

Key Findings from the 2016 BME Health and Wellbeing Study in Glasgow

TRACI LEVEN RESEARCH



Aims and Objectives

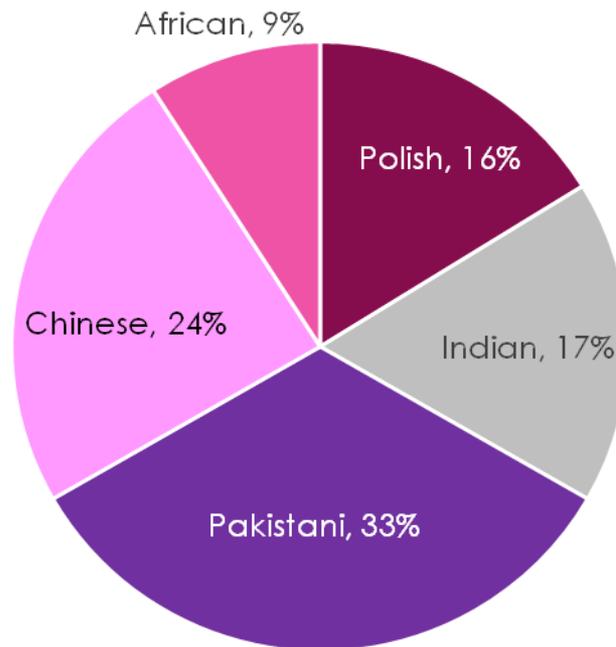
- ▶ Explore the views of adults aged 16 plus from the main Black and Minority Ethnic (BME) groups living in Glasgow City on their health and wellbeing.
- ▶ Enable comparisons with all Glasgow survey (2014)
- ▶ Understand the needs of BME people in relation to health services, health improvement, their communities and their social health
- ▶ Understand the needs of BME people by age, sex and SIMD

Method

- ▶ Stratified Random Sample
 - ▶ Identified from NHSGGC CHI, Glasgow City aged 16+
 - ▶ Ethnic group assigned based on names using OnoMap software
 - ▶ 5 Groups: Pakistani, Indian, Chinese, African Polish
 - ▶ These account for 81% of non-white ethnic groups (83% including Polish)
- ▶ 1,798 face-to-face interviews
- ▶ Weighted dataset is representative of BME population by ethnic group, age, gender and deprivation

