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Ethnic Health Inequalities

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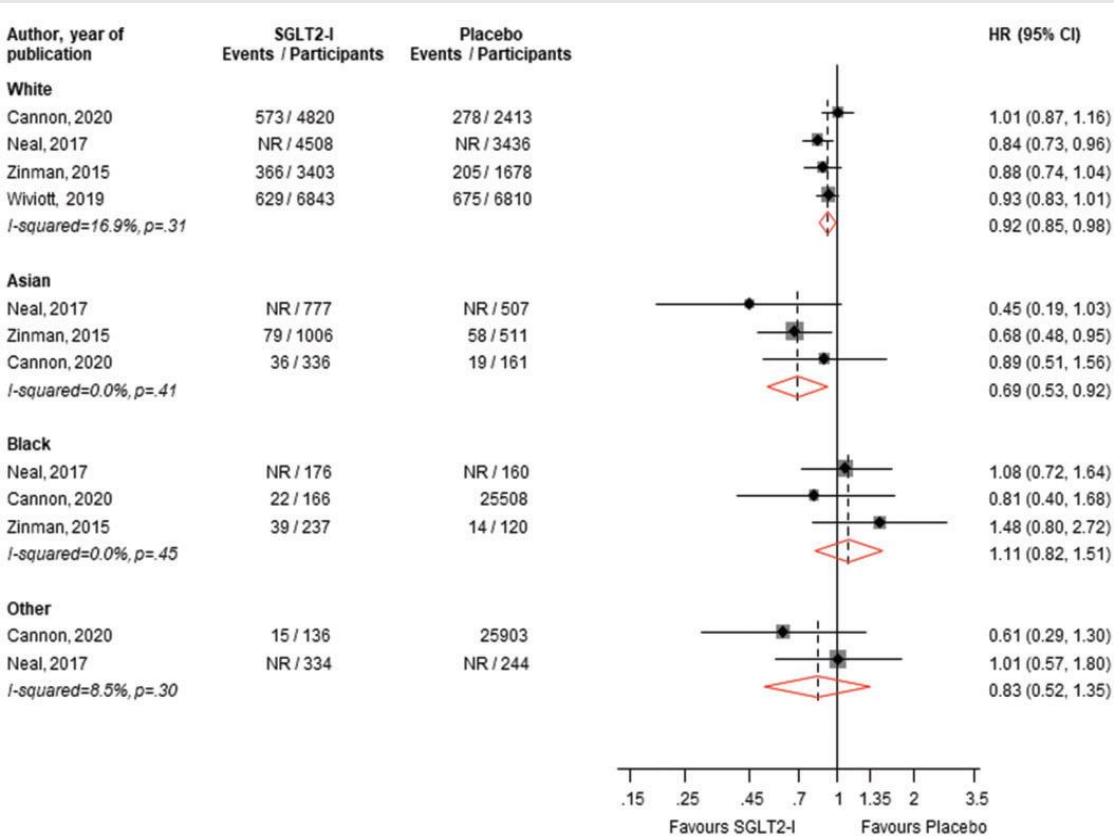
Definitions

Health inequalities are unfair and unjust systematic differences in people's health, which are observed across populations and between different social groups. 1

Ethnicity is a multidimensional construct based on common cultural attributes i.e. language, religion, nationality, diet. 2

1. Whitehead M. Health Promotion International. 1991;6(3):217-28

2. Lu C et al. (2022) PLOS Glob Public Health. 2022; 2(9): e0001060.



Racial, ethnic and regional differences in the effect of sodium–glucose co-transporter 2 inhibitors and glucagon-like peptide 1 receptor agonists on cardiovascular and renal outcomes: a systematic review and meta-analysis of cardiovascular outcome trials

Kunutsor et al. Journal of the Royal Society of Medicine, 2023;0(0).



Principles for research on ethnicity and health: the Leeds Consensus Statement

“There was a shared concern that researchers needed to move on from increasingly sophisticated descriptions of ethnic inequalities in health and focus instead on *how* such inequalities might be reduced, by identifying effective interventions and defining best practice.”



Mir et al. European Journal of Public Health.
2013; 23(13), 504-510.

