



## **Black, Asian and minority ethnic people with a long term condition have poorer experiences of health care**

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As people of Black, Asian and minority ethnic background age in Britain, their comparatively better physical health has been replaced with greater risk of developing long term conditions. Worryingly the latest CQC report suggests as they learn to live with these conditions, their experience of health care is comparatively poorer.

The CQC State of Care report finds that Black, Asian and minority ethnic people are more negatively impacted by long term conditions. They feel a lack of care and support, and respect and involvement in their care.

The CQC have found that patients with a long-term condition found it more difficult to get through to someone at their GP practice on the phone, with patients from ethnic minority groups having a worse experience. People from ethnic minority groups with long-term conditions were twice as likely not to have confidence and trust in their GP practice, based on their last appointment. Many felt that they were not respected and had been talked down to. Similar findings were found by ethnic minority patients when attending A&E.

People from ethnic minority groups with a long-term condition also said that they have noticed an increasing use of telehealth to provide medical care, even though they have expressed a preference for in-person appointments. They feel that care is more human and person-centred instead of remote and medicalised. Furthermore, some have demonstrated issues with using technology and how inequalities in access to care might be exacerbated. For example, a patient with an autoimmune condition stated their doctor was unable to see a rash they had on their skin through the video call and placed that down to their skin colour.

People with long-term conditions are also likely to be affected by cost-of-living pressures. Ethnic minority groups have been shown to be more likely to be in a lower socioeconomic group, thus they are more likely to be harder hit by the cost-of-living crisis.

The State of Care report findings on the experiences of people with long-term conditions from ethnic minority groups reflect [research the CQC commissioned](#) and mentioned in their report from the Race Equality Foundation

**Jabeer Butt, CEO of the Race Equality Foundation, said:**

"From our research, it's clear that racism severely and negatively impacts health over time and across the whole life course. This directly correlates with this new CQC State of Care report.

"Repeated exposure to racism leads to an accumulation of disadvantage and poorer health. These findings are stark. Policy makers must urgently focus on developing a national race equality strategy, with a clear plan to tackle ethnic inequalities in health and the socioeconomic conditions that compound ill health."

These reports from the CQC and Race Equality Foundation should serve as a call to action, urging policymakers, healthcare professionals, and the broader community to address the systemic issue of racism and its detrimental effects on health. The Race Equality Foundation emphasises the need for a national race equality strategy that addresses not only the direct and indirect consequences of racism but also the socioeconomic conditions contributing to health disparities among minoritised ethnic groups.

**ENDS**

**Notes to editors**

**Media Contact:**

Eva Morrison, Communications Manager, Race Equality Foundation:

07593454182 / [eva@racefound.org.uk](mailto:eva@racefound.org.uk)

[www.raceequalityfoundation.org.uk](http://www.raceequalityfoundation.org.uk)

\* A review carried out by the Race Equality Foundation concluded that the "intersection of disability and ethnicity results in compounded discrimination". The review stated, "Such discrimination exacerbates inequalities in access and experiences of healthcare for people with a learning disability from ethnic minority backgrounds". By comparing life expectancy, the review found that the average age of death for people with a learning disability who are from an ethnic minority group is 34 years – this is just over half the life expectancy of white counterparts, at 62 years of age.

CQC State of Care Report 2022 23, P65, (from [We deserve better](#) report, July 2023).

**Race Equality Foundation**

The Race Equality Foundation is a national charity tackling racial inequality in public services to improve the lives of Black, Asian and minority ethnic communities.

It believes that everyone should be provided with the opportunities to flourish.

The Foundation was established in 1987 as part of the National Institute for Social Work (NISW) and was first known as the Race Equality Unit. It became an independent charitable organisation in 1995. In 2006, it changed its name to the Race Equality Foundation.

The **State of Care** report is the **CQC**'s annual assessment of health care and social care in England. The report looks at trends, shares examples of good and outstanding care, and highlights where care needs to improve. Read the report online: [www.cqc.org.uk/stateofcare](http://www.cqc.org.uk/stateofcare)