

BME Health – resources, information, and news

General Health

TheKingsFund>

The King's Fund: The health of people from ethnic minority groups in England

<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



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.



Black Men's Health UK

<https://blackmenshealth.org.uk/>

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.



Birmingham and Lewisham African and Caribbean Health Inequalities Review (BLACHIR) 2022

https://www.birmingham.gov.uk/info/50266/other_public_health_projects/2309/birmingham_and_lewisham_african_and_caribbean_health_inequalities_review_blachir/7

Birmingham and Lewisham African & Caribbean Health Inequalities Review (BLACHIR) is a joint research project between Lewisham Council and Birmingham City Council. It begun ground-breaking work to gather insights on health inequalities experienced by African and Caribbean communities.

Pregnancy and childbirth



National Institute for Health Research: Black women around the world have worse pregnancy outcomes (25.05.2023)

<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.



FiveXMore: The Black Maternal Experiences Report (05.2022)

<https://www.nhsbmenetwork.org.uk/wp-content/uploads/2022/05/TheBlackMaternityExperienceReport.pdf>

Maternal outcomes for Black women are significantly worse than for white women. Not only are Black women four times more likely to die during pregnancy, labour, or postpartum but they are twice as likely to have their baby die in the womb or soon after birth and are at an increased risk of readmission to hospital in the six weeks after giving birth.

These racial inequalities are indisputable, and yet their cause remains unclear. Studies have highlighted that Black, Asian and minority ethnic women report negative interactions with healthcare professionals more often than white women, and that these interactions, often grounded in racial biases, negatively impact their experiences of care. Little work, however, has explored these experiences from the perspective of Black women exclusively, even though the risk of adverse maternal outcomes is greatest for this community.

The aim of this work was to address this urgent need: to better understand how Black women's maternity experiences in the UK shape their perception of care.



MBRRACE-UK: Saving Lives Improving Mothers' Care - Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2018-20 (11.2022)

- Full Report: https://www.npeu.ox.ac.uk/assets/downloads/mbrance-uk/reports/maternal-report-2022/MBRRACE-UK_Maternal_MAIN_Report_2022_UPDATE.pdf
- Lay summary: https://www.npeu.ox.ac.uk/assets/downloads/mbrance-uk/reports/maternal-report-2022/MBRRACE-UK_Maternal_Report_2022_-_Lay_Summary_v10.pdf
- Infographic: https://www.npeu.ox.ac.uk/assets/downloads/mbrance-uk/reports/maternal-report-2022/MBRRACE-UK_Missing_Voices_2022_-_Infographic_v10.pdf

Black women were 3.7x more likely to die than white women (34 women per 100,000 giving birth) Asian women were 1.8x more likely to die than white women (16 women per 100,000 giving birth).

Sickle Cell Disease



NHS: Sickle Cell Disease - Overview

<https://www.nhs.uk/conditions/sickle-cell-disease/>

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.



Blood and Transplant

NHS Blood and Transplant: Record demand for blood donations to help sickle cell patients prompts urgent call for more donors of Black heritage

<https://www.nhsbt.nhs.uk/news/record-demand-for-blood-donations-to-help-sickle-cell-patients-prompts-urgent-call-for-more-donors-of-black-heritage/>

The NHS is making an urgent call for more blood donors of Black heritage as new figures reveal a record 250 donations are now needed every day to treat sickle cell, the fastest growing genetic condition in the UK. The figure shows a huge increase in demand from hospitals to treat patients. Only 150 donations a day were needed five years ago.



RCN: A History of Sickle Cell Disease and Race in the NHS (YouTube video)

<https://www.youtube.com/watch?v=fPPka93NmY0>

The British welfare state was founded on and supported by migrant, Black and Asian labour. However, these workers' own healthcare and welfare entitlements were often neglected. Nowhere is this more visible than in the history of sickle cell anaemia, a genetic condition that is more common in people of African, South Asian, Middle Eastern and Mediterranean descent.

Diabetes



Diabetes UK: Ethnicity and Type 2 Diabetes

<https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/diabetes-ethnicity>

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.



Nuffield Department of Primary Care Health Sciences: Black and ethnic minority people face inequality in diabetes treatment

<https://www.phc.ox.ac.uk/news/black-and-ethnic-minority-people-face-inequality-in-diabetes-treatment>



BDA (The Association of British Dietitians): Improving type 2 diabetes outcomes for Black communities

<https://www.bda.uk.com/resource/improving-type-2-diabetes-outcomes-for-black-communities.html>

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.

Menopause



The Menopause Charity – Nina' story

<https://www.themenopausecharity.org/2021/06/16/ninas-story/>

Nina started her menopause 'holiday' at the age of 43. Lacking information and advice, she founded the group Black Women in Menopause, and now feels better equipped for her journey to menopause and beyond.



Good Housekeeping: Why research and conversation about menopause is letting down Black and Asian people

<https://www.goodhousekeeping.com/uk/health/a35000306/menopause-research-healthcare-letting-down-black-and-asian-people/>

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.



British Menopause Society: Tools for clinicians - Menopause in ethnic minority women

<https://thebms.org.uk/wp-content/uploads/2023/06/20-BMS-TfC-Menopause-in-ethnic-minority-women-JUNE2023-A.pdf>

A factsheet of medical information for GPs and other health professionals

Mental Health



Black Minds Matter

<https://www.blackmindsmatteruk.com/>

Black Minds Matter UK is a fully registered charity connecting Black individuals and families with free therapy by qualified and accredited Black therapists.



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

Mental Health Foundation: Black, Asian and minority ethnic (BAME) communities

<https://diverseinds.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?



Prostate Cancer



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.

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.

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.

Medical Research



NHS Race & Health Observatory: New research identifies gaps in ethnicity research in maternal care (08.12.22)

<https://www.nhsrho.org/news/new-research-identifies-gaps-in-ethnicity-research-in-maternal-care/>

The NHS Race and Health Observatory is calling for the development of a central data repository to map improvements around reducing poor outcomes in maternal and neonatal healthcare for Black, Asian and ethnic minority women.

New [research](#) carried out by the independent health organisation, the University of Liverpool and University of Warwick, found few maternal policies developed by hospital trusts and other providers have a focus on addressing ethnic health inequalities across maternity care.



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.



UHMLG Spring Forum 2022: Critically Appraising for Anti-Racism: Ramona Naicker. 2022 UHMLG Spring Forum

<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.

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>