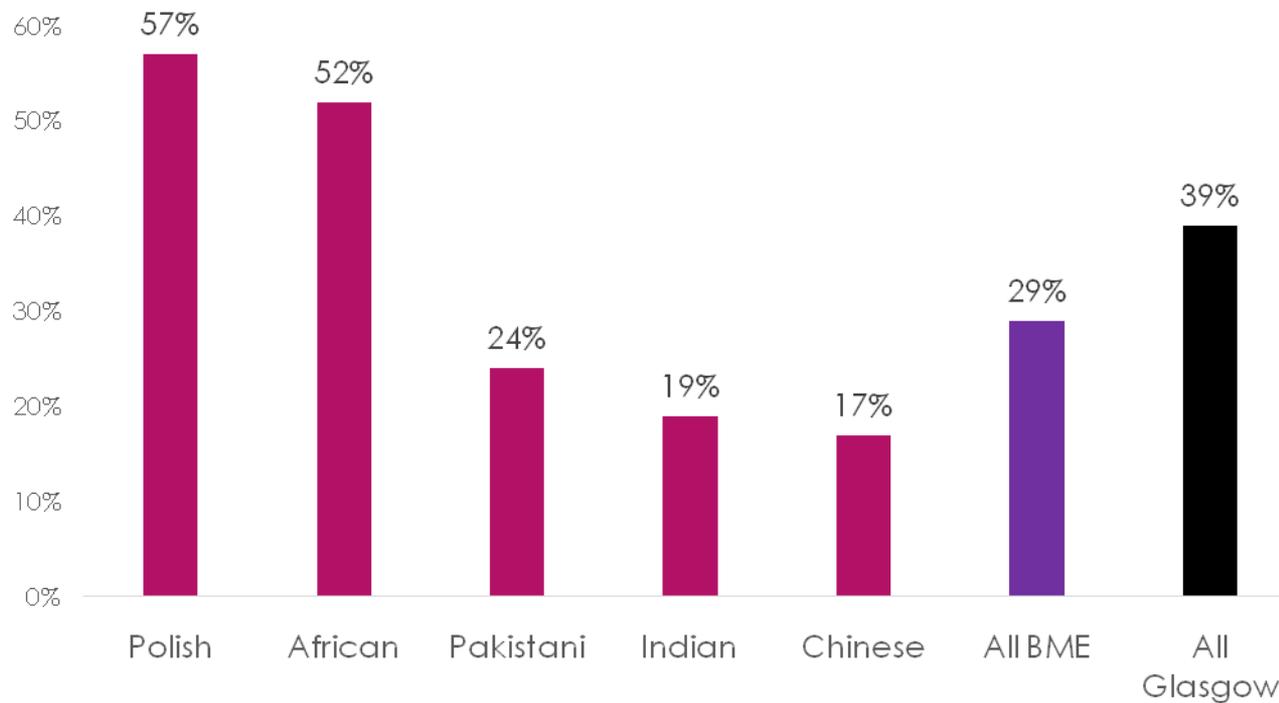
BME Profile

- ▶ Weighted to represent the BME population in Glasgow



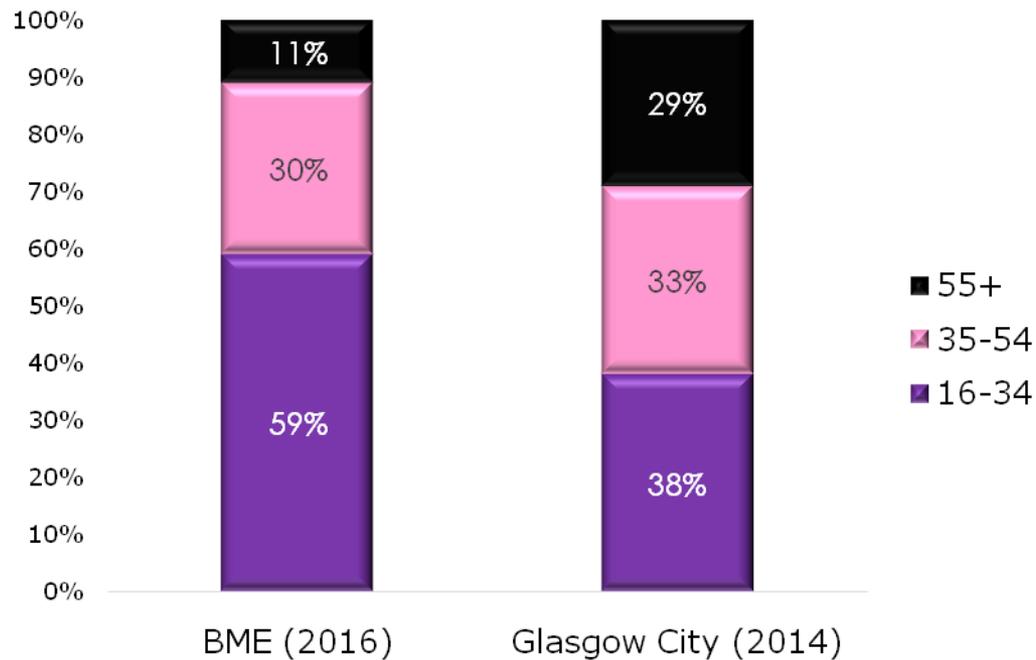
Profile Differences

Proportion who live in the 15% most deprived areas



Profile Differences

Age profile

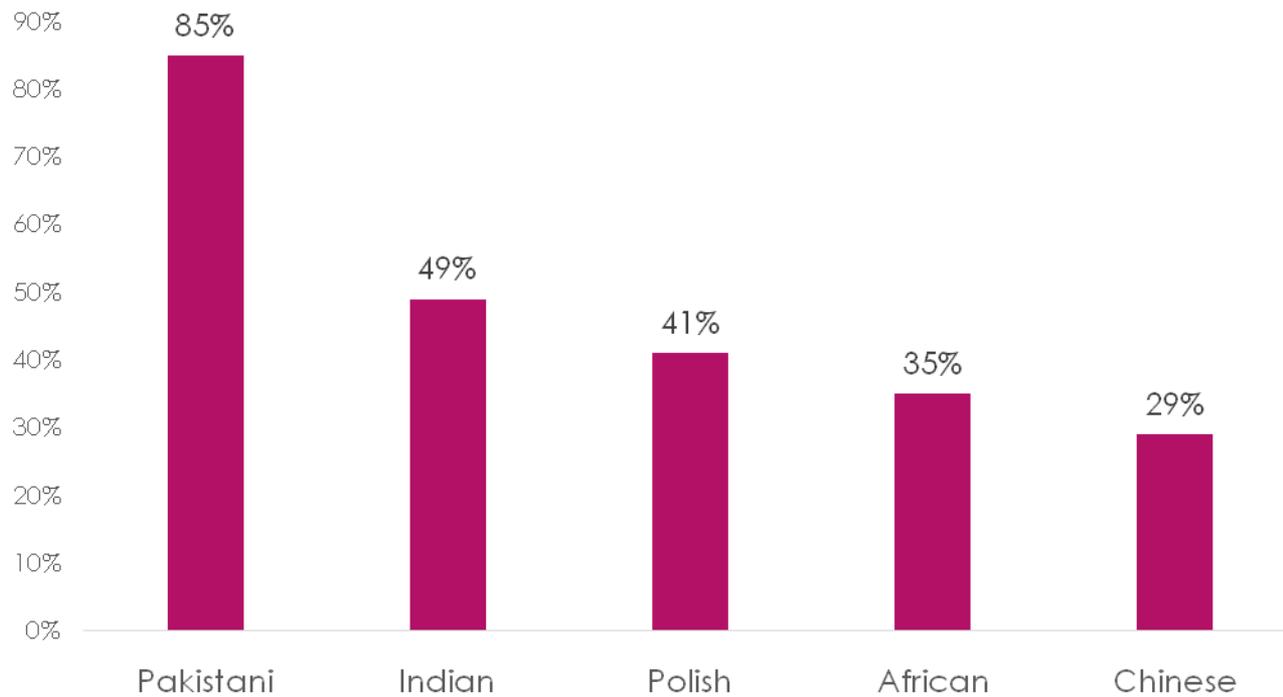


Pakistani group: 48% aged 16-34

Chinese group: 76% aged 16-34

Profile Differences

Proportion who have lived in the UK for 10 years or more



Key Findings

HEALTH AND ILLNESS

ACCESSING HEALTH
SERVICES

HEALTH BEHAVIOURS

SOCIAL HEALTH

SOCIAL CAPITAL

Health and Illness

VIEWS OF HEALTH

BME groups were more likely than the general Glasgow City population to have a positive view of:.....

