



Understanding the health needs of the
Central African community

Intro to Community Health Profiles

Full reports and additional resources can be found on the [_____](#)

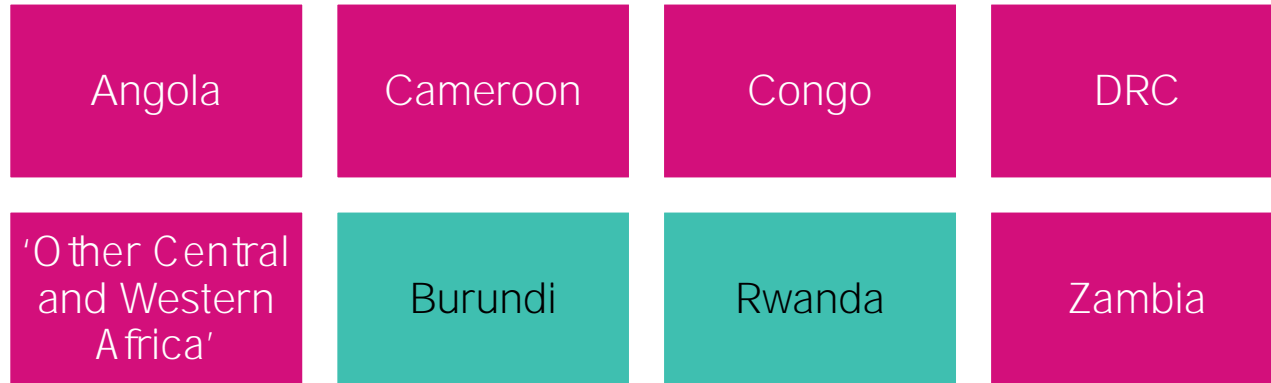


Data Collection

2021 Census:

Central African population typically defined using country of birth (190 category dataset)

Relevant countries in census data:



Ethnicity Data in the 2021 census:

Analysis was only available for top 20 ethnic groups

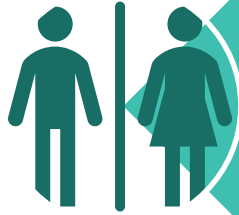
No one relevant overall category:

63% Black African

21% Mixed White and Black African

7% Other White

Data Limitations



Black African as a proxy: does not show the differences between Central African and other Black African populations

Country of birth: Will only capture 1st generation migrants and does not explore the differences between 1st and 2nd/3rd generation migrants



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

Demographic Overview: Central African born

Population size: 3,848 (0.33% of total population)^{[1]*}

Religion: 78% of Central African born identified as Christian^[1]

National identity: 53% of Central African born people identified as British only identity^[1]

Age: Large working age populations compared to Birmingham average (37.3% aged 35 to 49, vs 19%)^{[1]*}



Getting the Best Start in Life

Total fertility rate:

ONS data by country of birth (2011), not available yet for 2021

Vary between mothers born in Central African countries:

DRC 4.2

Rwanda 2.6

Zambia 2.0

England and Wales average 1.9^[2]

2.3x Higher

Infant mortality rate: 8.3 deaths per 1,000 live births (Eng and Wales average 3.6)

Live Births

The number of live births to Central African born mothers is falling (2016 to 2021)^[3]

1,838

In 2021, 1,838 live births were to women born in Central Africa^[3]



Mental Wellness and Balance

Domestic Abuse (Central Africa) ^[4]

- All Central African countries had higher reported rates than UK
- Equatorial Guinea 44% (2011),
- DRC 37% (2014),
- Chad 18% (2015)

Domestic Abuse (UK)

Healthy and Affordable Food

Global Nutrition Report (2023) [6]

Defined Central African as 'Middle African'

