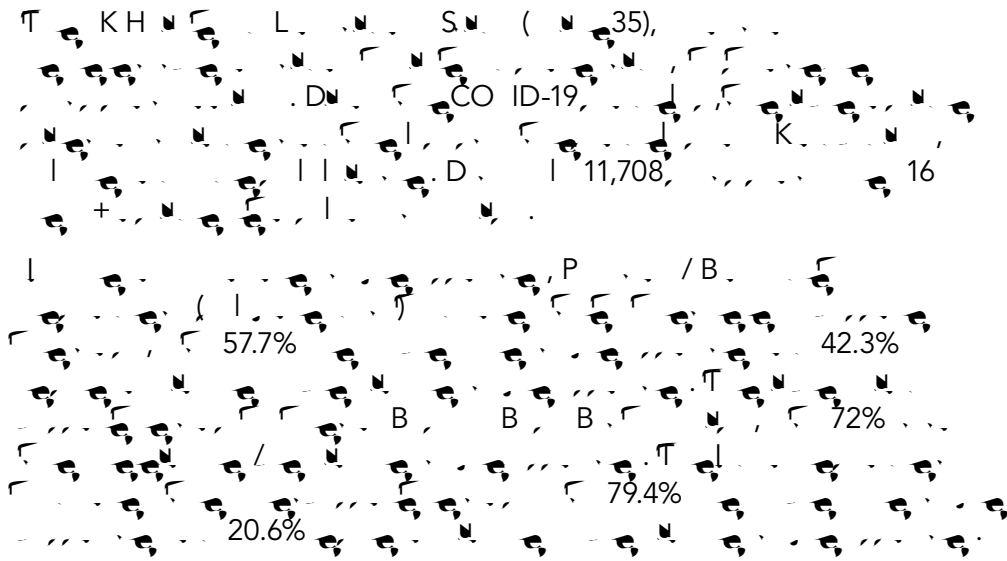
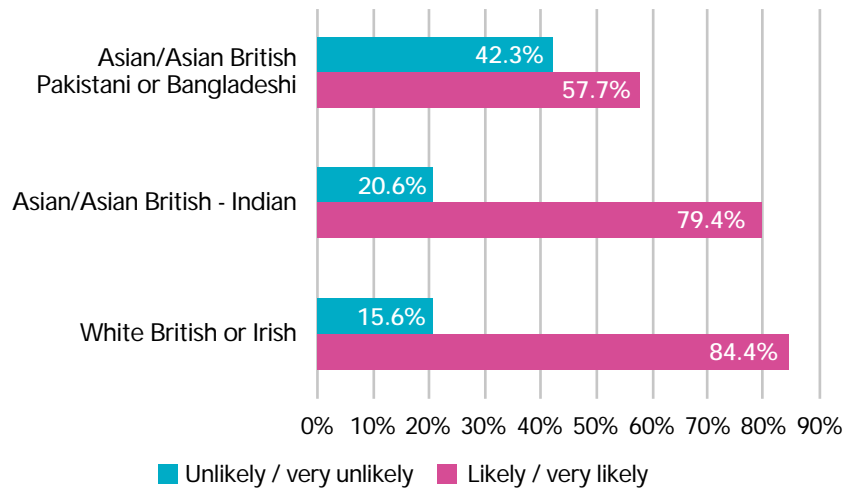