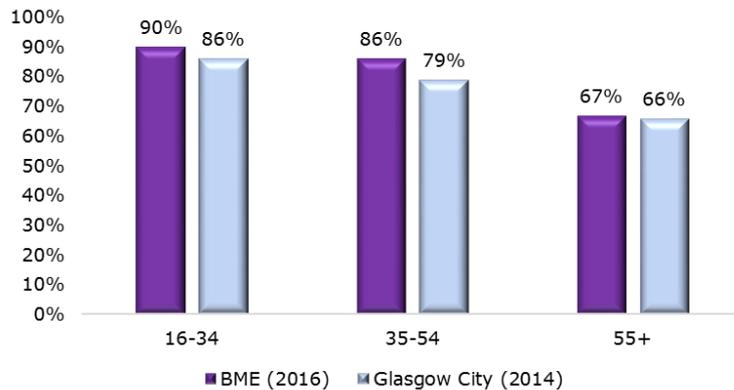


Least likely to have positive views of health/wellbeing:

Pakistani

Health and Illness: Physical Wellbeing

Positive perception of physical wellbeing

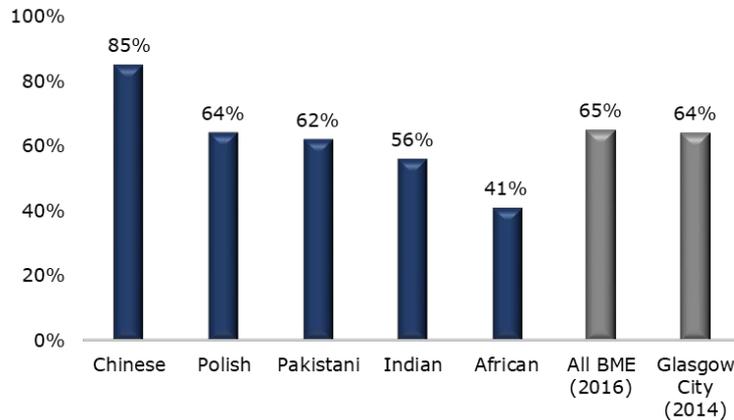


- ▶ BME respondents aged 16-34 and 35-54 were more likely than those in Glasgow City to have a positive perception of their physical wellbeing.



Health and Illness: Feeling in Control

'Definitely' feel in control of decisions affecting daily life



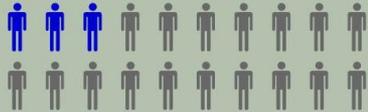
- ▶ Significant variation across BME groups
- ▶ Others less likely to feel in control:
 - ▶ Women
 - ▶ Most deprived areas
 - ▶ Not speak English well



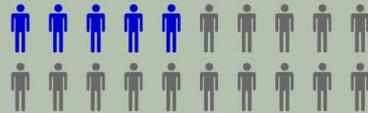
Health and Illness: Limiting Conditions/Illness

ILLNESS

15% BME had a limiting condition/illness



25% Glasgow City had a limiting condition/illness



Most likely to have a limiting condition:

Pakistani



Least likely to have a limiting condition:

African & Chinese

- ▶ Groups more likely to have a limiting condition/illness
 - ▶ Aged 55+ (52%)
 - ▶ Pakistani
 - ▶ Not speak English well
 - ▶ Lived in the UK for 10+ years



Access to Health Services: Health Screening

- ▶ Of those who eligible for the screening programmes:

49%
attended
cervical
screening



67%
attended
breast
screening



42%
completed
home test for
bowel
screening

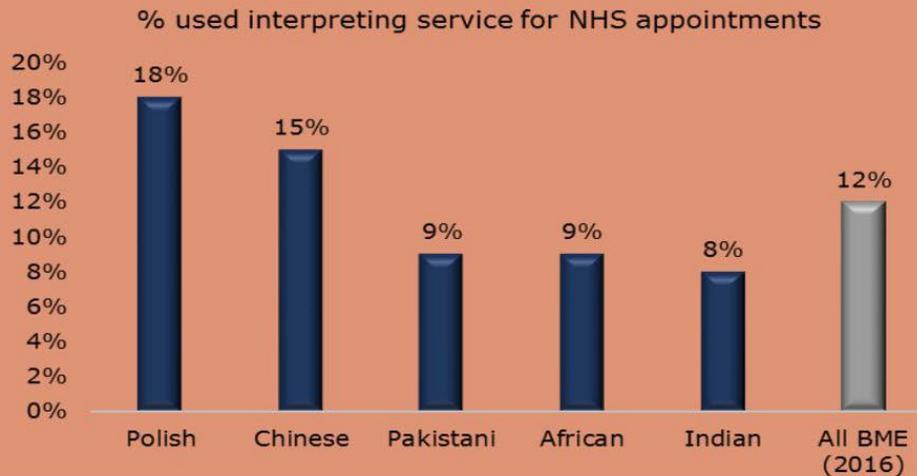


Access to Health Services: Interpreting Service

INTERPRETING SERVICE



1 in 8 had ever used the interpreting service for NHS appointments

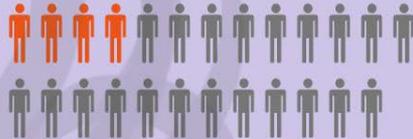


44% of those who did not speak English well had used the interpreting service

Health Behaviours: Smoking

SMOKING

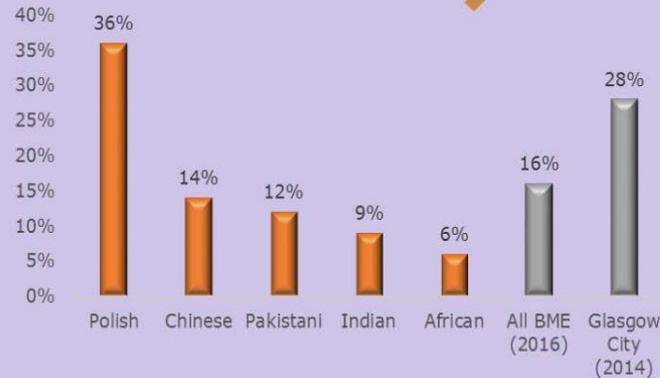
16% BME were smokers



28% Glasgow City were smokers



Current smokers



29%

Exposed to second-hand smoke most/some of the time

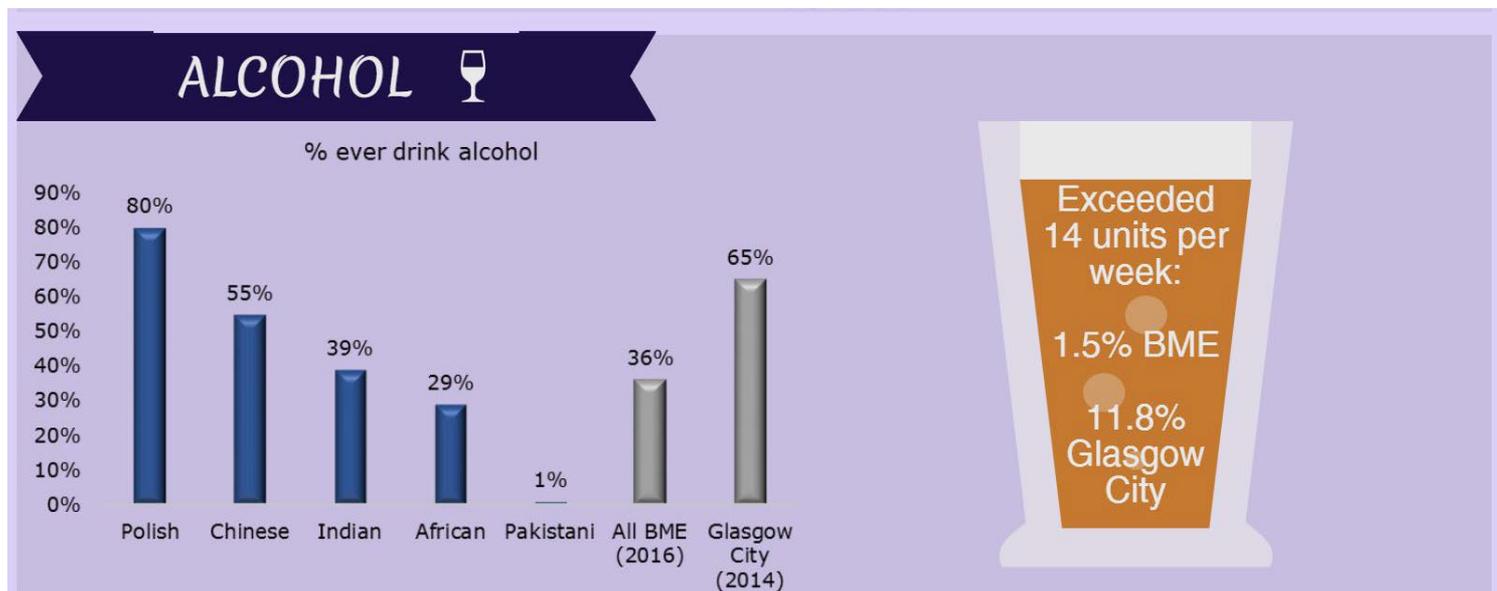


Glasgow City: 39%

Polish: 50%