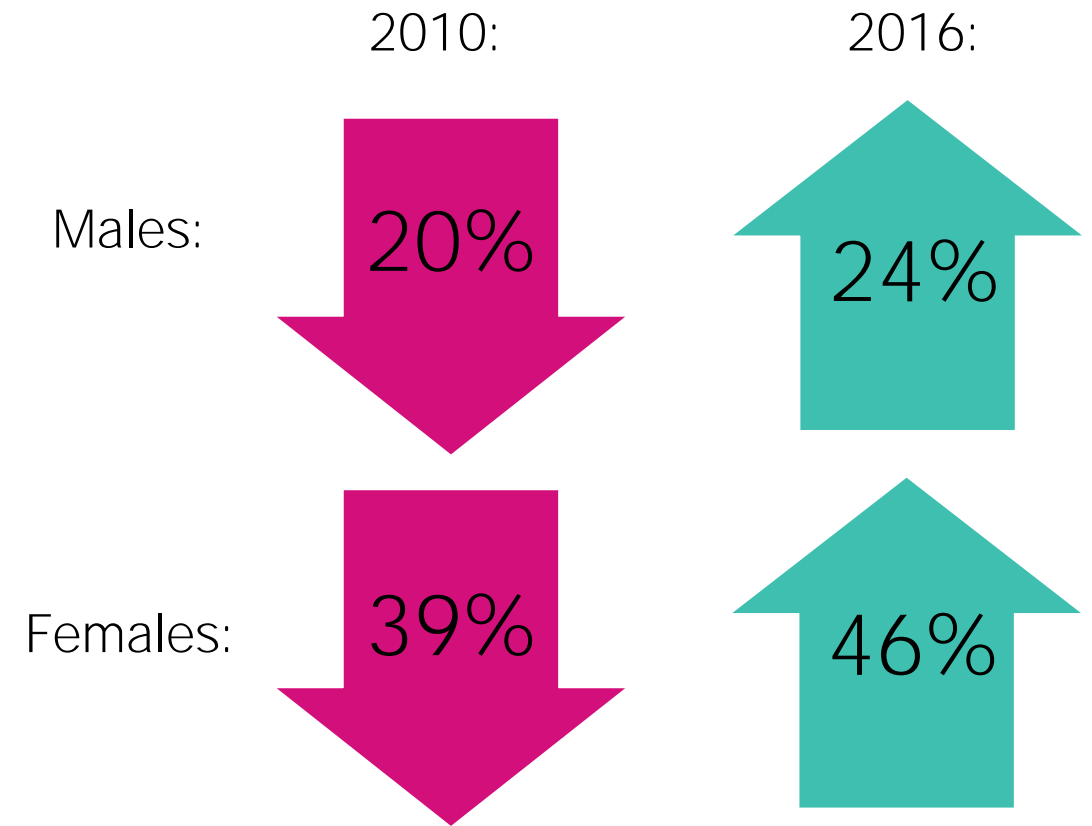
No data on eating habits among Central Africans in UK

International data highlighted:

High consumption of red meat

Low consumption of fruit, vegetables and legumes

Increasing Obesity and Overweight [6]



Living, Working and Learning Well

Household Deprivation (2021 census)^[1]

37% of Central African born migrants lived deprivation under the 'housing' dimension (9% England and Wales average)



Ageing and Dying Well

A study from a sample of people in Leicester found^[9]:

Majority of participants did not know what palliative care was

Knowledge of services was low

People did not like to ask for help due to tradition, pride, perceived stigma and risk for family

End-of-life care in Central Africa^[10]:



Many studies focused on end-of-life care for those with HIV or AIDS



Informal carers were often women, children or older adults



Desire for high quality home-based care



More research needed on UK specific end-of-life needs

Other Key Inequality Data and Conclusions

Other Key Inequality Data

High rates of
FGM

Lack of
screening in host
countries

Living in areas
with low
environmental
justice

Higher incidence
of TB

Conclusions:

Important to highlight that inequalities are compounded by intersectionality e.g., Central African people with a disability or LTIC often experience worse health outcomes than those without a disability.

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 African people. Should use as a starting point.



Opportunities for Engagement: Dissemination of Findings

Team members
Wider organisation
Partner organisation(s)
Community organisations
working with Central
African 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 and Further Reading

[1] [ONS Custom Data Tool](#)

[2]
