

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 set against a background of teal and light blue geometric shapes.

COMMUNITY HEALTH PROFILES

Understanding the health needs of the
Central African community

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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 African 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:

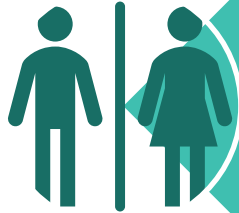
- Central African population typically defined using country of birth (190 category dataset)
- Relevant countries in census data:

Angola	Cameroon	Congo	DRC
'Other Central and Western Africa'	Burundi	Rwanda	Zambia

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



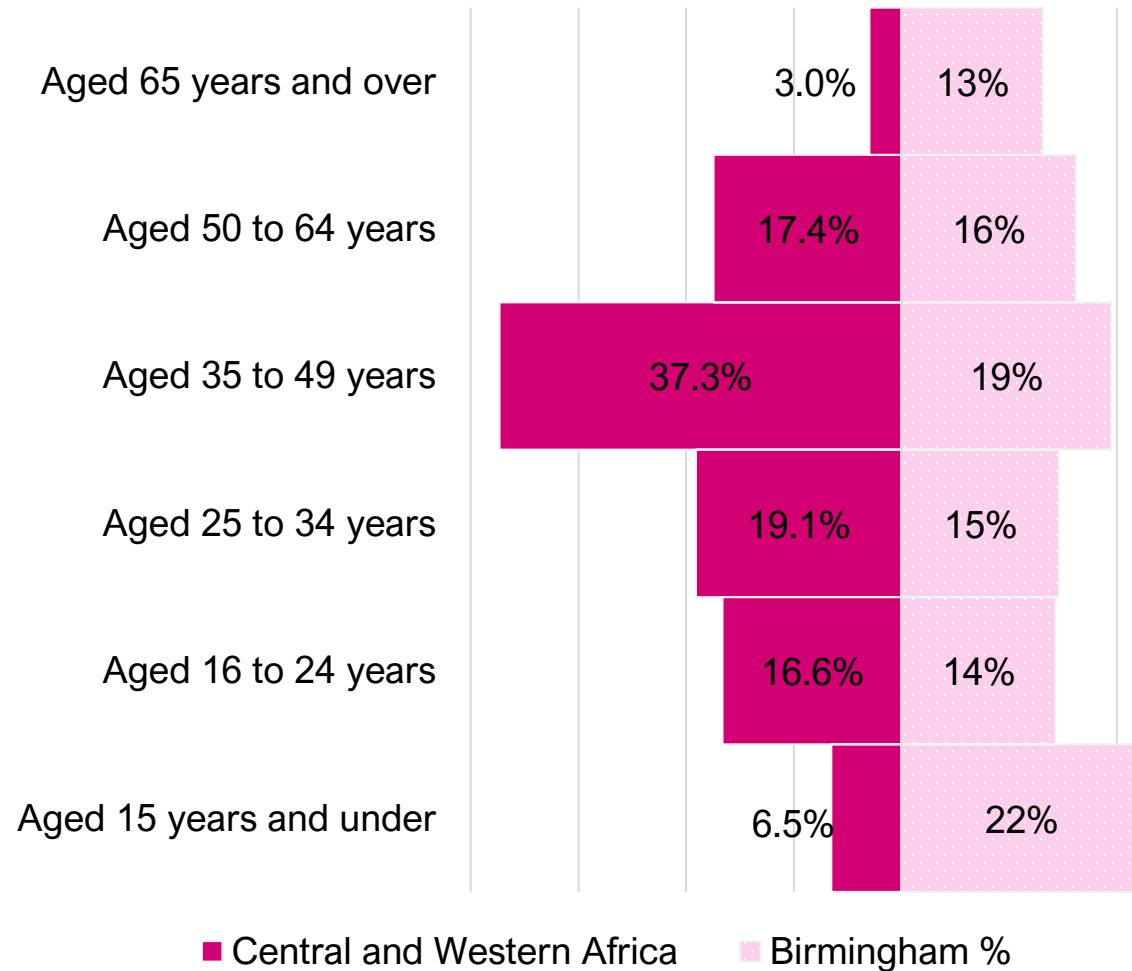
Country of birth: Will only capture 1st generation migrants and does not explore the differences between 1st and 2nd/3rd generation migrants