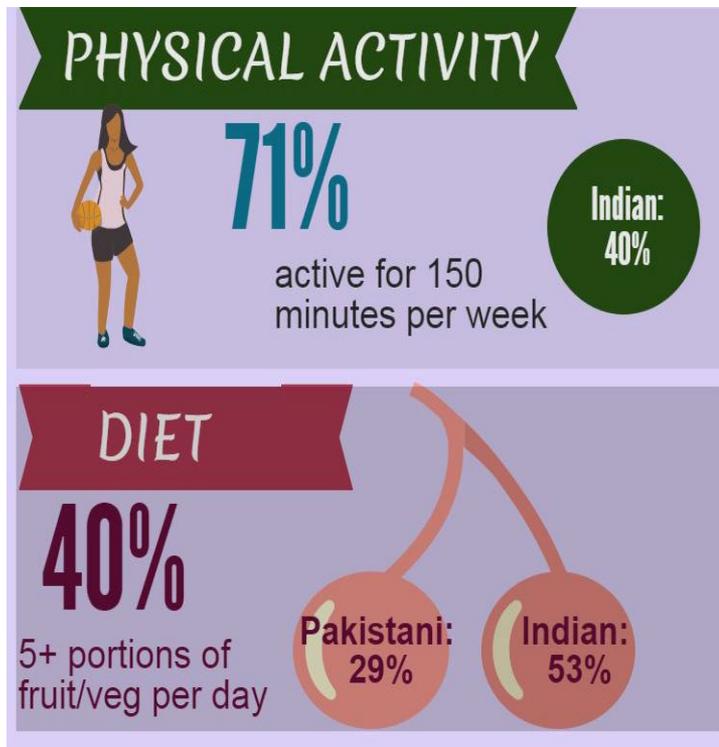
- ▶ Overall BME groups less likely to smoke
- ▶ Polish most likely to smoke
- ▶ Men more likely than women to smoke (especially in Chinese and Pakistani groups)
- ▶ Pakistani group most likely to use shisha (17% Pakistani men; 6% Pakistani women)

Health Behaviours: Alcohol



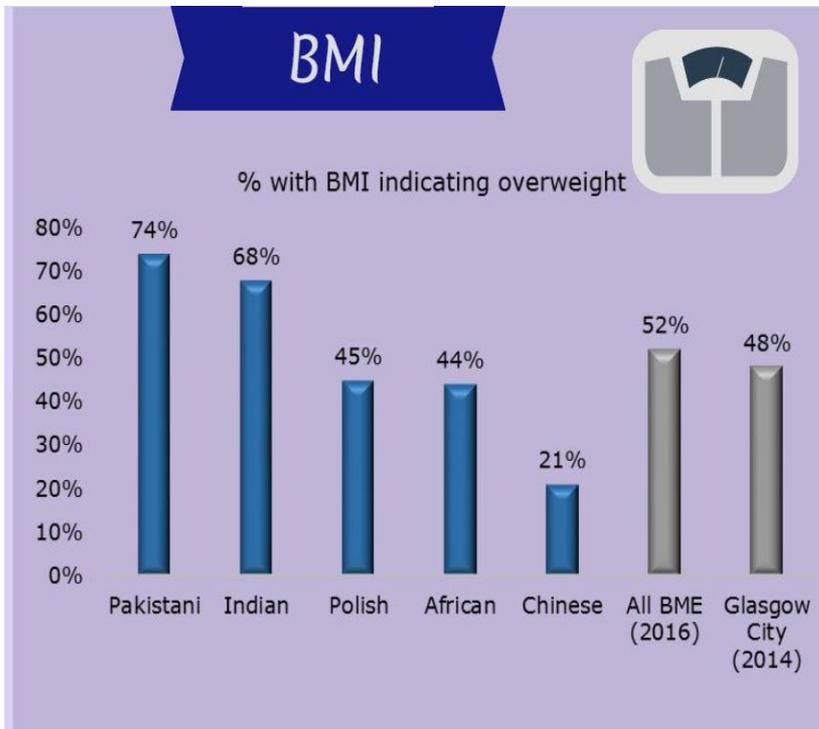
- ▶ Overall, BME groups much less likely than Glasgow to drink alcohol, but very significant variation across groups
- ▶ Polish much more likely to drink alcohol, but much more likely to drink within recommended limits
- ▶ Drinking more common among those aged under 55 and men. Gender difference was most pronounced among Indian and African groups

