

The letter 'B' is rendered in a bold, stylized font. It is primarily magenta with a thick black outline. The interior of the 'B' is filled with a light blue color, and the top and bottom curves are accented with yellow. The 'B' is positioned on the left side of the page, partially overlapping the teal background.

COMMUNITY HEALTH PROFILES

Understanding the health needs of the
South African community

A BOLDER HEALTHIER BIRMINGHAM

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 [South 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:

- South African population typically defined using country of birth (190 or 60 category dataset)
- Relevant category:

Africa: South and
Eastern Africa:
South Africa

Other Considerations:

- Data that are relevant to the experiences of South African people may include:
 - Length of Residence in UK
 - English Proficiency
 - Ethnic group

Data Limitations



Reliance on International Data: Large data gaps on health needs of South African population in the UK



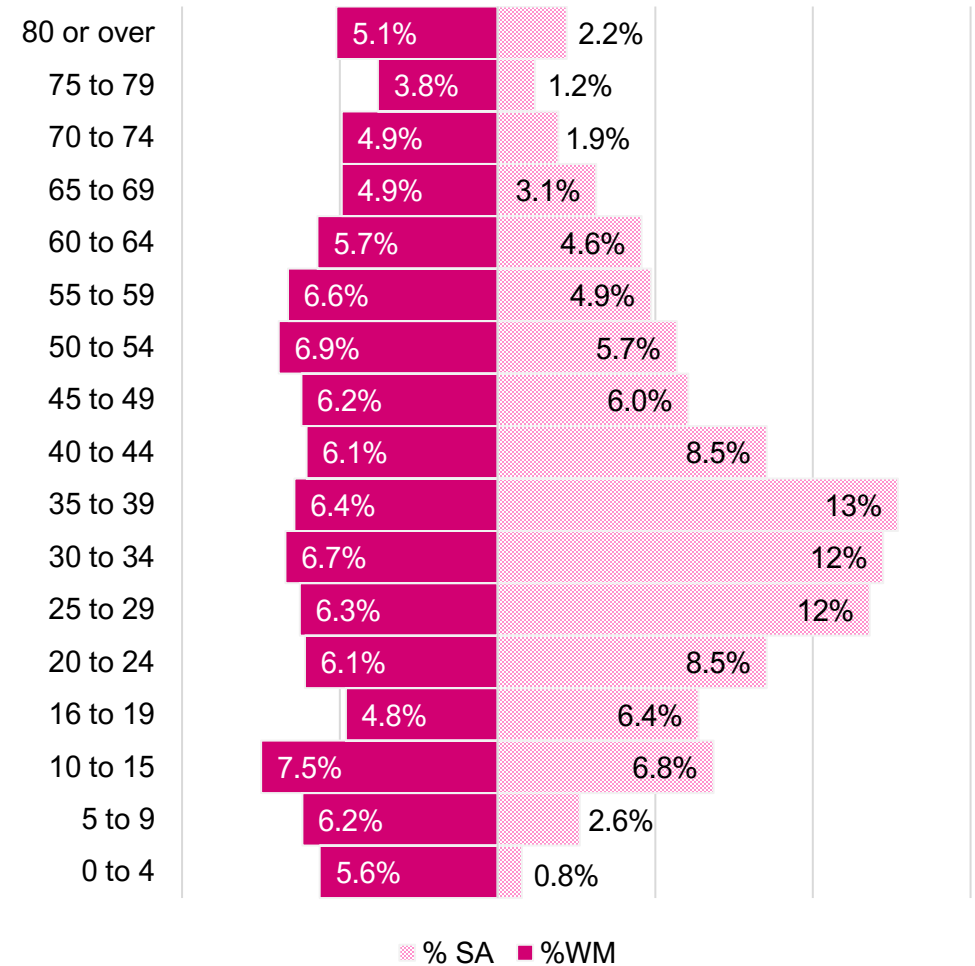
Country of Birth: Will only capture 1st generation migrants and does not explore the differences between 1st and 2nd/3rd generation migrants



Ethnic Categories: People from South Africa categorised under 'White', 'Black-ethnic' categories, 'all Mixed', 'Asian' or 'Other' ethnic group categories. Cannot use a singular ethnic group as an approximate

Demographic Overview

- **Population size:** 1,629 South African born residents live in Birmingham*.[1]
- **Religion:** 58% Christian, 30% no religion.
- **Age:** Larger proportion of population of working age (20 to 44 years) than the West Midlands average.
- **Ethnicity:** 86% White ethnic group, 5% Black ethnic group
- **English Proficiency:** 95% English as a main language