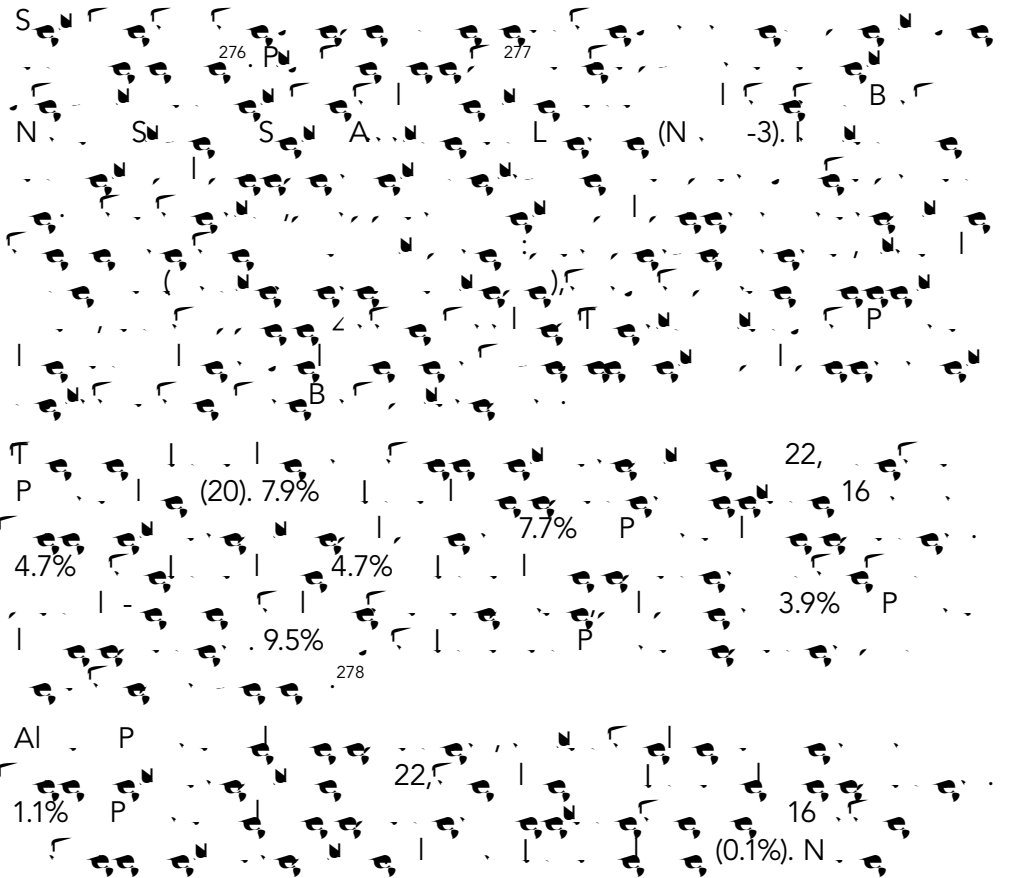
Figure 35: Willingness to be vaccinated in the UK Household Longitudinal Study by ethnic group



Source: UK Household Longitudinal Study

2.6.3 Sexual health

Published research has found the median age for Pakistani men and women at first heterosexual intercourse to be 20 and 22 years old, respectively. 7.7% of Pakistani male respondents reported being under 16 at first heterosexual intercourse. Pakistani female respondents were highly unlikely to report using emergency contraception (2.1%) compared to white British women (23%).



2.6.5. Domestic violence

The data on domestic abuse shows that more Pakistani women reported domestic abuse (5.3%) than men (2%).

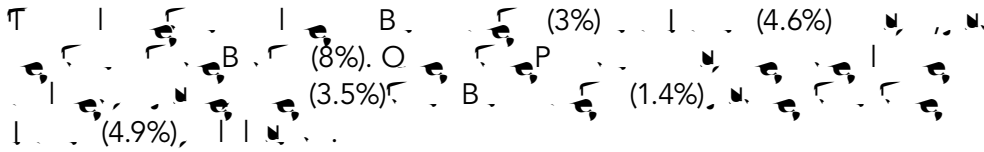


Table 24: Percentage of 16 to 74 year olds who reported being victims of domestic abuse in the previous 12 months, and number of people surveyed, by ethnicity and sex. The data shows that, in the year ending March 2020.

