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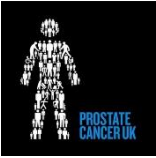



	<p>The King's Fund: The health of people from ethnic minority groups in England (2023) https://www.kingsfund.org.uk/publications/health-people-ethnic-minority-groups-england This long read examines ethnic differences in health outcomes, highlighting the variation across ethnic groups and health conditions, and considers what's needed to reduce health inequalities</p>
	<p>Caribbean and African Health Network https://www.cahn.org.uk/ CAHN is a Black-led organisation set up to address the wider social determinants to eradicate health disparities for Caribbean & African people in the United Kingdom. They work with the Black community and cross-sector organisations to build community resilience, relationships, and a social movement to improve health outcomes for Black people.</p>
	<p>BHA for Equality https://thebha.org.uk/ BHA For Equality was founded in 1990 to address the lack of quality information and services for Black communities in Manchester. Today, they run health services across the North of England to support those who are disadvantaged by healthcare systems, and advocate for equitable healthcare for marginalized communities.</p>
	<p>The Health Foundation/Runnymede: How racism affects health (2025) https://www.health.org.uk/reports-and-analysis/reports/how-racism-affects-health This report finds large and unacceptable variations in people's experience of the building blocks of health according to ethnicity.</p>
	<p>University of Oxford/NHS Race & Health Observatory: Patient experience and trust in NHS primary care (2025) https://www.nhsrho.org/wp-content/uploads/2025/03/TRUST-IN-PRIMARY-CARE-REPORT.pdf Insights from a survey into the levels of trust that Black, Asian and ethnic minority patients have with NHS primary care service providers reveal high levels of mistrust. Over 2,680 people completed the primary care 'trust' survey issued by the NHS Race and Health Observatory, with analysis undertaken by researchers from Oxford University.</p>









PREGNANCY AND CHILDBIRTH

	<p>National Institute for Health Research: Black women around the world have worse pregnancy outcomes (2023) https://evidence.nihr.ac.uk/alert/black-women-around-the-world-have-worse-pregnancy-outcomes/ An analysis of more than 2 million pregnancies found that babies born to Black women worldwide had poorer outcomes (such as baby death and stillbirth) than White women. This was true even after controlling for older age and a lower level of education among mothers (an indicator of poorer economic and social status). Race and ethnicity have been associated with poor pregnancy outcomes in many countries. In the UK, the rates of baby death and stillbirth among Black and Asian mothers are double those for White women. Most studies examine trends for individual countries. This large database study explored how race and ethnicity is linked to pregnancy outcomes in wealthy countries.</p>
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	<p>FiveXMore: The Black Maternal Experiences Report (2025) https://fivexmore.org/black-maternity-experiences-report-2025</p> <p>This latest report captures the lived experiences of Black women across the UK who have been pregnant or given birth in the last four years. It explores the quality of care, communication with professionals, discrimination, and what still needs to change. The findings are clear. Black women are still facing barriers, and the system must do better.</p>
	<p>MBRRACE-UK : Saving Lives, Improving Mothers' Care 2024 - Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2020-22 https://www.npeu.ox.ac.uk/mbrance-uk/reports/maternal-reports/maternal-report-2020-2022</p>
MEN'S HEALTH	
	<p>Black Men's Health UK https://blackmenshealth.org.uk/</p> <p>Black men in the UK often face unfair, and avoidable differences in health compared to other groups of men. This organisation aims to change that.</p>
	<p>Over 50s Black Men Forum https://o5bmforum.org.uk/</p> <p>The Over 50s Black Men (O5BM) Forum was set up in 2018 to represent the over 300,000 over 50s Black Men living in the UK. The O5BM organisation's members including the leadership and volunteers are all Black Men, who are over 50 years of age, have the same lived experiences and belong to our same black demographic community we are delivering services to.</p>
SICKLE CELL DISEASE	
	<p>NHS: Sickle Cell Disease - Overview https://www.nhs.uk/conditions/sickle-cell-disease/</p> <p>Sickle cell disease is the name for a group of inherited health conditions that affect the red blood cells. The most serious type is called sickle cell anaemia. Sickle cell disease is particularly common in people with an African or Caribbean family background.</p>
	<p>Sickle Cell Society https://www.sicklecellsociety.org/</p> <p>The Sickle Cell Society is the only national charity in the UK that supports and represents people affected by a sickle cell disorder to improve their overall quality of life.</p>
	<p>NHS Race & Health Observatory: Sickle Cell Patients Face Unequal Care: New Report Highlights (2025) https://nhsrho.org/news/sickle-cell-patients-face-unequal-care-new-report-highlights/</p> <p>A new report which compares and contrasts disparities found across rare genetic diseases has been published. Stark findings from the research commissioned by the NHS Race and Health Observatory and carried out by researchers at Imperial College London, explores inequalities in care, funding and research provided for people with sickle cell disorder in comparison with those with cystic fibrosis or haemophilia.</p>
DIABETES	
	<p>Diabetes UK: Ethnicity and Type 2 Diabetes https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/diabetes-ethnicity</p> <p>People from Black African, African Caribbean and South Asian (Indian, Pakistani, Bangladeshi) backgrounds are at a higher risk of developing type 2 diabetes from a younger age.</p>