Health Behaviours: Physical Activity and Diet



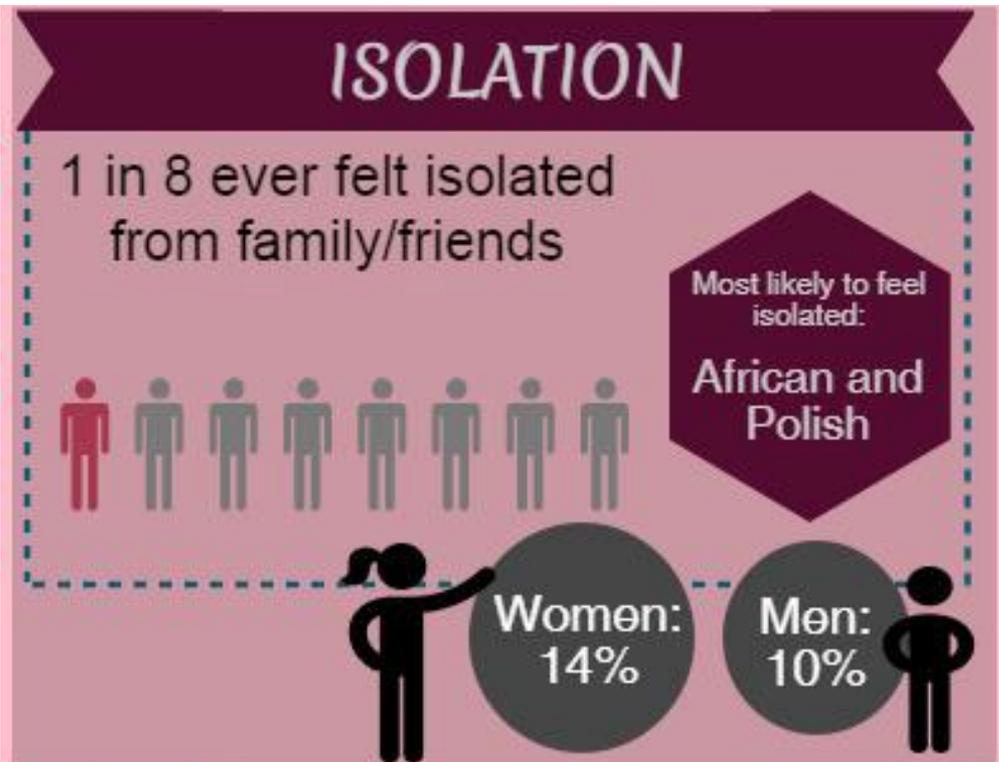
- ▶ Indian group much less likely than others to meet physical activity target
- ▶ Others more likely to meet physical activity target:
 - ▶ Aged under 55
 - ▶ Spoke English well
- ▶ Those less likely to meet the fruit/veg target:
 - ▶ Pakistani and African
 - ▶ Men
 - ▶ Most deprived areas

Health Behaviours: BMI



- ▶ Half of BME adults were overweight
- ▶ More than 7 in 10 of those aged 35+ were overweight
- ▶ BME adults in each age group were more likely than those in Glasgow City to be overweight
- ▶ Men were more likely than women to be overweight (except for the African group, where the reverse was true)
- ▶ Others more likely to be overweight were:
 - ▶ Most deprived areas
 - ▶ Not speak English well
 - ▶ Lived in the UK for 10 years or more

Social Health: Isolation

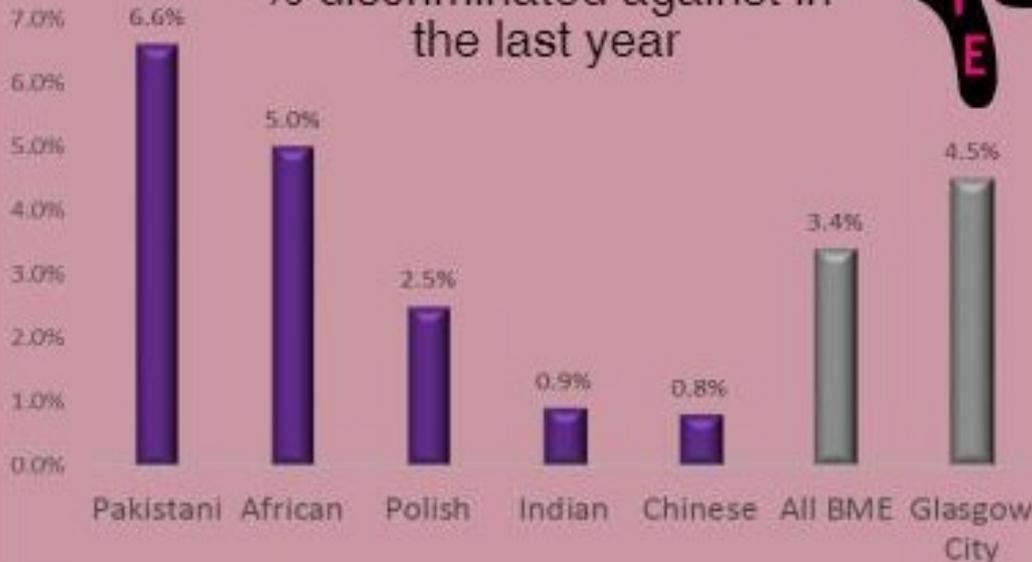


- ▶ Overall BME groups were as likely to feel isolated as those in Glasgow City
- ▶ Isolation was most common among:
 - ▶ African (22%) and Polish (19%)
 - ▶ Women
 - ▶ Most deprived areas
 - ▶ Lived in the UK for <10 years

Social Health: Discrimination

DISCRIMINATION

% discriminated against in the last year



- ▶ Overall, BME groups were as likely as those in Glasgow City to experience discrimination
 - ▶ But among 16-34 year olds, BME groups were LESS likely to experience discrimination
- ▶ Most likely to experience discrimination:
 - ▶ Pakistani
 - ▶ Aged 35+
 - ▶ Most deprived areas
 - ▶ Lived in the UK for 10+ years
- ▶ Most common reasons for discrimination
 - ▶ Ethnic background (91%)
 - ▶ Religion/fait/belief (36%)
 - ▶ Appearance (15%)
 - ▶ Accent (10%)

Social Health: Experience of Crime

EXPERIENCE OF CRIME



10%
were a victim
of any of 5
types of crime
in the last
year

13%
Glasgow
City

Most likely to be a
victim:

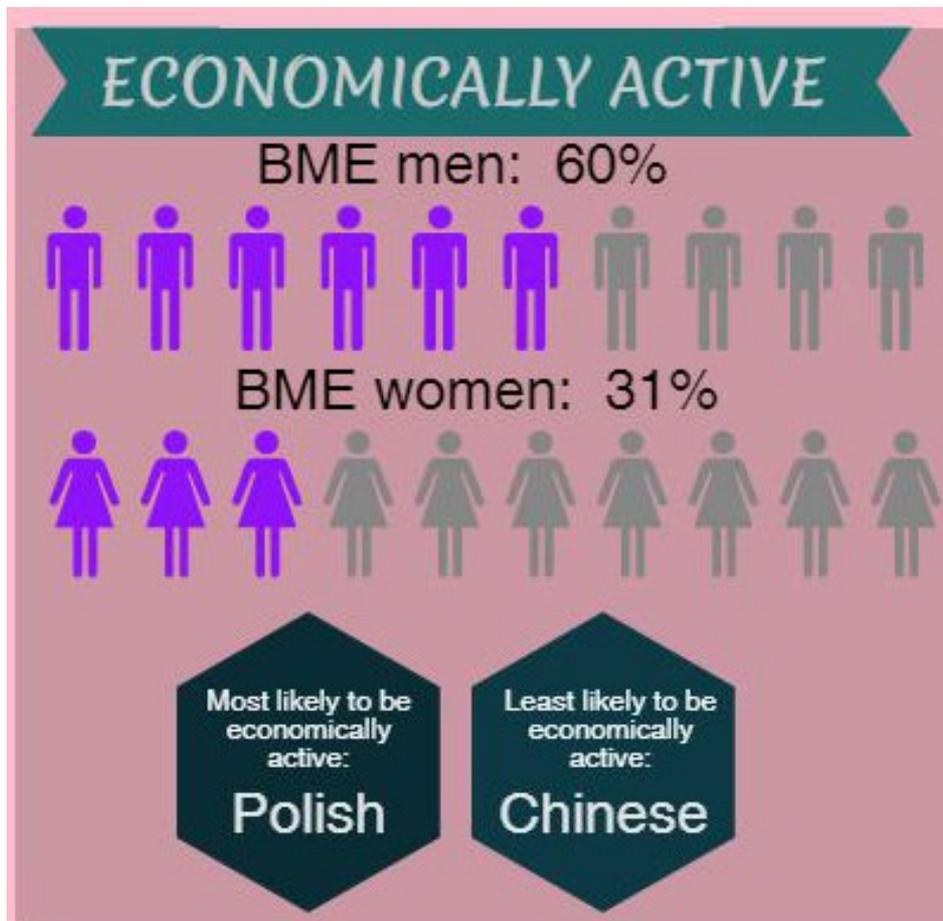
**Polish and
African**

Least likely to be
a victim:

**Indian and
Chinese**

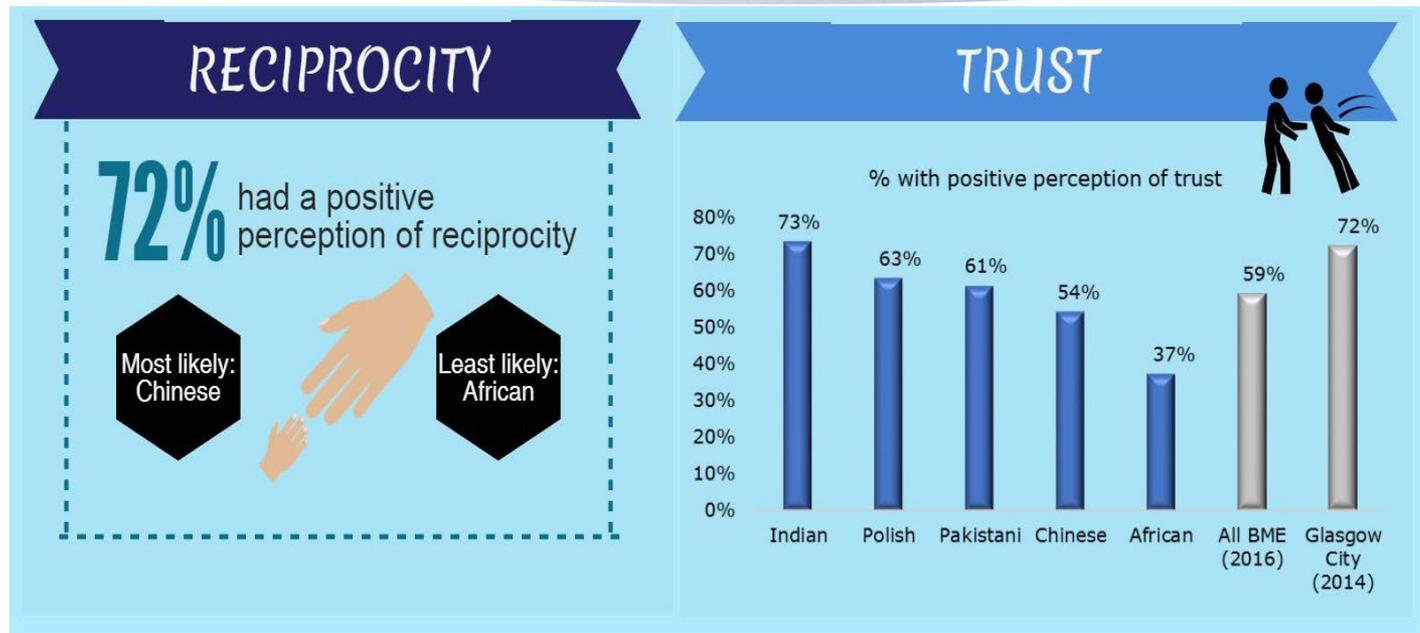
- ▶ Overall BME groups were less likely than Glasgow City to have been a victim of crime
 - ▶ particularly among those aged under 35, and those in the most deprived areas
- ▶ Experience of crime was highest among:
 - ▶ Polish (18%) and African (15%) groups
 - ▶ Age 35-54
 - ▶ Women (particularly African women)
 - ▶ Lived in the UK for 10+ years