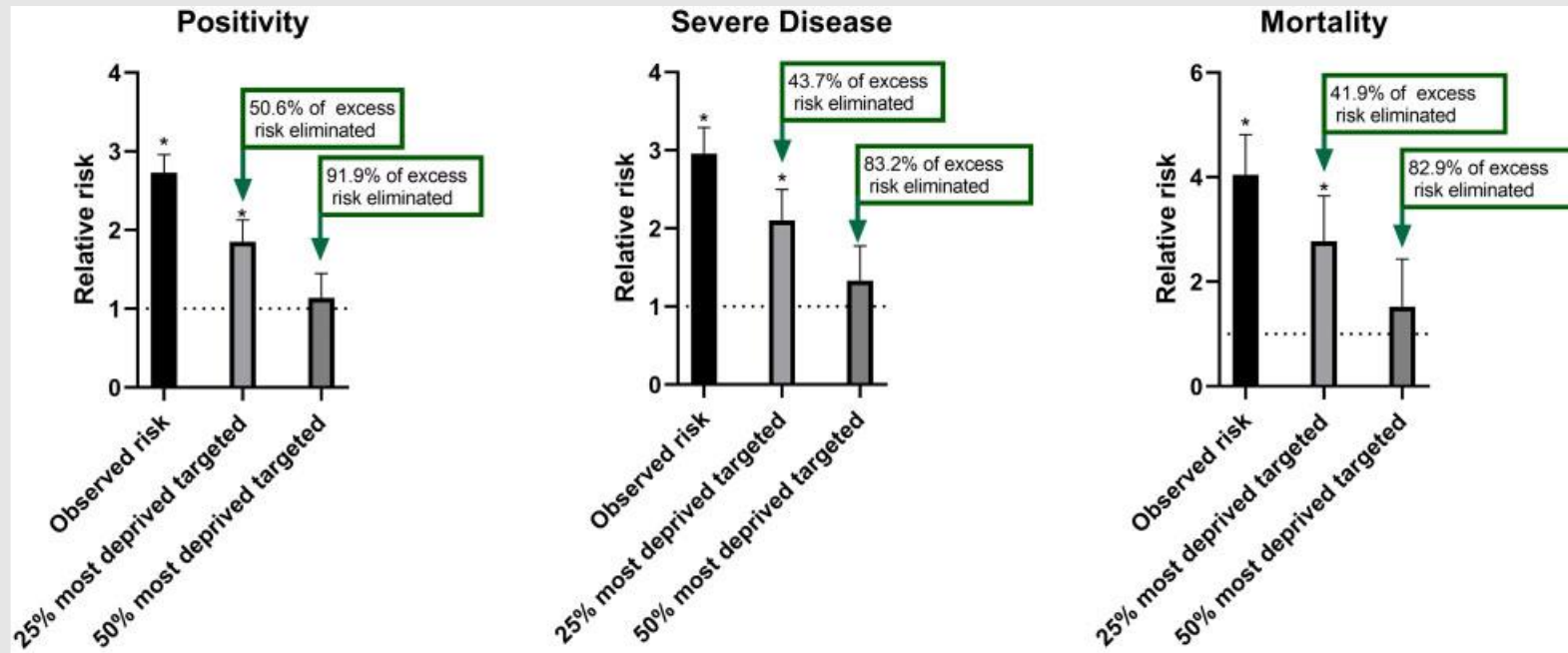
Ethnic minorities and COVID-19: examining whether excess risk is mediated through deprivation

