



INDIAN

COMMUNITY HEALTH PROFILE

2022



A BOLDER HEALTHIER BIRMINGHAM

INTERNATIONAL, NATIONAL AND BIRMINGHAM CONTEXT

1,412,958 **2.5%**
 PEOPLE OF INDIAN ETHNICITY IN ENGLAND AND WALES of the total UK population

Leicester is home to the largest Indian population, with **6.6%** of all Indian people living there followed by Birmingham (**64,621**) citizens: (**4.6%**) and Harrow (**4.5%**) **CITIZENS IN BIRMINGHAM**

54% of Indians in Birmingham were born in the UK, considerably higher proportion than those born in the Middle East and Asia (**37%**) and Africa (**7%**)

60% of Indians in Birmingham identify as "British only" **15%** IDENTIFY AS "ENGLISH ONLY" Both categories together being significantly higher than those identifying as other identities (**20%**)

THE INDIAN COMMUNITY ACCOUNTS FOR

6.9% of the working age in Birmingham **3%** IN ENGLAND **38%** of the working age population in Handsworth Wood and **18%** in Soho.

INTERNATIONAL PRESENCE

India is the second most populous country with **1.38 billion** people. Following India, the United States has the 2nd largest Indian population, followed by the United Arab Emirates, Malaysia, Saudi Arabia, Myanmar and the U.K.



MIGRATION, LANGUAGES AND FAITH

MIGRATION 

Mass migration of the Indian diaspora settling in the UK started after the Second World War, with the second wave of migration occurring in the **late 1960s and 70s**. The latter wave of migration was of people of Indian heritage arriving from some of the newly independent African countries like **Uganda, Kenya and Tanzania**

 **202,334**

INDIANS SPEAK GUJARATI IN ENGLAND AND WALES

Overall there are **213,000** Gujarati speakers in the UK. Indian migrants from Punjab speak Punjabi, which is spoken by **273,000** people in the UK

MAJORITY OF BRITISH INDIANS ARE HINDU

44% followed by Sikh (**22%**) or Muslim (**14%**), with a minority also following Christianity (**10%**)

FESTIVALS

DIWALI

Five Day Festival of lights **October-November**



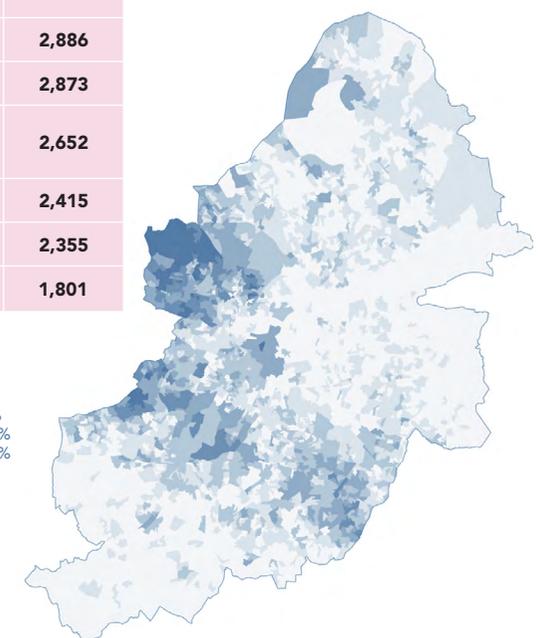
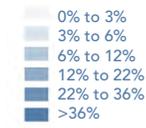
NAVRATRI

Festival of Nine Nights **9 days during Autumn**

DISTRIBUTION OF THE INDIAN COMMUNITY IN BIRMINGHAM

Ward	Total ward population	Indian population
Handsworth Wood	19,731	6,680
Soho & Jewellery Quarter	22,606	3,336
Holyhead	11,133	2,985
North Edgbaston	21,934	2,970
Aston	22,636	2,886
Handsworth	11,733	2,873
Hall Green North	21,509	2,652
Perry Barr	20,566	2,415
Edgbaston	18,260	2,355
Ladywood	22,250	1,801

The Indian community in Birmingham is mainly concentrated in the north-western part of the city. According to ward-level data based on the 2011 census, the top 10 wards are listed here. The top 3 wards with the highest proportions of Indian communities were Handsworth Wood (6,680; 10%), Soho & Jewellery Quarter (3,336; 5%) and Holyhead (2,985; 4.6%)



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

MENTAL HEALTH AND WELLNESS

71.9
DETENTIONS PER 100,000 PEOPLE



Indians had a detention rate of 71.9 detentions per 100,000 people under the Mental Health Act, one of the lowest rates of all minorities

Indians had a rate of 2,702 per 100,000 adults using mental health, learning disability and autism services, one of the lowest rates of all minorities

2,702
PER 100,000 ADULTS

ALCOHOL: NON-DRINKERS

Indian women (59%) and Indian men (33%) have one of the highest proportions of non-drinkers