DIABETES

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

2.7 Ageing well and dying well

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

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

Pakistani women had 109.6 deaths per 100,000

13.4	12.4
deaths per 100,000 females	

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

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

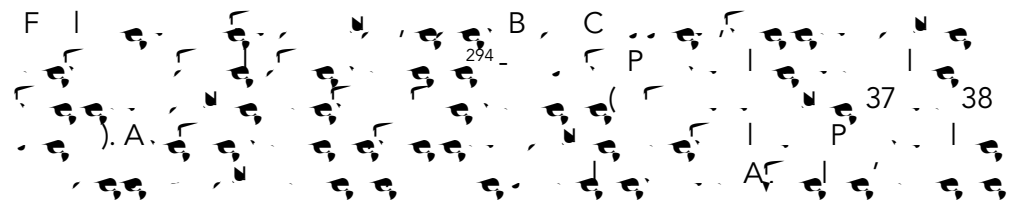
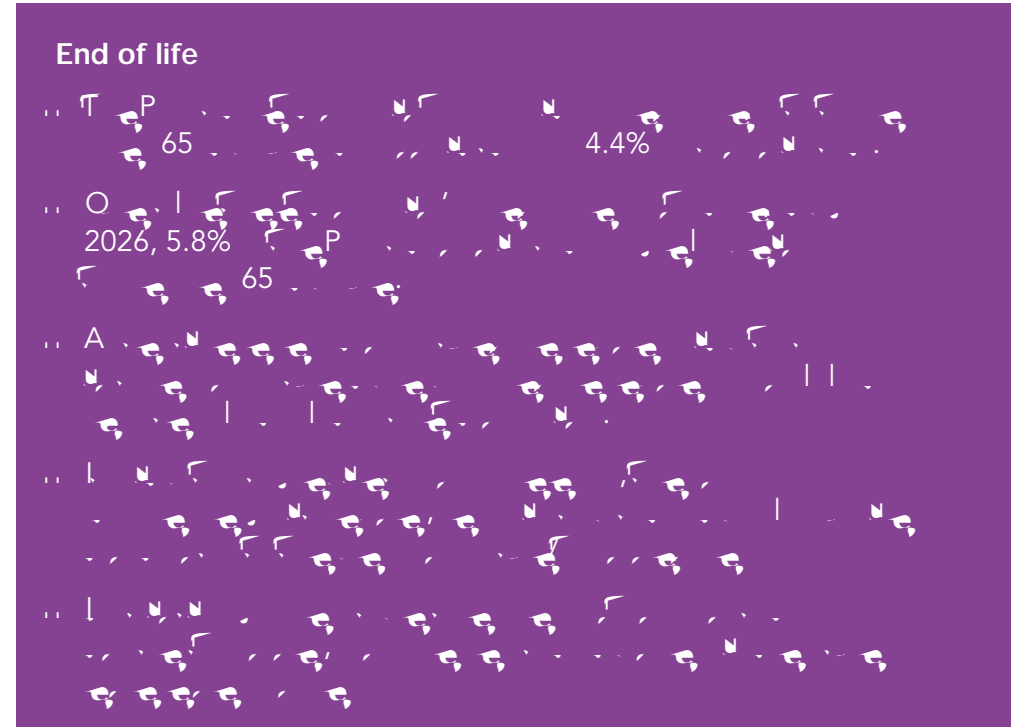
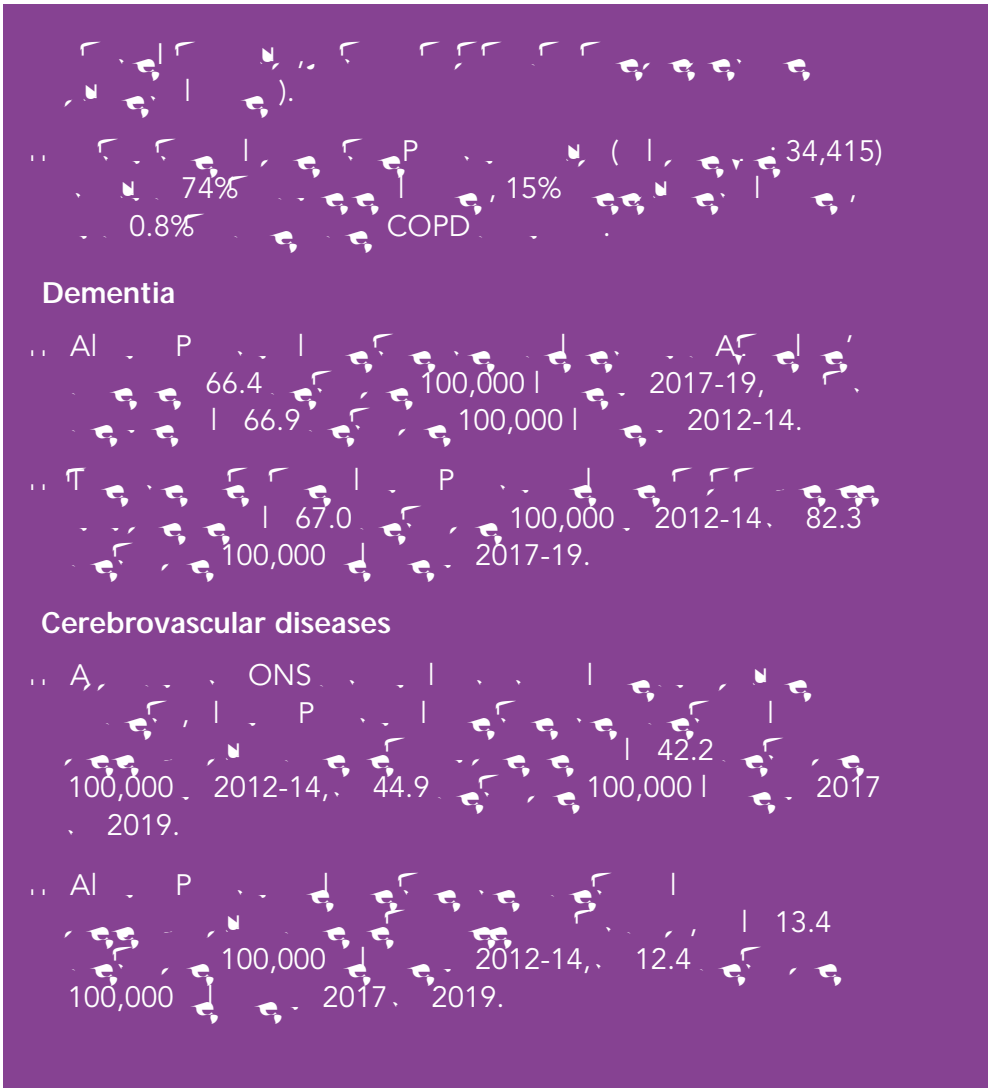