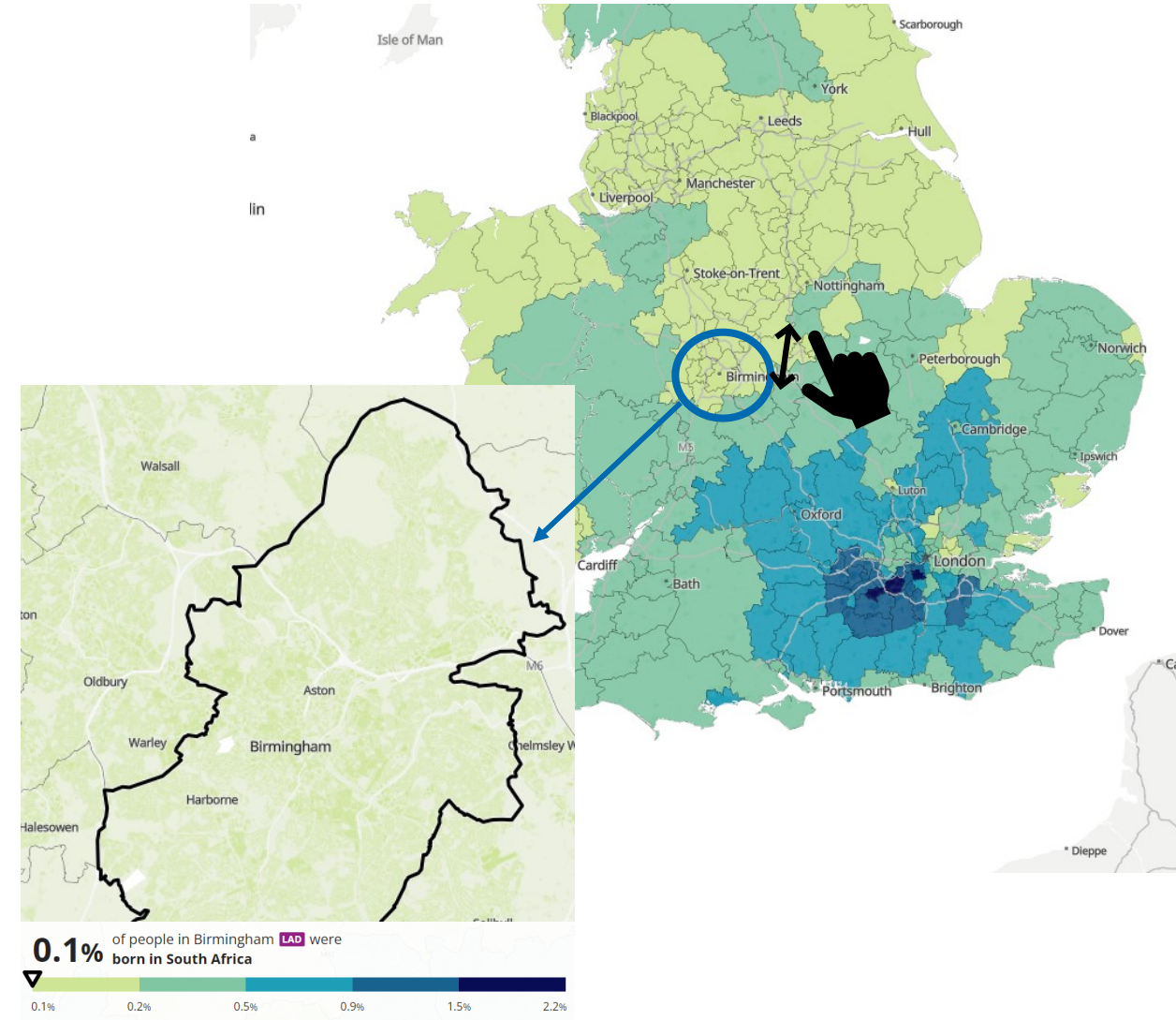


All demographic data relates to the England and Wales population only, unless otherwise specified. Local data may differ.