	<p>NHS England: A handbook for communicating with black and south Asian communities about Type 2 diabetes (2020) https://www.england.nhs.uk/wp-content/uploads/sites/46/2020/11/501730_NHS_CultIntelRep_Interactive_FINAL.pdf</p> <p>This handbook is for NHS colleagues, providers and partners involved in communicating about the <i>Healthier You NHS Diabetes Prevention Programme</i>. This handbook will complement other resources such as the Healthier You NHS Diabetes Prevention Programme Toolkit and provide you with practical guidance on effective engagement with black and south Asian communities.</p>
	<p>BDA (The Association of British Dietitians): Improving type 2 diabetes outcomes for Black communities (2022) https://www.bda.uk.com/resource/improving-type-2-diabetes-outcomes-for-black-communities.html</p> <p>People from Black African origin ethnic groups are three to five times more likely than white Europeans to develop type 2 diabetes mellitus. Ellouise Simpson explains how dietitians can improve outcomes.</p>
MENOPAUSE	
	<p>Menopause whilst black (podcast) https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/diabetes-ethnicity</p> <p>Opening up a well overdue conversation about diversity in Menopause. Menopause Whilst Black places the menopausal experience of primarily Black UK based women front and centre by sharing their stories. Giving a hug, a hand or a high five to those supporting, dreading, suffering or thriving through menopause. Because, believe it or not, there's a lot to celebrate too!.</p>
	<p>Good Housekeeping: Why research and conversation about menopause is letting down Black and Asian people (2021) https://www.goodhousekeeping.com/uk/health/a35000306/menopause-research-healthcare-letting-down-black-and-asian-people/</p> <p>Magazine article from 2021 discussing the issues surrounding the menopause, and how little research there has been on its effects on Black and Asian people.</p>
	<p>British Menopause Society: Tools for clinicians - Menopause in ethnic minority women (2023) https://thebms.org.uk/wp-content/uploads/2023/06/20-BMS-TfC-Menopause-in-ethnic-minority-women-JUNE2023-A.pdf</p> <p>A factsheet of medical information for GPs and other health professionals</p>
	<p>The Voice: The Black menopause https://www.voice-online.co.uk/lifestyle/health-wellbeing/2023/08/17/the-black-menopause/</p> <p>Black women tend to experience menopause earlier and more intensely, but are often misdiagnosed. Fibroids treatment also has an impact. Experts say it's time for the medical profession to take this seriously</p>
MENTAL HEALTH	
	<p>Black Minds Matter https://www.blackmindsmatteruk.com/</p> <p>Black Minds Matter UK is a fully registered charity connecting Black individuals and families with free therapy by qualified and accredited Black therapists.</p>

	<p>The Black, African and Asian Therapy Network https://www.baatn.org.uk/ Home of the largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK</p>
	<p>Mental Health Foundation: Black, Asian and minority ethnic (BAME) communities (Podcast) https://diverse minds.co.uk/category/podcast/ Are rates of mental ill-health different for people from a BAME background? What can affect the mental health of people from BAME communities? What barriers can BAME people face when getting support? How can I find support that's right for me?</p>
	<p>Mental Health Foundation: Black, Asian and minority ethnic (BAME) communities https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/black-asian-and-minority-ethnic-bame-communities Contents</p> <ul style="list-style-type: none"> • Are rates of mental ill-health different for people from a BAME background? • What can affect the mental health of people from BAME communities? • What barriers can BAME people face when getting support? • How can I find support that's right for me?
PROSTATE CANCER	
	<p>Prostate Cancer UK: Black men and prostate cancer https://prostatecanceruk.org/prostate-information-and-support/risk-and-symptoms/black-men-and-prostate-cancer 1 in 4 Black men will get prostate cancer in their lifetime. Black men are more likely to get prostate cancer than other men, who have a 1 in 8 chance of getting prostate cancer. We don't know why, but it might be linked to genes.</p>
	<p>Prostate Cancer UK: Toolkit for Raising Prostate Cancer Awareness with Black UK Communities https://prostatecanceruk.org/for-health-professionals/resources/engaging-with-black-communities Prostate Cancer UK have worked with NHS England to create this toolkit for all four nations, with the aim of raising awareness of prostate cancer with and for Black men. They advocate a holistic approach, proactively engaging communities as well as primary and secondary care colleagues.</p>
	<p>Prostate Cancer UK: Stronger Knowing More (YouTubeVideo) https://youtu.be/DxWhCu38My8 The principles and information outlined below can be adopted across the UK to engage Black communities with cancer messaging.</p>
CHILDREN AND YOUNG PEOPLE	
	<p>The Voice: Supporting our children's health https://www.voice-online.co.uk/lifestyle/health-wellbeing/2023/07/27/supporting-our-childrens-health/ An article by Dr Kilali Ominu-Evbota, a Paediatric Consultant from Essex discussing how to black parents can support their children's health. The article includes information on infectious diseases and vaccination, mood and behaviour, learning or developmental disabilities and sickle cell disease.</p>