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 India have one of the lowest proportions of current smokers & one of the highest proportions of those who have 'never smoked'

SMOKING

4.3%
CURRENT SMOKERS

87.5%
NEVER SMOKED



HEALTHY AND AFFORDABLE FOOD

COOKING PREFERENCES



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

OBESITY PREVALENCE

Indian	General population
 14%	 23%
 20%	 23%

ACCORDING TO THE HSE, THE MEAN FAT SCORES ARE

	24	19	17
	GENERAL POPULATION	INDIAN MEN	INDIAN WOMEN



5-A-DAY

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

 37%
 36%



GETTING THE BEST START IN LIFE

CHILDHOOD POVERTY INDIAN CHILDREN ARE THE LEAST LIKELY TO LIVE IN LOW INCOME HOUSEHOLDS

17% of children in Indian households live in low-income families, the lowest proportion of all minority groups. The group has had the largest decrease in the percentage of children living in low-income households, 23% to 17%



13,710
CHILDREN REGISTERED AS INDIAN IN BIRMINGHAM

5% of the overall population aged under the age of 18

Indian	OBESITY	White British
7%	Obese 4-5 year old children	10%
22%	Obese 10-11 year olds	19%

92%
VACCINE TAKE-UP

The Indian community have the highest vaccine take up rates of completed primaries and preschool booster vaccinations (completed course at one year of age for babies: 92%)



7.42 PER 100,000 maternal mortalities among mothers born in India in 2017/19; this is **0.86 times** the risk compared to UK born women. 27.1% of all stillbirths in the West Midlands are to mothers born outside the UK - 2012 to 2014, mothers born in India accounted for **3.21%** of stillbirths in the West Midlands

ACTIVE AT EVERY AGE & ABILITY

PHYSICAL ACTIVITY AT LEAST 150 MINS / WEEK	 Indian	 Bangladeshi	 Pakistani
	52.3%	45.7%	40.8%
	 61.3%	 53.0%	 55.6%

WORKING AND LEARNING WELL

AT ALL KEY STAGES INDIAN PUPILS' ATTAINMENT WAS ABOVE THE NATIONAL AVERAGE

PRIMARY EDUCATION **76%** met the expected standard in key stage 2 reading, writing and maths
The second highest percentage of all ethnic groups

SECONDARY EDUCATION **62%** of Indian pupils secured a 'strong pass' in English and maths GCSE.

At all key stages Indian pupils attainment is above the national average with **96%** 
PROGRESSING INTO HIGHER EDUCATION

ECONOMIC ACTIVITY **79%**  **67%** 
79% of Indian males and 67% of females are economically active

 **OVERCROWDING** **7%** compared to the highest rates of overcrowding: Bangladeshi (24%), Pakistani (18%), Black African (16%), Arab (15%) and Mixed White and Black African (14%) ethnic groups
OF INDIAN HOUSEHOLDS WERE OVERCROWDED

4% 
UNEMPLOYED At 4% the Indian ethnic group has the **second lowest unemployment rate** compared to other minority groups

PROTECT AND DETECT

CANCER SCREENING

(% of early, late and unknown stage diagnosis)

Type	EARLY	LATE	UNKNOWN
Breast	69%	69%	69%
Colorectal	69%	69%	69%
Prostate	69%	69%	69%
Lung	69%	69%	69%

66% of Indian participants were non-attenders at cervical screening 

SEXUAL HEALTH

22 YEARS OLD **MEDIAN AGE FOR BOTH INDIAN MEN & WOMEN AT FIRST HETEROSEXUAL INTERCOURSE**

Research has found Indian female respondents were less likely to report using emergency contraception (11%) compared to White British women (22%)

TUBERCULOSIS (TB) 

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

19.7% of the TB cases in the UK were people from India, with a median time of 8 years since arrival to the UK

AGEING AND DYING WELL

DIABETES The HSE has found that type 2 diabetes is approximately three to four times more common in Indian men  **3-4x**

END OF LIFE **8.2%** OF THE UK INDIAN POPULATION ARE 65+  It is projected, by 2026, to be 10.6%

CARDIOVASCULAR DISEASE

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

190.9  **157.9**
DEATHS PER 100,000 INDIAN MALES DEATHS PER 100,000 WHITE MALES

Indian women had 99.3 deaths per 100,000

CEREBROVASCULAR DISEASES

 **2012-14** **36.4**  **2017-19** **29.1**
deaths per 100,000 males

 **14.4**  **11.7**
deaths per 100,000 females

ACCESS TO PALLIATIVE & END OF LIFE CARE

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

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

DEMENTIA

 **2012-14** **59.8**  **2017-19** **76.9**
deaths per 100,000 males

 **67.8**  **84.3**
deaths per 100,000 females

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

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

CLOSING THE GAPS

LIFE EXPECTANCY

 **82.3**  **85.4**