*Birmingham data

Geography

- [Census mapping tool](#): country of birth data available to MSOA level.^[2]
- 0.1% of Birmingham population was born in “South America”
- MSOAs by total South American-born population:
 1. Edgbaston North
 2. Selly Oak
 3. Edgbaston South & University
- Visual MSOA data not available in census mapping tool



Getting the Best Start in Life

International Findings (South Africa):

- Maternal mortality rate: 127 per 100,000 in 2020 (UK comparison 10 per 100,000)^[3]
- Infant mortality rate: 26 deaths per 1,000 live births in 2021 (England and Wales est. 3.7 deaths per 1,000 live births)^[4]

TFR 1.79

Total Fertility Rate (TFR): 1.79 for mothers born in South Africa in 2011 (1.5 UK born).^[5]

14th

Most common country of birth for non-UK born mothers in 2021.^[5]

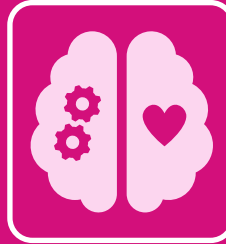
0.4%

Live Births: Births to mothers born in South Africa accounted for 0.4% of all live births.^[5]

Mental Wellness and Balance

Mental State of the World (2021):^[6]

- No data on mental health among South Africans in the UK
- South African and the UK ranked as some of the worst countries regarding self-ranked mental health and wellbeing



36% reported feeling distressed or were struggling (tied highest with UK)



Lowest average score for metric of mental wellbeing (MHQ) at 46 (tied with UK)



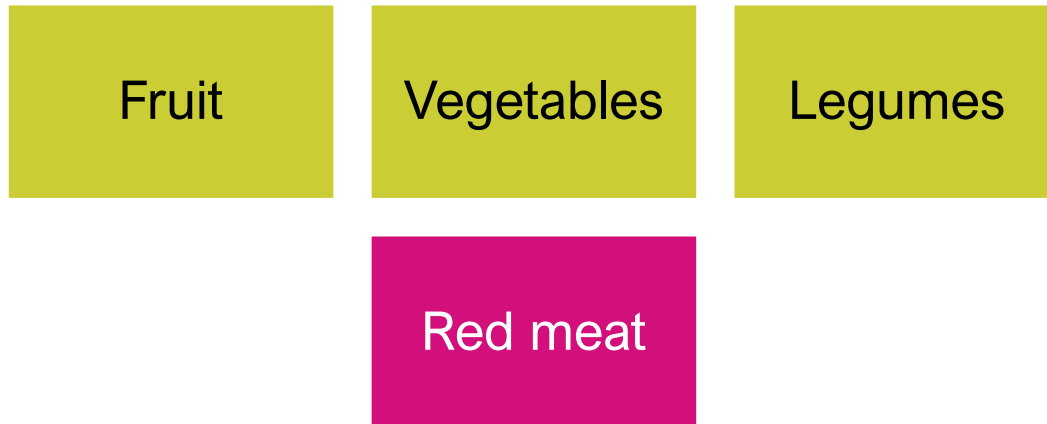
Lack of available mental health services in South Africa

Healthy and Affordable Food

Global Nutrition Report (2023):^[7]

- No data on dietary patterns among South African populations in UK
- International data highlighted:

Low Consumption



High Consumption

Obesity (World Obesity Federation, 2023):^[8]

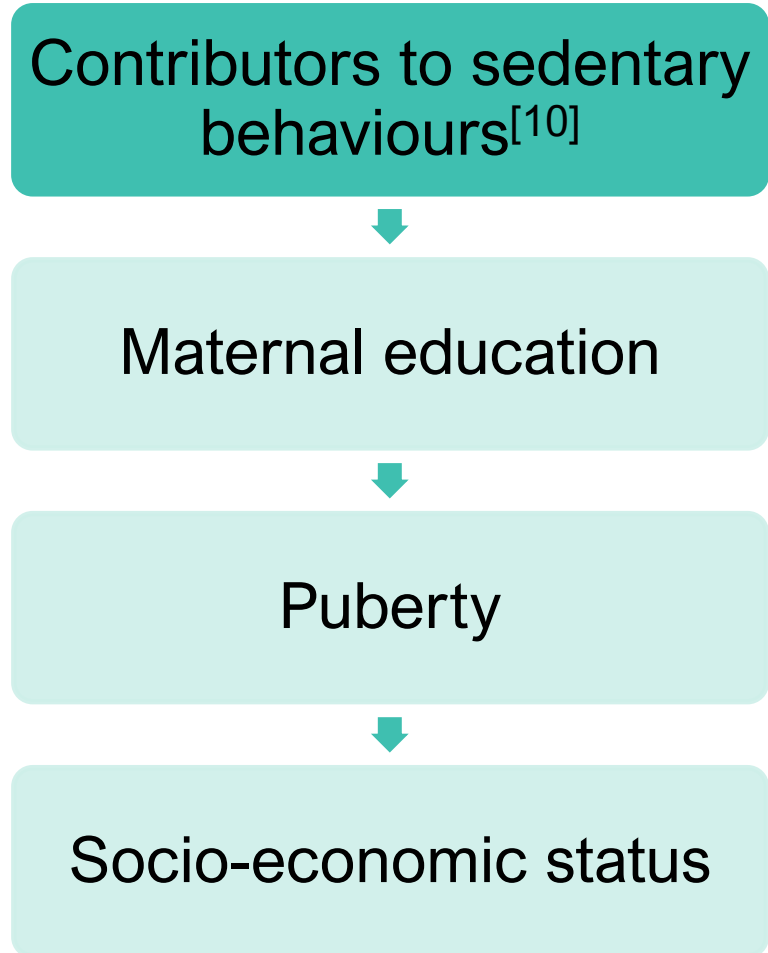
- 41% of South African women were obese (20% UK)
- 11% of South African men were obese (20% UK)
- South Africa has one of the highest obesity prevalences in Africa