Figure 37: Deaths registered in England and Wales, 2017-19, age-standardised mortality rates per 100,000 for the most common leading causes of death for each ethnic group, males aged 10 years and above



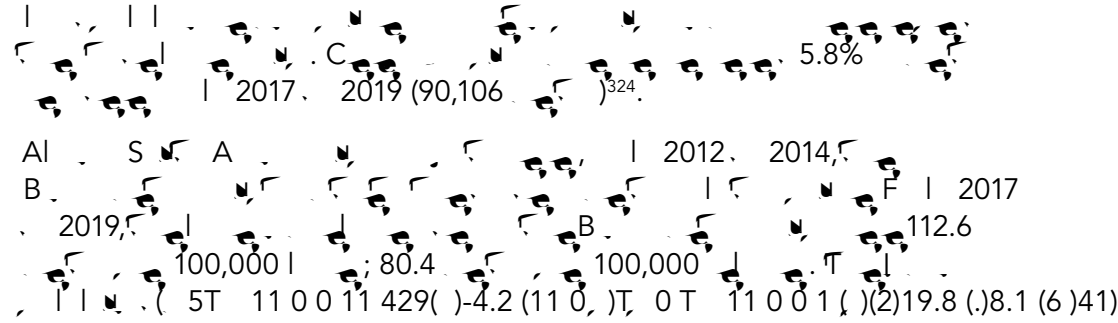
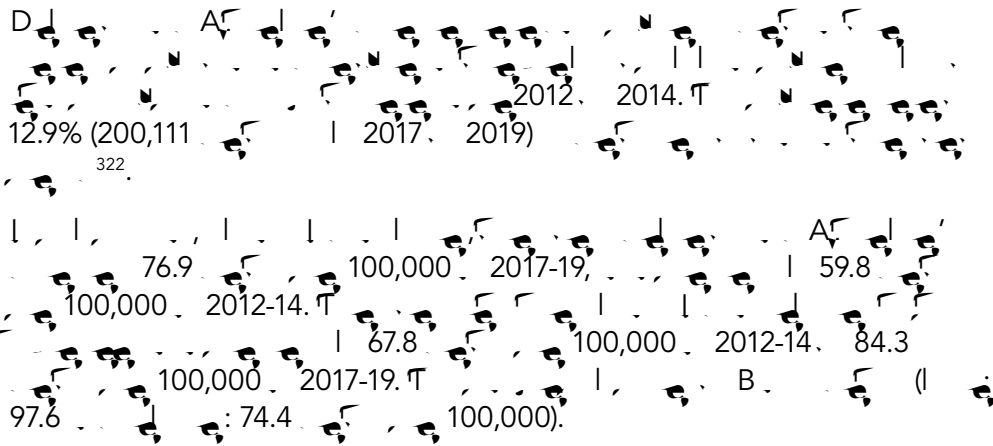
A... 1.91... CALIBER

55
P... (30.9%)
L... (14.7%)
P... (19.0%) | ... 6.9% | ...)³¹³

IHD ... 10.5% (162,804 ... | 2017, 2019)
K. ... 76 () 4.6 () 8.946 ETEMC40(P)18 (... 2022) . (| ... | 37(| ...)1 () () -1068 (() -6.47 DC BT11 9/L .

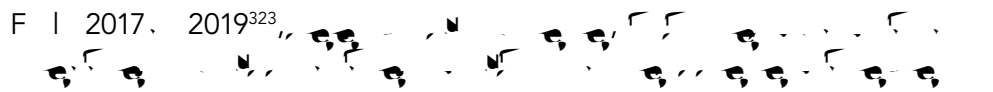
2.7.4 Dementia and Alzheimer's disease

Among Pakistani males, the rate of dementia and Alzheimer's disease is 66.9 deaths per 100,000 males in 2017-19, an increase from 66.4 deaths per 100,000 males in 2012-14. The rates are higher among Pakistani females which have seen an increase from 67.0 deaths per 100,000 females in 2012-14 to 82.3 deaths per 100,000 in 2017-19.



2.7.5. Cerebrovascular diseases

According to ONS data on mortality from leading causes of death, among Pakistani males, the rate of death from cerebrovascular diseases has seen a slight increase from 42.2 deaths per 100,000 in 2012-14, to 44.9 deaths per 100,000 males in 2017 to 2019. Among Pakistani females, the rate of death from cerebrovascular diseases has seen a slight drop, from 13.4 deaths per 100,000 females in 2012-14 to 12.4 deaths per 100,000 females in 2017 to 2019.



2.7.6 End of life

The Pakistani ethnic group has a young age profile, with those aged 65 and over only accounting for 4.4% of its population. Over time the ethnic group's age profile will change, and by 2026, 5.8% of the Pakistani population will be made up of those aged 65 and over.