Social Health: Economic Activity



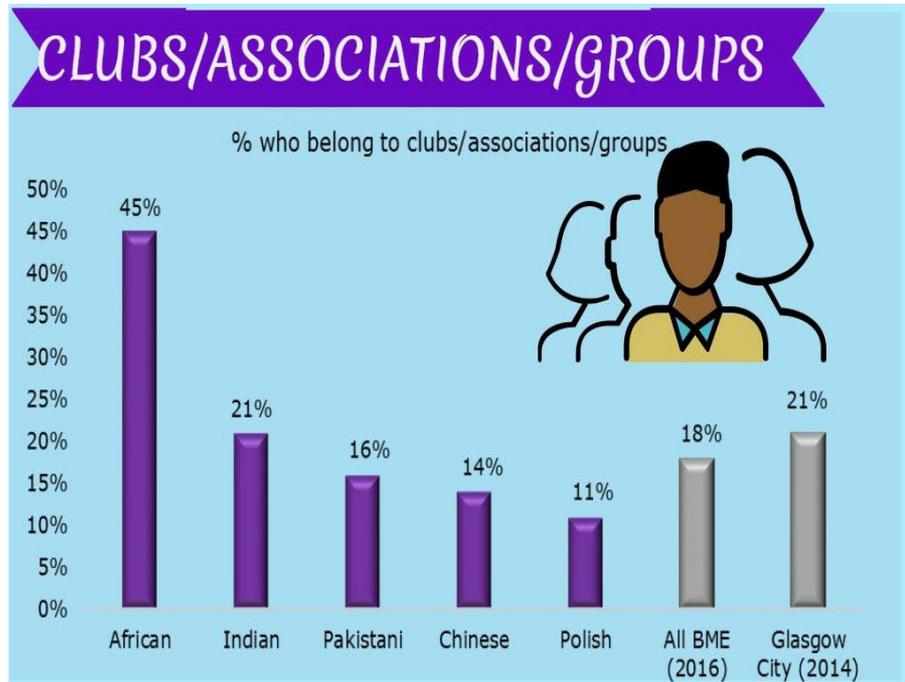
- ▶ Overall Half (51%) of BME adults were economically active.
- ▶ Economic activity highest among Polish (77%) and lowest among Chinese (22%).
- ▶ Men were twice as likely as women to be economically active. Largest gender difference among Pakistani and Chinese groups
 - ▶ Pakistani: 59% men; 22% women
 - ▶ Chinese: 32% men; 13% women

Social Capital: Reciprocity and Trust



- ▶ 7 in 10 BME adults had a positive view of reciprocity; 6 in 10 had a positive view of trust.
- ▶ BME groups overall less likely than Glasgow City to have a positive view of trust
- ▶ African groups much less likely than others to have positive views of reciprocity or trust (also least likely to have positive views on social support and local friendships)

Social Capital: Clubs/associations/groups



- ▶ African group much more likely than others to belong to clubs/associations/groups
 - ▶ Particularly African women (51%)
- ▶ Those who spoke English well much more likely to belong to these than those who did not (20%, compared to 9%)

Social Capital: Social Activism

SOCIAL ACTIVISM



- ▶ BME groups overall less likely than Glasgow City to engage in social activism
- ▶ Pakistani (12%) and African groups (12%) most likely to engage – these groups also most likely to volunteer
- ▶ Polish (4%) and Indian (3%) least likely
- ▶ Others more likely to engage:
 - ▶ Outside the most deprived areas
 - ▶ Speak English well
 - ▶ Lived in the UK for 10+ years

Social Capital: Perceived reasons for poverty in local area

Perceived reasons for poverty	BME (2016)	Glasgow (2014)	City
Laziness or lack of willpower	36%	18%	
Lack of jobs	26%	40%	
There is no-one living in poverty in this area	20%	14%	
An inevitable part of modern life	5%	5%	
Because of injustice in society	2%	11%	
Because they have been unlucky	2%	4%	
Other	1%	2%	
None of the above	6%	6%	

Multitude of other significant findings

For full details see the written report
Available now from NHSGGC

<http://hdl.handle.net/11289/579514>

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Mental wellbeing



Conditions being treated



Feeling valued



Feeling safe on public transport



Caring responsibilities



Income and benefits