

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

COMMUNITY HEALTH PROFILES

Understanding the health needs of the student population: using the aged 16 to 24 student population Community Health Profile

A BOLDER HEALTHIER BIRMINGHAM

Data Collection

Educational sectors:

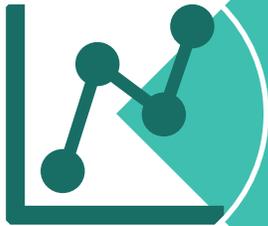
- *By usual age of entry, type and level of qualification:*



Providers included:

- Secondary schools
- Colleges
- Independent providers
- Adult community education
- Universities

Data Limitations



Data Availability: Limited by the data sources available and differentiation between student population groups.



Complex Population: Includes full time and part time students, as well as home, EU, and non-EU students (overseas or international students).

Population Size

Enrolments in Education

- **Level 3:** 7,903 students (aged 16 to 18) in state-funded schools (2021 to 2022).^[1]
 - 60% A-level students, 33% applies general students (vocational)
- **Apprenticeships:** 4,740 under 19 to 24 (2022 to 2023).^[1]
- **Higher education:** 92,655 HE enrolments (2020 to 2021).^[2]
 - 74,650 UK students, 18,005 non-UK students

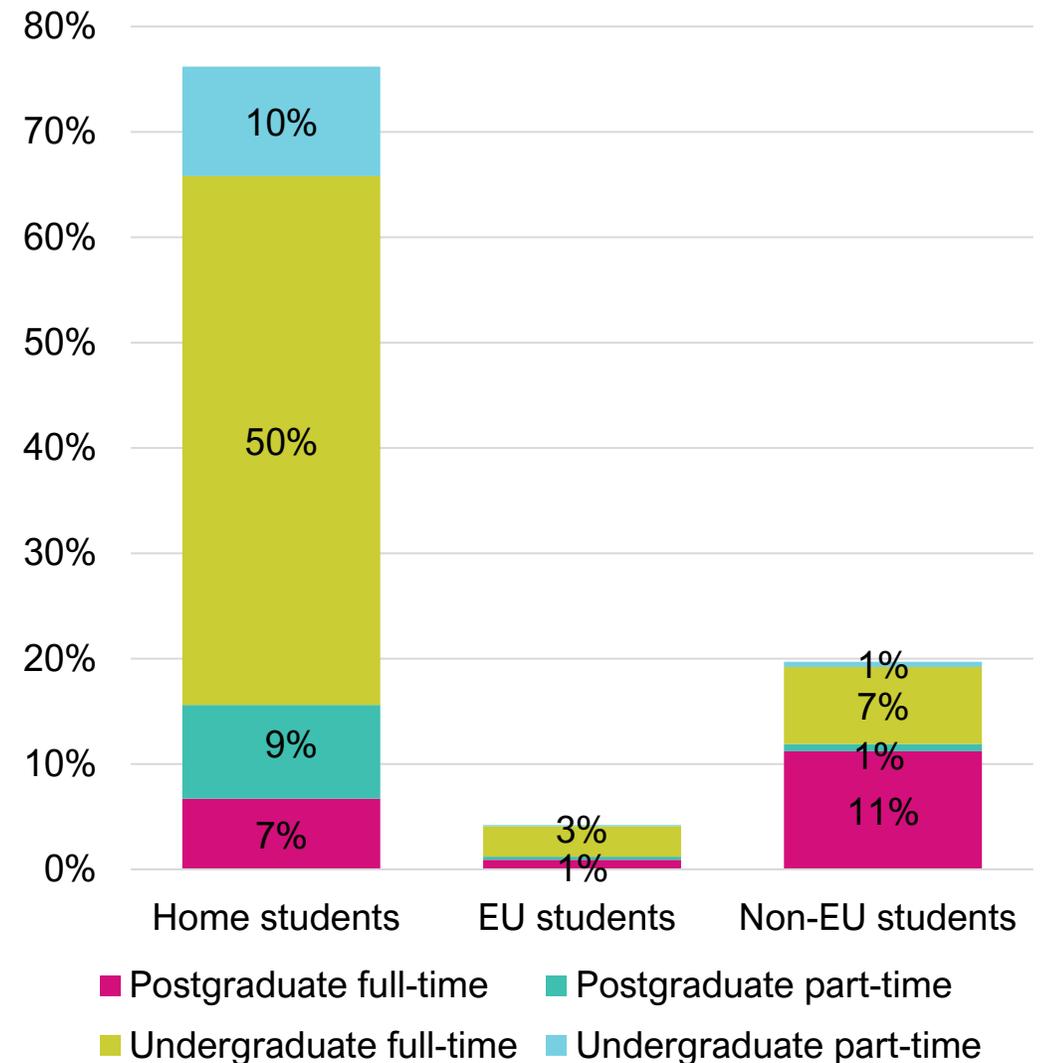
Higher Education Providers ^[2]