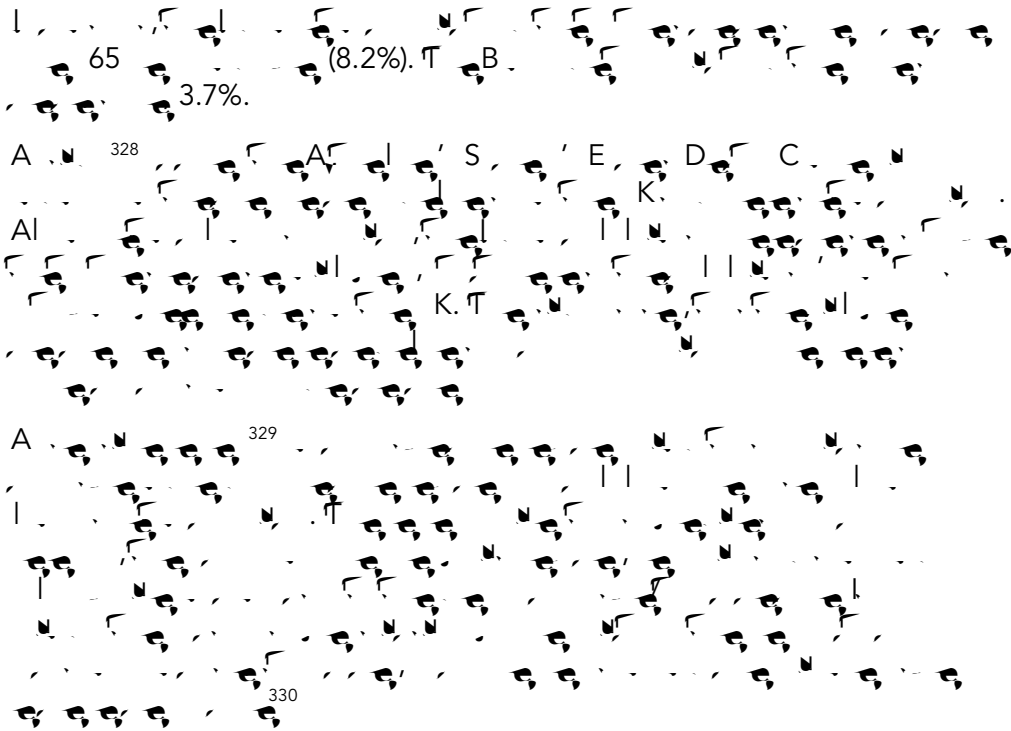
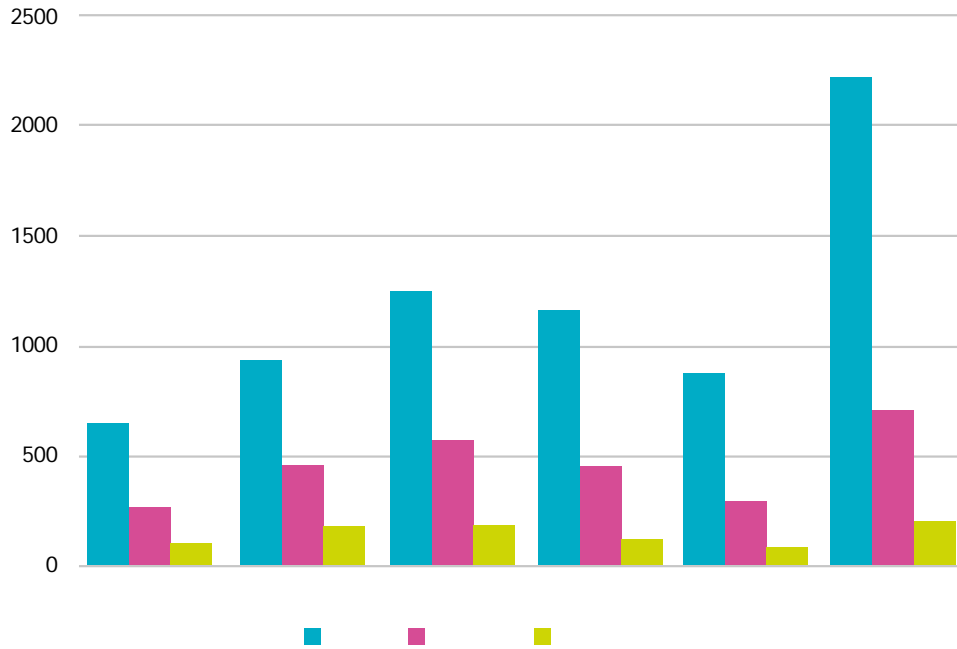
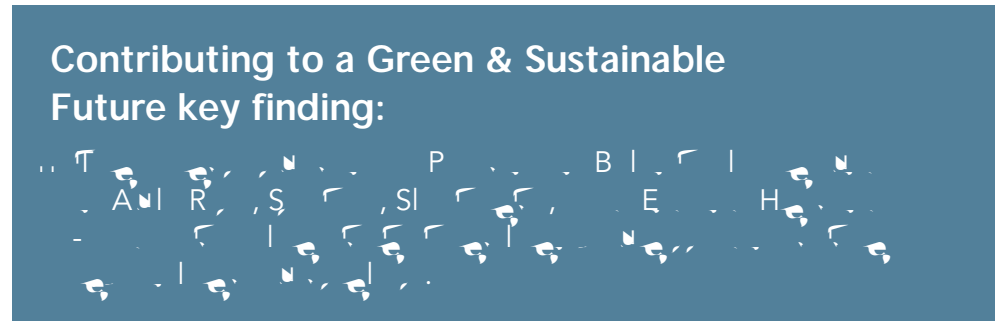


