

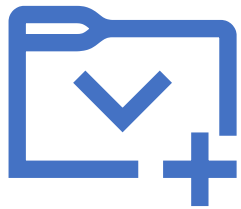
# Annual Health Checks for People with a Learning Disability from Black, Asian, and Minoritised Ethnic backgrounds

---

Jahan Foster Zabit

Senior Researcher

# Introduction



Overview of the  
project



Background and  
development



Introduction to our  
resources on annual  
health checks

# Project Background

---

- Collaborative and co-produced project between Race Equality Foundation, Learning Disability England and people with lived experience
- Builds on previous research addressing health inequalities for people with learning disabilities from Black, Asian and minoritised ethnic communities
- Supported by the Voluntary Community and Social Enterprise (VCSE) Health and Wellbeing Alliance
- Took place between January and May 2024
- Ran four co-production meetings, produced a 10-minute awareness raising video and Easy Read leaflet

# Health Inequalities

---

- Higher likelihood of avoidable deaths
- Learning Disabilities Mortality Review findings (2022)
- Disparities in life expectancy: People with learning disabilities are 3-4 times more likely to die from avoidable causes. Women die 23 years younger than general population while men die 20 years younger than general population
- COVID-19 impact and mortality rates: 56% increased risk of death for people with learning disabilities.

# Ethnicity and disparities in health outcomes

---

- LeDeR 2022 and “We Deserve Better” report findings
  - Increased risk of dying earlier
- Shocking life expectancy disparities
  - Black, Black British, Caribbean or African: 190%
- People with a learning disability from Black, Asian and minoritised ethnic backgrounds have an average age of death of 34 years compared to those from White backgrounds at 62 years
  - Asian or Asian British: 150%
  - Other ethnicity: 168%
  - Mixed ethnicity: 81%

# Annual health checks

---

- **Preventative** measure to detect and address health conditions, reduce early and avoidable deaths
- Evidence of positive impact on survival
- Low registration and uptake rates, particularly among Black, Asian and minoritised ethnic people
- Only 25% of estimated 1.1 million people with learning disabilities are registered
- LeDeR report 2022 found 27% of people with a learning disability did not receive an annual health check in the year before their death

# Barriers

---

- Lack of reasonable adjustments
- Failure to recognise individual needs
- Language barriers
- Cultural and religious insensitivity
- Lack of Easy Read information
- Poor transitional care
- Racism as a key driver of inequality

# What did we do?

---

- Developed communication and promotional materials
- Created Easy Read leaflet and video
- Aim: Increase awareness and uptake of annual health checks
- Focus: Black, Asian and minoritised ethnic people with a learning disability and families, carers and support networks



# Co-production - How did we do this?

---

- Four meetings between February and April 2024
- What is an annual health check?
- Why is it important?
- What happens during a check?
- Reflected on personal experiences
- Identified areas for improvement

# What did we find?

---

## Positive experiences

- Continuity of care
- Rapport with healthcare professionals
- Flagging health issues
- Provides reassurance

## Challenges

- Lack of pre-questionnaires
- Inconsistent health action plans
- Clarity and consistency
- Scheduling
- Appointment times and length
- Language barriers
- Cultural differences

# Project outcomes

1. 10-minute informational video
2. Easy Read leaflet

Resources available on:

- Race Equality Foundation website
- Learning Disability England website

**Get your Annual Health Check**

**?** What is an Annual Health Check?

**14+** Annual Health Checks are for people with a learning disability over 14 years old.

An Annual Health Check is usually done by your doctor or a nurse once a year. You can ask them about anything that is hurting or worrying you.

**✓** The check is done to help you stay healthy. You don't need to be ill to get a health check.



# Next steps

---

- Continued collaboration with Learning Disability England
- Developing and delivering training package for voluntary sector organisations
- Year-long project to upskill voluntary sector and improve awareness and uptake of annual health checks

# More information

---

Jahan Foster Zabit

[jahan@racefound.org.uk](mailto:jahan@racefound.org.uk)