University	UK Students (%)	Non-UK Students (%)
Aston University	14,145 (84)	2,655 (16)
Birmingham City University	25,665 (86)	4,330 (14)
University of Birmingham	28,220 (75)	9,530 (25)
University College Birmingham	3,800 (72)	1,470 (28)
Newman University	2,820 (99)	20 (0.7)

All population sizes refer to Birmingham only

Demographic Overview

- **Sex:** In general, there are more females than males enrolled.^[1]
- **Disability:** The number of HE students reporting a disability has increased between 2017 and 2022 from 15% to 20%.^[3]
- **Ethnicity:** 24% White British, 26% Pakistani, 3.4% Black Caribbean.^[1]
- In 2021 to 2022, Chinese students made up the largest group of international students in the UK.^[4]



Mental Wellness and Balance

Mental Health (HE students):

- Since 2015 prevalence of mental health conditions among UK HE students has nearly doubled.^[5]
- 50% reported thoughts about self-harm.^[6]
- 76% of students with a mental health condition concealed their symptoms due to fears of stigma.^[6]
- 45% consumed alcohol as a means of coping with difficulties in their lives.^[6]

Contributors to poor mental health ^[7]



Transition to university life



Academic pressure



Financial stress



Social isolation and lack of a support network

Healthy and Affordable Food

- 66% ate less than the recommended servings of fruit and vegetables p/day.^[8]
- Approx 25% consumed pre-prepared convenience food on 'most days' or 'every day'.^[9]

Nutrition



- Around 30% reported skipping breakfast most days.^[9]
- Social influence was found to affect behaviours and eating

Unhealthy Habits



- Amongst 16- to 24-year-olds, 28% of women and 14% of men screened positive for a possible eating disorder.^[10]
- Approx. 32% of students with an eating disorder were diagnosed at university.^[11]

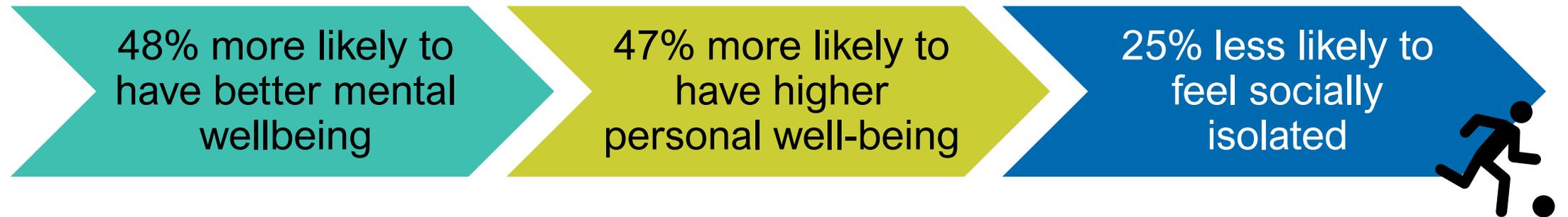
Eating Disorders



Active at Every Age and Ability

- In 2020 to 2021, levels of physical activity in those aged 16 to 24 in Birmingham were slightly higher (66%) than regional levels (66%) but lower than national levels (69%).^[12]
- In Birmingham, those aged 16 to 24 in education had higher levels of physical activity compared to those not in education.^[12]

Benefits of physical activity ^[13]



Living, Working and Learning Well

Inequality in academic attainment: ^[1]

- In Birmingham (2021 to 2022):
 - Average Attainment 8 score: **49**
 - Average Progress 8 score: **0.07**
- In England (2021 to 2022):
 - Average Attainment 8 score: 47
 - Average Progress 8 score: -0.06
- Proportion of pupils in Birmingham attaining a strong pass or pass in English and Maths was slightly below national averages.