	<p>Global Black Maternal Health: Black Child Send report https://urbanhealth.org.uk/insights/reports/better-send-support-for-black-and-mixed-heritage-children-and-families A research project to better understand the experiences of Black and mixed heritage children and families when a child has special educational needs or disabilities (SEND).</p>
	<p>Black Sen Mamas https://blacksenmamas.com/ An organisation and a support group for Black SEND mothers, empowering them as they raise children with special educational needs and disabilities.</p>
	<p>Young Minds: Black mental health matters https://www.youngminds.org.uk/young-person/blog/black-mental-health-matters/ Everybody deserves mental health support when they need it. Our guest blogger, Wes, shares why it's important that we talk about Black mental health.</p>
	<p>National Autistic Society: Autism and BAME people https://www.autism.org.uk/advice-and-guidance/what-is-autism/autism-and-bame-people The 700,000 or more autistic people in the UK come from all backgrounds, identities and cultures. There is a lack of research about the experience of people from Black, Asian and minority ethnic (BAME) groups. This means it can be even harder for autistic people in the BAME community to get the support they need.</p>
	<p>Don't forget the bubbles: How does ethnicity affect child health outcomes? (2024) https://dontforgetthebubbles.com/how-does-ethnicity-affect-child-health-outcomes/ Paediatricians have a moral obligation to promote health and well-being for all children. The Royal College of Paediatrics and Child Health (RCPCH) in the UK has stated: "The college is totally opposed to all forms of racism and it should have no place in our society. Everyone in society must take an active role in ending it and we are committed to doing our part". (1) To achieve this for our patients, we must recognise when some individuals have a greater or unmet health need and in response, think carefully about how to adjust healthcare delivery to accommodate for it.</p> <p>This blog article describes racial disparities across common paediatric conditions.</p>
MEDICAL RESEARCH	
	<p>NHS Race & Health Observatory: Research https://nhsrho.org/our-research/ Published research from the NHS Race & Health Observatory, including:</p> <ul style="list-style-type: none"> • Sickle Cell Bundle Cluster Randomised Trial Project • Patient Experience and Trust in NHS Primary Care • The Cost of Racism – How ethnic health inequalities are standing in the way of growth
	<p>TED Ed: Greg Foot – What's missing in medical research (YouTube video) https://www.youtube.com/watch?v=jxPtx0cQvqo A short (5 minute) video digging into why ethnic diversity is so important to medical research when creating new treatments and medicines for diseases.</p>
	<p>UHMLG Spring Forum 2022: Critically Appraising for Anti-Racism: Ramona Naicker. https://www.youtube.com/watch?v=U6Fm0K6G2N4 Though the effects racial inequalities and institutional racism do creep into clinical research papers, this type of bias is rarely mentioned when teaching critical appraisal. This longer video looks at how to identify racism in published research.</p>

See the following Intranet Pages for further help and support

- Building a Multicultural Environment (BAME Staff Network)
<https://intranet.sthk.nhs.uk/extranet/circle/61d0b1d38343a933fa6984a2e2119a67?page=08d98638c6fcd194a4b1e6992063e944>
- Equality, Diversity & Inclusion page
<https://intranet.sthk.nhs.uk/extranet/circle/aba138937a61677907189197b9b730f3>
- Wellbeing Hub
<https://intranet.sthk.nhs.uk/extranet/circle/2c3d0df4d1e39bbfb1c9e899e7a58fbf>