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]*}



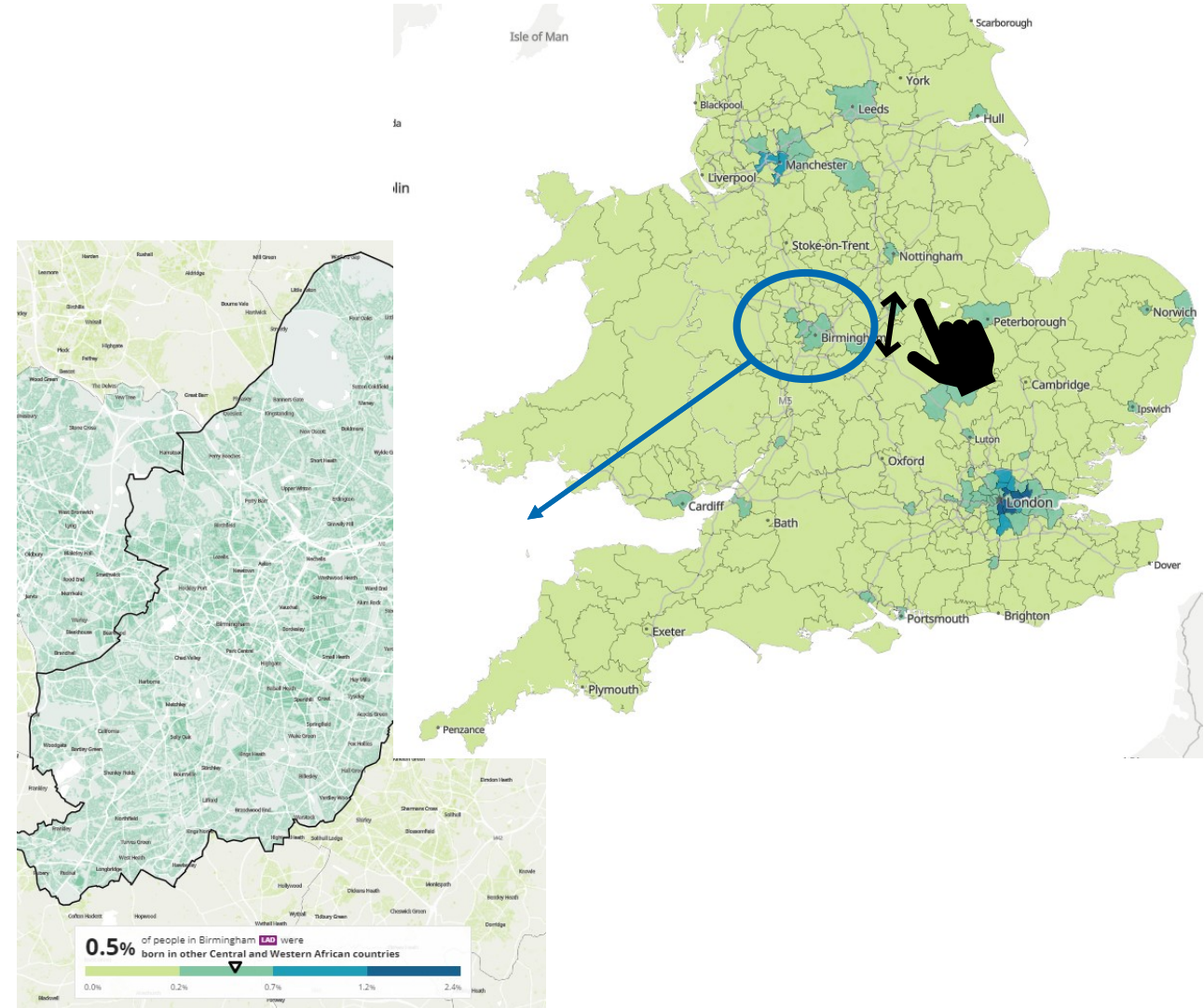
All demographic data relates to the England and Wales population unless otherwise specified. Local data may differ.