UK Biobank
data

n=407,830

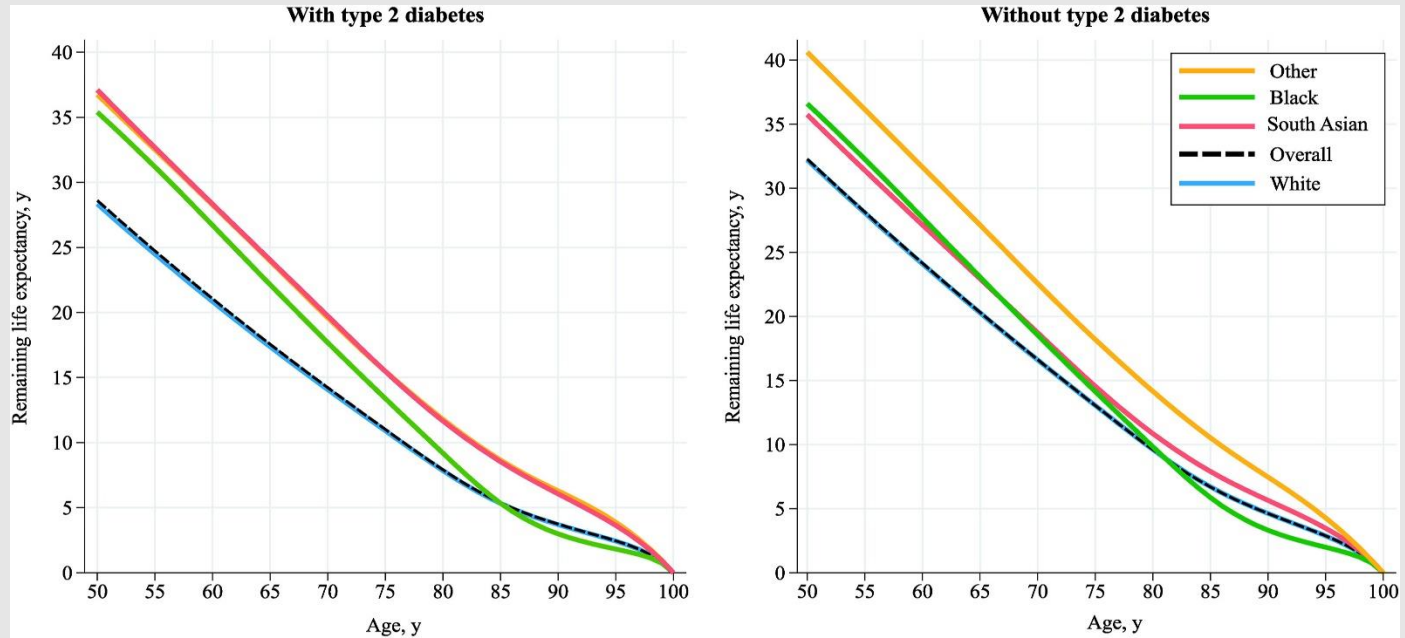
White, South
Asian and
Black

Razieh et al. European
Journal of Public
Health. 2021; 31 (3),
630–634.





Life expectancy following a cardiovascular event in individuals with and without type 2 diabetes: A UK multi-ethnic population-based observational study

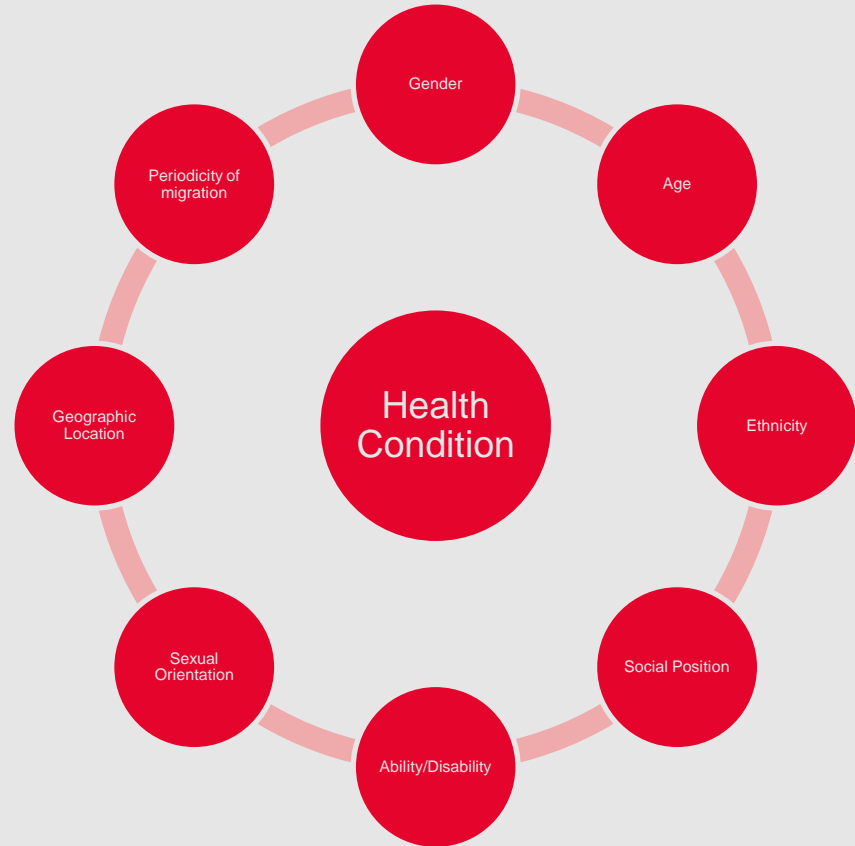


Chudasama et al. Nutrition, Metabolism and Cardiovascular Diseases. 2023; 33 (7), 1358 – 1366.



Intersectionality

“Investigation of ethnic health inequalities should pay due regard to the ways in which ethnicity intersects with other forms of difference in order to understand how and why it may be relevant.”





Reporting and representation of underserved groups in studies of interventions to improve multiple long-term conditions: A systematic review

The aim of this review was to determine the level of reporting and representation of underserved groups (ethnic minority and low socioeconomic status) in intervention studies addressing MLTCs.

4/13 (31%)
studies reported
information on
ethnicity

3/4 studies had
predominantly
White
participants, if
not all.

Ethnic minority
groups were
underrepresented
in 3/4 studies which
reported on the
ethnicity of
participants.



Summary

- The direction of ethnic health inequalities is varied depending on outcomes, and may be altering with our changing population.
- Efforts should be made towards the development and collection of intersectionality-oriented data and quantitative methodology.
- Efforts should be made to improve the representation of minority ethnic groups in all health and social care research.