Figure 40: Number of cases of people with late-onset dementia by ethnic-group and age based on consensus estimates of population prevalence



Source: Based on data from the Race Equality Report Dementia and end of life care for black, Asian and minority ethnic communities, original data source: Alzheimer's Society³³⁶

2.9. Contributing to a Green & Sustainable Future



The Environmental Justice Index (EJI) is a measure of the environmental quality of an area, based on a range of factors including air quality, noise, and green space. The EJI is used to identify areas that are most in need of improvement. The EJI is calculated for each ward in Birmingham, and the results are used to create an Environmental Justice Map. The map shows that the areas with the highest EJI scores are generally in the north and west of the city, while the areas with the lowest scores are generally in the south and east.

Table 26: Birmingham City Council's Environmental Justice Map

Ward	Index – mean value	Pakistani population (%)
Aston	0.39	58.6
Sutton	0.35	56.9
Selly Oak	0.34	53
Edgbaston	0.38	51
Handsworth	0.39	46.3
Sutton & Handsworth	0.39	46.3
Blithfield	0.39	41.1
Aston	0.42	30.9
Lodge Green	0.40	30.8
Handsworth	0.30	28.1

2.10. Mitigating the legacy of COVID-19

Mitigating the legacy of COVID-19 key findings:

- Recovery from COVID-19
- Equity
- Public Health
- 2.9.1
- B...

3.0 Conclusion



4.0 Appendices

Appendix 1: Inclusion and exclusion criteria

Getting the best start in life	Mental wellness and balance	Healthy and affordable food	Active at every age and ability	Working and learning well
<p>General: zP</p> <p>Specific: zP</p>	<p>General: zP</p> <p>Specific: zP</p>			

Figure 4: Religious affiliation (%), English regions and Wales 2011

Region	No Religion	Christian	Muslim	Other	Not stated
N ... E ...	23.4%	67.5%	1.8%	1.2%	6.1%
N ...	19.8%	67.3%	5.1%	1.7%	6.2%
... H ...	25.9%	59.5%	6.2%	1.6%	6.8%
E ... M ...	27.5%	58.8%	3.1%	3.7%	6.8%
... M ...	22%	60.2%	6.7%	4.5%	6.6%
E ... E ...	27.9%	59.7%	2.5%	2.6%	7.3%
L ...	20.7%	48.4%	12.4%	10%	8.5%
S ... E ...	27.7%	59.8%	2.3%	2.9%	7.4%
S ...	29.3%	60.4%	1%	1.5%	7.9%
...	32.1%	57.6%	1.5%	1.2%	7.6%

Figure 8: National identity by ethnic group for Pakistanis in Birmingham (n=144,627)