*Birmingham

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Geography Overview

- [Census mapping tool](#): ethnic group available to output area (OA) level
- 0.5% of Birmingham population was born in “Other Central and Western Africa”
- MSOAs by total Central African born population*:
 1. North Central and Dartmouth Circus (4.1%)
 2. Five Ways North (3.7%)
 3. Hockley & Jewellery Quarter (3.5%)



*Shows % of the **total Central African born population**

Note: the map is only available for “Other Central and Western African populations”

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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)

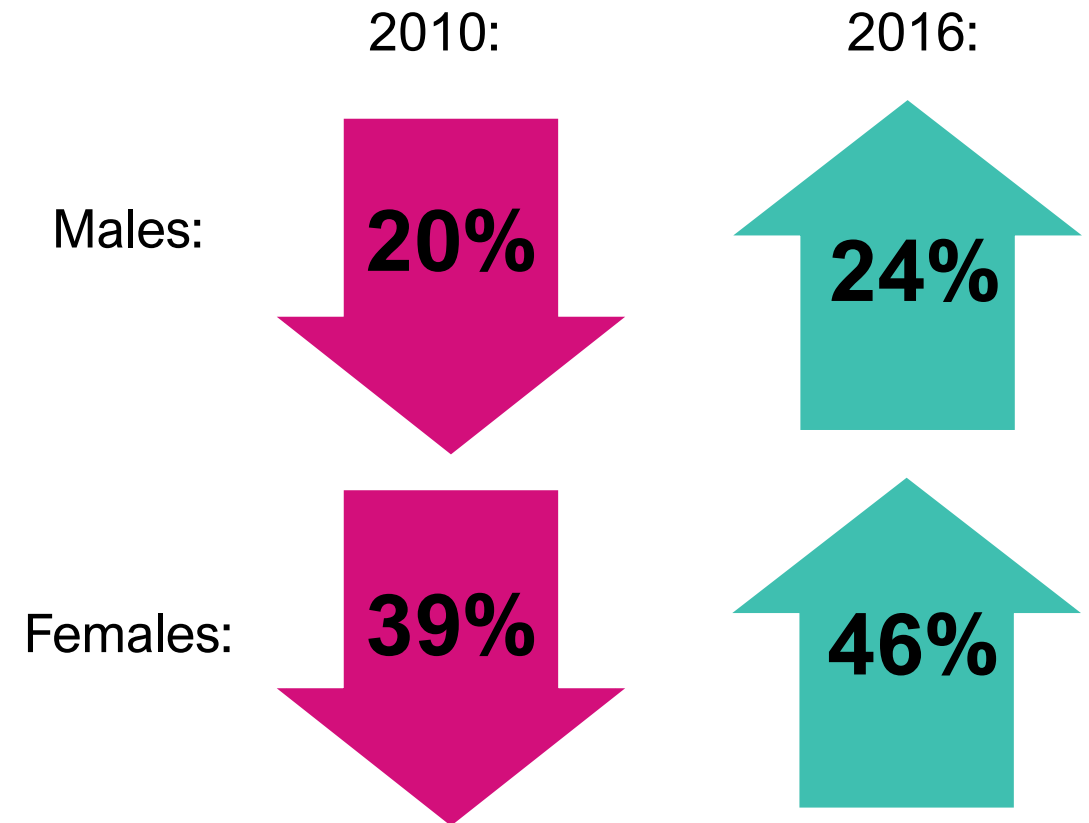
- 6.0% (2012) reported experiencing domestic abuse in previous 12 months
- No evidence of Central African experiences in UK