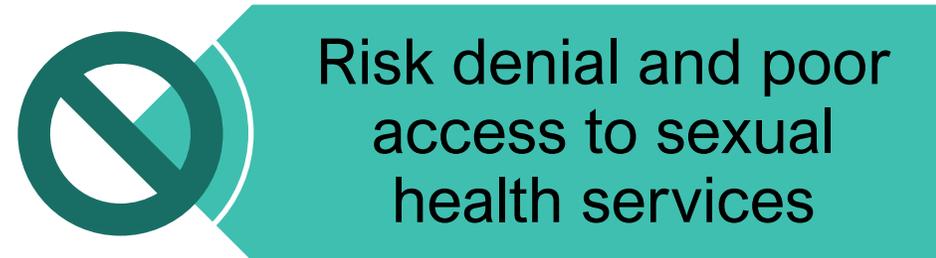
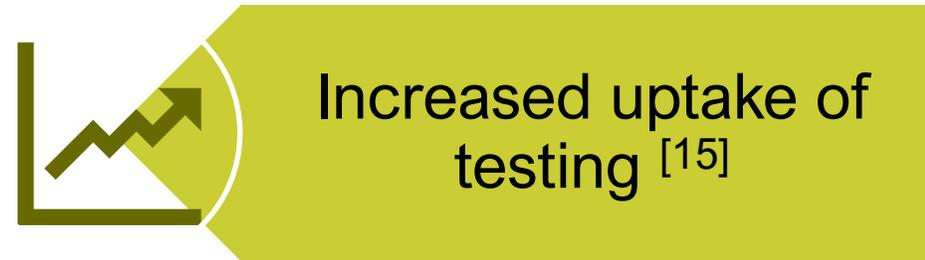
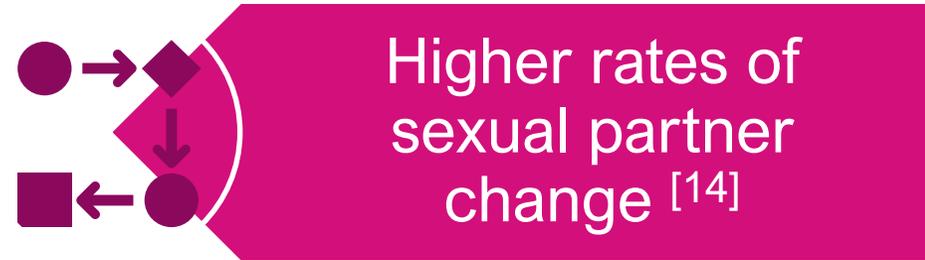
Pupil Characteristic	Average Attainment 8 score of all pupils	Average Progress 8 score of all pupils	% of pupils achieving grades 4 or above in English and mathematics GCSEs
Eligible for free-school meals	41	-0.21	55%
Not eligible for free school meals	53	0.21	75%
Dis-advantaged	42	-0.13	58%
Not disadvantaged	54	0.27	78%



Protect and Detect

STI Risk:

- Young people aged 15 to 24 are the most likely to be diagnosed with the most common types of STIs.^[14]
- Steady decline in number of detected chlamydia cases (approx. 2,300 in 2012 vs 1,000 in 2021).^[15]



Ageing and Dying Well

Mortality rates for those aged 20 to 24 in Birmingham between 2017 and 2021 (25.72 to 33.45 per 100,000) were lower compared to national rates (31.51 to 37.51 per 100,000).^[16]



The leading cause of death in those aged 15 to 19 and 20 to 24 in England between 2018 to 2021 was suicide and injury/poisoning of undetermined intent.^[16]

Other Key Inequality Data and Conclusions

Other Key Inequality Data

High alcohol
consumption

Higher smoking
prevalence

The impact of
COVID

Food insecurity

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 students. Should use as a **starting point**.
- Important to highlight that inequalities are compounded by intersectionality e.g., students with a disability or LTHC often experience worse health outcomes than those without a disability.

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 students

Have you shared the profile with?



- ✓ Referencing the profile in a new project
- ✓ Including findings in project/service proposal
- ✓ Influencing discussions with relevant stakeholders

Have you used the profile by?



References

References

- [1] Department for Education (2023). [Explore education statistics](#).
- [2] Higher Education Statistics Agency (2023). [Data and analysis](#).
- [3] Higher Education Statistics Agency (2023). [Higher education student statistics: UK, 2021 to 2022](#).
- [4] Universities UK (2023). [International student recruitment data](#)
- [5] Higher Education Statistics Agency (2021). [UK domiciled students by disability, level of study, mode of study, sex, first year marker and academic year 2014 to 2015 to 2020 to 2021](#)
- [6] The Insight Network (2019). University student mental health survey 2018. London: The Insight Network.
- [7] Mind (2016). How to cope with student life. London: Mind.
- [8] Dodd LJ, Al-Nakeeb Y, Nevill A, Forshaw MJ. Lifestyle risk factors of students: A cluster analytical approach. *Preventive Medicine*. 2010;51(1):73-7.

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- [9] Sprake EF, Russell JM, Cecil JE, Cooper RJ, Grabowski P, Pourshahidi LK, et al. Dietary patterns of university students in the UK: a cross-sectional study. *Nutrition Journal*. 2018;17(1):90.
- [10] NHS Digital (2020). [Health Survey for England, 2019](#).
- [11] Beat Eating Disorders (2023). [Fundraising at University](#).
- [12] Sport England (2022). Active Lives adult survey November 2020 to 2021 report. London: Sport England.
- [13] Budzynski-Seymour E, Conway R, Wade M, Lucas A, Jones M, Mann S, et al. Physical activity, mental and personal well-being, social isolation, and perceptions of academic attainment and employability in university students: the Scottish and British active students surveys. *J Phys Act Health*. 2020;17(6):610-20.
- [14] House of Commons (2024). [The prevalence of sexually transmitted infections in young people and other high risk groups](#).

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[15] Office for Health Improvement and Disparities (2023). [Sexual and reproductive health profiles](#).

[16] Office for National Statistics (2021). [Mortality statistics – underlying cause, sex and age 2013 to 2021](#).