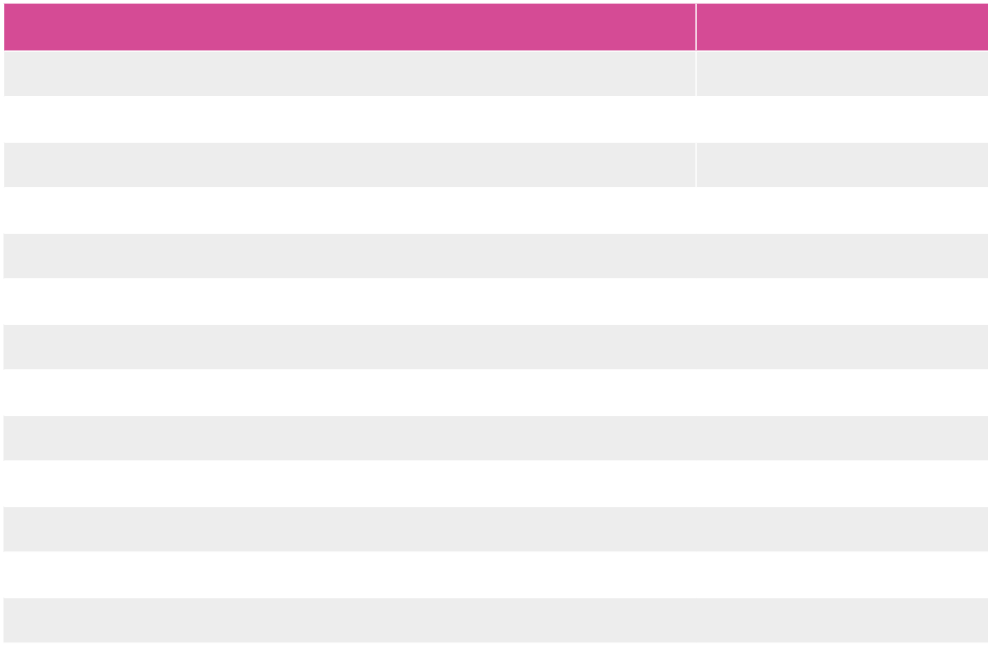


Figure 15 and 16: Obesity and Severe obesity prevalence by ethnic group from the National Child Measurement Programme 2019/20; Children in reception (aged 4-5 years) & Children in Year 6 (aged 10-11 years)

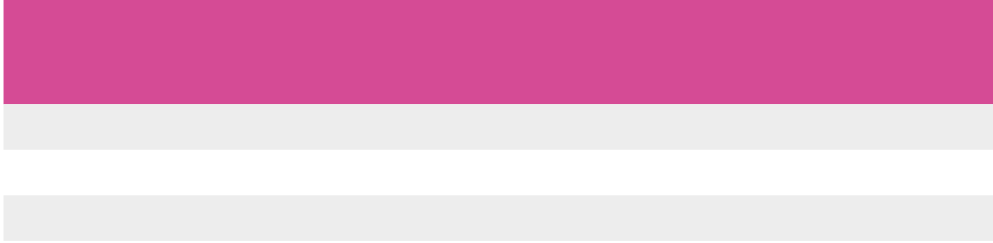


Figure 21: Number of detentions under the Mental Health Act per 100,000 people, by specific ethnic group (standardised rates), England. 2017-20



Figure 31: Percentage of people aged 16+ who cannot speak English well or at all in England by ethnicity, 2011 Census

Gender	Bangladeshi (%)	Indian (%)	Pakistani (%)	White and Mixed (%)
M	14	5	14	1
F	30	12	22	1
T	22	8	19	1

Figure 32: Percentage of households that rented social housing, by select ethnicities

Ethnic Group	Rented Social Housing (%)
B	33
L	7
P	13
W	16

Figure 33: Percentage of households that were overcrowded, by ethnicity April 2016-March 2019, England

Ethnic Group	Overcrowded Houses (%)
B	24
L	7
P	18
W	2

Figure 34: COVID-19 vaccination rates of adults aged 50

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