Active at Every Age and Ability

- Physical inactivity by gender (2022):^[9]

Age and gender	South Africa (%)	UK (%)
Male (18+)	29	32
Female (18+)	47	40
Male (70+)	41	47
Female (70+)	64	56

- South African females were more physically **inactive** than UK females



Living, Working and Learning Well

- High levels of economic activity (78%) among South African born population (61% average*)
- High % in managerial roles (18%) and professional occupations (31%)

Employment [1]



- 38% lived in owned (mortgage or loaned) properties
- 37% lived in social rented properties

Housing [1]



- Higher percentage in very good health (55%) compared with Birmingham and England and Wales averages (48% for both).

General health [1]



**Average refers to total England and Wales population*

Protect and Detect

HIV Prevalence ^[11,12]

- South Africa has the highest HIV prevalence in the world.
- Approximately **13% (7.7 million)** people living with HIV
- Represents 18% of the global burden of HIV concerns
- By comparison, there are around 106,890 (0.16% of the population) people living with HIV in the UK.

Sexual Health Concerns ^[12]

- South African women particularly vulnerable
- Main risks: high prevalence of teenage pregnancy, HIV, STIs and female genital schistosomiasis (FGS)

Ageing and Dying Well

Very limited data available on older South Africans living in England and Wales.

Life Expectancy (at birth): ^[13]

- South Africa: 59.3 years for males and 64.6 years for females (2021)
- UK: 79.0 years for males and 82.9 years for females (2018)
- Two large contributors for decreased life expectancy in South Africa are HIV and TB
 - Importance of providing information and early intervention for recent migrants from South Africa

Other Key Inequality Data and Conclusions

Other Key Inequality Data

Disparities in health outcomes by ethnic group

Childhood dental decay

Experiences of physical or intimate partner violence

Living in areas of high pollution

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 South African people. Should use as a **starting point**.
- Important to highlight that inequalities are compounded by intersectionality e.g., South African people with a disability or LTIC 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 South 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

References

- [1] [ONS Custom Data Tool](#)
- [2] ONS (2023). [Census maps](#)
- [3] World Health Organisation (2020) [Trends in maternal mortality 2000 to 2020: estimates by WHO, UNICEF, UNFPA, World Bank Group and UNDESA/Population Division.](#)
- [4] World Health Organisation (2023) [The global health observatory. South Africa.](#)
- [5] Office for National Statistics (ONS) (2022) [Births by parents' country of birth, England, and Wales: 2021 to 2022.](#)
- [6] The Employee Assistance Professionals Association of South Africa (2022) [The state of mental health in South Africa.](#)
- [7] Global Nutrition Report (2023) [Country nutrition profiles. South Africa.](#)
- [8] World Obesity Federation (2023) [Global obesity observatory. South Africa.](#)

References and Further Reading (2)

References

- [9] World Health Organisation (2022). [Global status report on physical activity 2022](#).
- [10] Micklesfield, L., et al., (2014) Physical activity and sedentary behaviour among adolescents in rural South Africa: levels, patterns, and correlates. *BMC Public Health*. 2014; 14:40.
- [11] Nuh, O (2021). [NAM Aids Map](#).
- [12] Galappaththi-Arachchige, H. N., et al., (2018) Reproductive health problems in rural South African young women: risk behaviour and risk factors. *Reprod Health*. 15:138.
- [13] South African Government (2023) [South Africa's people](#).