

Ethnic inequalities in health and care

Ethnic disparities in healthcare and outcomes across the life course

Variations in health and care between and within ethnic groups are complex, with differing care needs and disadvantage both apparent. Importantly, there are wide variations between the broad ethnic groups – white, Asian, black, mixed – as well as within them. This heat map presents ethnic groups across a range of indicators throughout the life course. Each column represents the main ethnic groups – white, Asian, black, mixed. Some groups are further subdivided. Each row represents one indicator, and each of these has its own colour scale, set to the minimum (white) and maximum (blue) value for each indicator. This allows the most extreme values to be picked out easily.



Child and maternal health

	Asian					Black			Mixed				White				Scales			
Smoking in early pregnancy	Asian					Black			Mixed				White				1.7%	15.2%		
Drinking in early pregnancy	Asian					Black			Mixed				White				1.8%	4.6%		
Obesity in early pregnancy	Asian					Black			Mixed				White				18.5%	32.6%		
Babies' first milk not breastmilk	Asian					Black			Mixed				White				Other	13.6%	31.9%	
Stillbirth	Asian					Black			Mixed				White				Other	3.5	per 1000 6.9	
Infant mortality	Asian					Black			Mixed				White				Other	3.0	per 1000 6.4	
Maternal mortality	Asian (not Chinese)					Black			Mixed				White				Chinese or other	8	per 100 000 34	
Low birth weight (under 2500 g)	Asian (not Chinese)					Black			Mixed				White				Chinese or other	5.3%	9.0%	
Delayed, missing, and filled teeth, 5 year olds	Asian					Black			Mixed				White				Other	20.6%	44.3%	
Children not having regular physical activity	Asian					Black			Mixed				British	Other	Other	52.3%	64.3%			
Poverty - children eligible for free school meals	Ba	Ch	In	Pa	Ot	Africa	Carib	Other	WAs	WBA	WBC	Oth	Bri	Iri	GR	TIH	Ot	Other	7.5%	63.3%

Adult health

Detentions under mental health act	Asian					Black			Mixed				White				Other	75	per 100 000 344		
Poor experience of making an appointment with a doctor	Ba	Ch	In	Pa	Ot	Africa	Carib	Other	WAs	WBA	WBC	Oth	Bri	Iri	Tra	Ro	Ot	Arab	Other	24.9%	39.3%
Elective procedures	Asian					Black			Mixed				White				Other	68	per 100 000 144		
A&E attendances	Ba	Ch	In	Pa	Ot	Africa	Carib	Other	WAs	WBA	WBC	Oth	British	Irish	Other	Other	145	per 1000 738			
Emergency admissions	Ba	Ch	In	Pa	Ot	Africa	Carib	Other	WAs	WBA	WBC	Oth	British	Irish	Other	Other	30	per 1000 132			

Older age and end-of-life care

Over 65s who did not have a flu vaccine	Ba	Ch	In	Pa	Ot	Africa	Carib	Other	WAs	WBA	WBC	Oth	British	Irish	Other	non-2001	Other	16.7%	52.0%		
Did not feel supported to manage long term condition	Ba	Ch	In	Pa	Ot	Africa	Carib	Other	WAs	WBA	WBC	Oth	Bri	Iri	Tra	Ro	Ot	Arab	Other	44.8%	59.0%
Cataract procedures	Asian					Black			Mixed				White				Other	9	per 100 000 24		
Emergency bed days, last 3 months of life*	Asian					Black			Mixed				White				Other	5.1	events/person 6.4		
All cause mortality (age ≥10 years)	Ba	In	Pa	Ot	Africa	Carib	Other	Mixed	White	Other	645	per 100 000 1059									

* = For people who died at home

Ba = Bangladeshi
Ch = Chinese
In = Indian
Pa = Pakistani
Ot = Asian Other († = including Chinese)

Africa = Black African
Carib = Black Caribbean
Other = Black other

WAs = White and Asian
WBA = White and black African
WBC = White and black Caribbean
Oth = Mixed other

Bri = White British
Iri = White Irish
GR = Gypsy or Roma
TIH = Traveller of Irish heritage
Tra = Gypsy or Irish traveller
Ro = Roma
Ot = White other

non-2001 = Ethnicity code can't be mapped to the 2001 census categories

† = Age standardised
‡ = per 100 000 maternities

Data sources: [Public Health England](#) [Office for National Statistics](#) [NHS Digital](#) [www.gov.uk](#)

Full dataset and data quality notes: <https://bit.ly/bmj-eth-health-data>

Data applies to England for all measures, and includes Wales for mortality. Most recent year used (range 2018-2023). See full dataset for more details

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