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

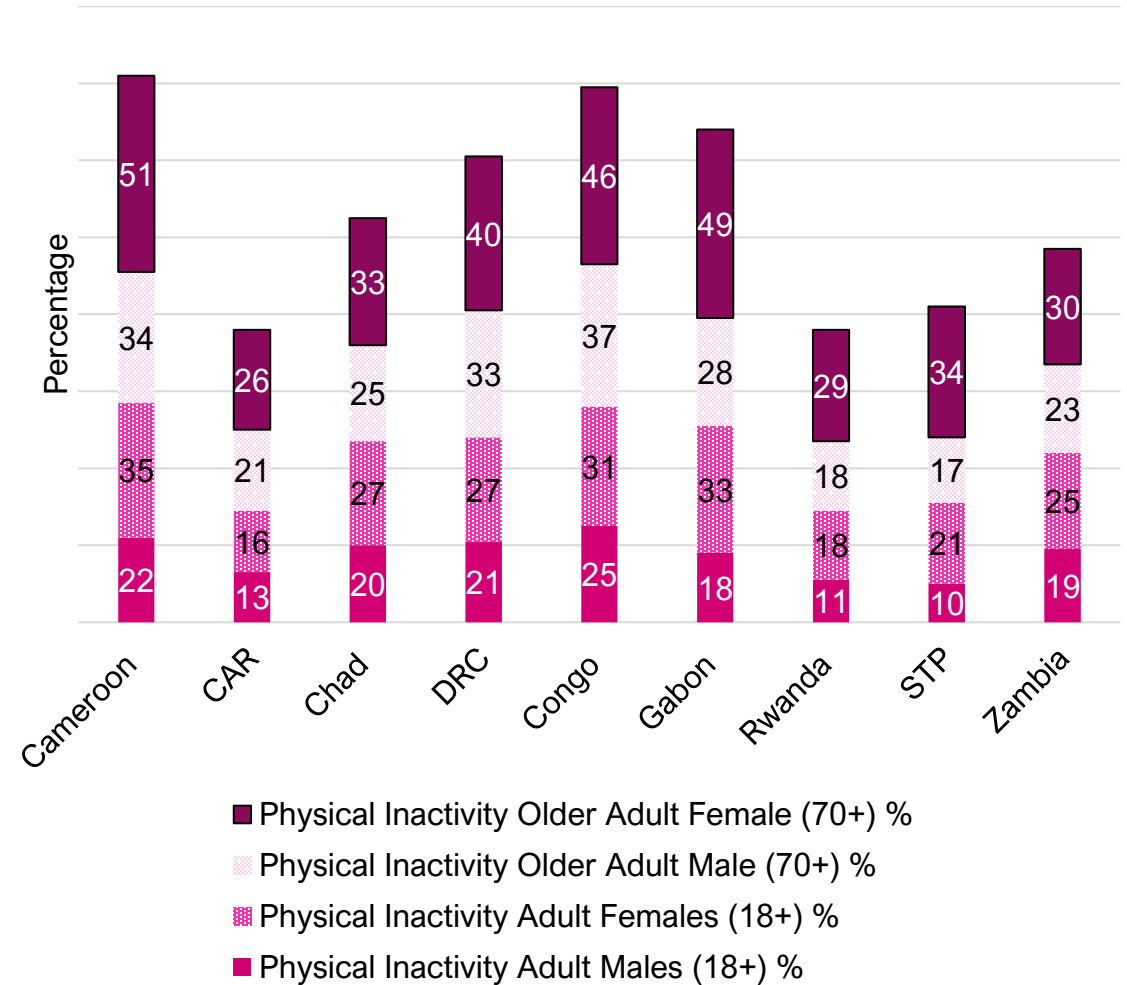
Increasing Obesity and Overweight ^[6]



Active at Every Age and Ability

World Health Organisation (2022)^[7]

- Physically inactive: less than 30 minutes of moderate physical activity per week
- Rates vary in Central African countries but similar to UK (32% males, 40% females inactive)
- Females were more inactive than males
- Rates of inactivity high in Congo and Cameroon



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)



Protect and Detect

(UNAIDS, 2020*)^[8]:

- Prevalence of HIV is estimated as higher in all Central African countries compared with UK (est. 0.1%).
- UNIADIS 95-95-95 target for 2025: only met in São Tomé and Príncipe in Central Africa
- Low knowledge of HIV status in Congo (25%), Equatorial Guinea (51%), Angola (57%)

HIV Prevalence by country (2021)

- Zambia (6.8%)
- Equatorial Guinea (4.1%)
- Congo (2.1%)
- Gabon (2.0%)
- Cameroon (1.8%)
- São Tomé and Príncipe (0.4%)

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 LTHC 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: 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 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] Aspinall, P. J., and Chinouya, M. J. (2016) [The African diaspora population in Britain: migrant identities and experiences](#). London: Macmillan.
- [3] Office for National Statistics (ONS) (2022) [Births by parents' country of birth, England, and Wales: 2021 to 2022](#)
- [4] United Nations Statistics Division cited by Index Mundi. (2023). [Proportion of women subjected to physical and/or sexual violence in the last 12 months \(% of women aged 15-49\) - Country ranking](#).
- [5] World Population Review. (2023). [Smoking rates by country](#)
- [6] Global Nutrition Report. (2023). [Country nutrition profiles: Middle Africa](#).
- [7] World Health Organisation. (2022). [Global status report on physical activity 2022](#).
- [8] UNAIDS. (2023). [The key population atlas](#).
- [9] Markham, S., Islam, Z., and Faull, C. (2014). I never knew that! Why do people from Black and Asian Minority Ethnic groups in Leicester access hospice services less than other groups? A discussion with community groups. Diversity and Equality in Health and Care. 11.
- [10] Gysels, M., et al. (2011). End of life care in sub-Saharan Africa: a systematic review of the qualitative literature. BMC palliative care, 10, 6.