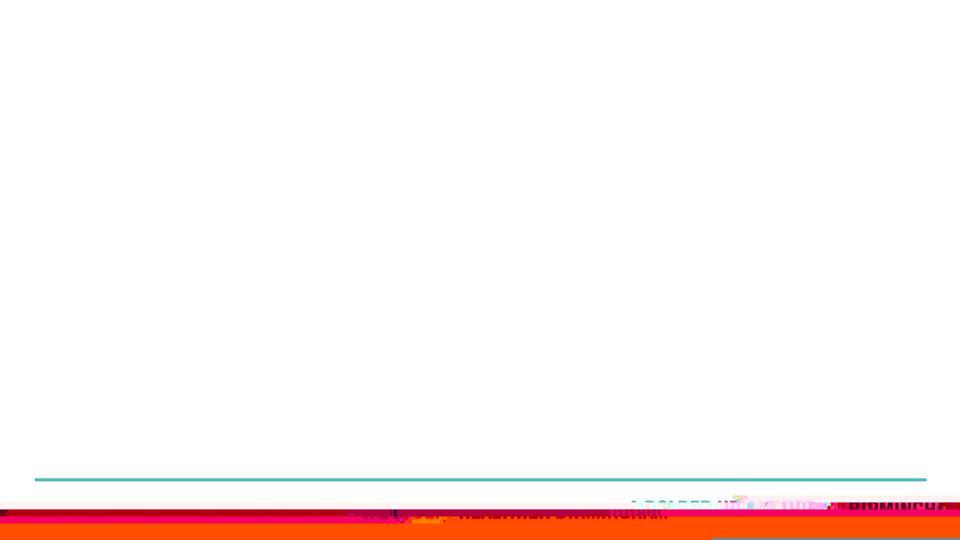


## Public Health Evidence Reports



## The Community Health Profiles

Birmingham City Council wants the city to become a everyone can have a healthy, happy life.

. This is city where

### Evidence Report Forward Plan

# Community Health Profiles

Sikh (Sept 2021)

Bangladeshi- (Sept 2021)

Muslim

Lesbian

**Trans** 

d/Deaf & Hearing Loss

Nigerian

Indian

Caribbean Islands

Commonwealth States

Somali

Kenyan

Pakistani

#### Deep Dive Reports

Veterans (published)
End of Life (published)
Learning Disabilities
Dual Diagnosis
Mobility Impairment
Sensory Impairment

#### Commissions

Birmingham Poverty Truth Commission focus on Housing issues

Birmingham & Lewisham African & Caribbean Health Inequalities Review

## Methodology

#### A full review of

Academic resources, including PubMed, Census 2011, Web of Sciences

Grey literature, including national, voluntary and community reports, PHE and NHS, google/google scholar and Sight Loss organisations

Health & Wellbeing data review and research according to specified health and well-being indicators

Comparison groups include the sighted population of the UK.

## Limitations of the Findings

Limited data was collected on disability from the 2011 Census.

Population data used is from the 2011 Census and is likely to have changed since then. Conclusions on populations must therefore be taken with caution.

Limitations exist in the profiles due to the ways that people in the studies are found and included.

For example, people who are born Blind or with sight loss may have different lived experiences to those who become Blind or who have sight loss at some point in their life. Often studies do not separate the two groups.

## Sharing Community Health Profiles

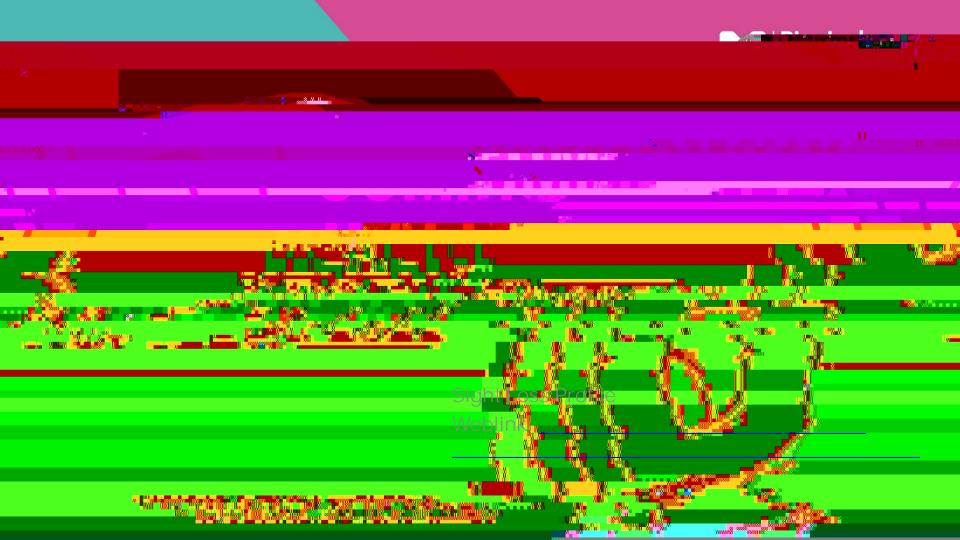
Written report & PowerPoint slide set

Published on the BCC Communities Pages:

YouTube highlights video

Webinars for Sight Loss community and wider partners





## Sight Loss in England

One in every five people in the UK will live with sight loss in their lifetime.<sup>[2]</sup>

Estimates of the current number of people in the UK with sight loss vary widely, due to different estimation methods and limited number of sight loss screenings.

It is estimated that at least half of sight loss is avoidable.

blind or partially sighted.[4]

people living with sight loss globally

people living with sight loss in England (2021)[3]

people registered blind or partially sighted in England<sup>[4]</sup>



## Sight Loss in Birmingham

**Estimated** 

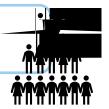
total people living with sight loss in Birmingham.<sup>[5]</sup>

people in Birmingham with sight loss living with blindness.

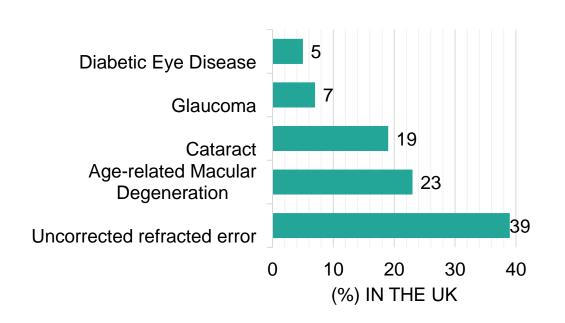
people living with partial sight loss and sight loss.

living with mild

Estimated prevalence of sight loss lower in Birmingham than national average ( ).[3,5]



## Causes of Sight Loss

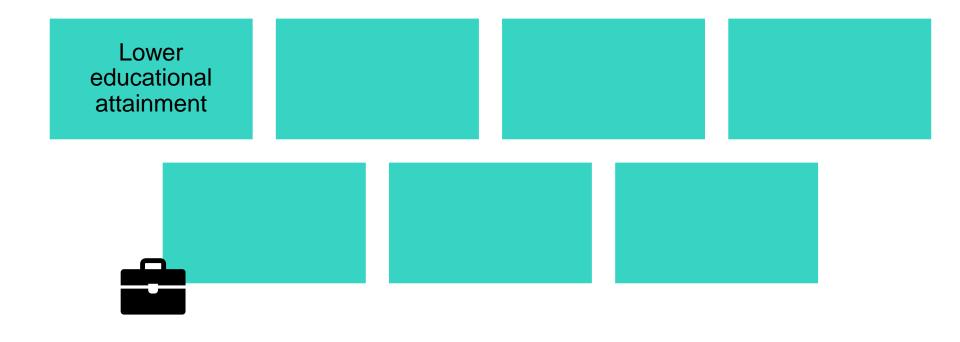


higher risk of Glaucoma and Diabetic Eye Disease in Black African & Caribbean communities.<sup>[6]</sup>

higher risk of Diabetic Eye Disease in South Asian communities.

Higher risk of Cataracts in the Asian community.

## Overview of Inequalities



## Getting the Best Start in Life (cont.)



Visual Impairment
Services face resourcing
issues, so children are
often deprived of
specialist support e.g.
adapted learning
materials.<sup>[12]</sup>



Children with Sight Loss at both primary school and secondary school levels record lower levels of achievement than their sighted counterparts.<sup>[9]</sup>



Children with visual impairments are more likely to be overweight or obese compared to those without.<sup>[13]</sup> They may be deprived of opportunities, like sports.<sup>[9]</sup>

## Mental Health and Wellbeing

of people with severe sight loss show symptoms of clinical depression.<sup>[14,15]</sup>

of people with severe sight loss have pessimistic attitudes towards the future.<sup>[16,17]</sup>

Only of individuals with sight loss report getting support from clinical or rehabilitation staff with emotional problems.<sup>[18]</sup>



## Healthy and Affordable Food

Higher prevalence of obesity (BMI > 30) amongst those with severe visual impairments in the UK.<sup>[19]</sup>

## Active at Every Age and Ability

People with severe sight loss take part in much less physical activity than sighted people.<sup>[20]</sup>

#### Protect and Detect

of eyesight problems could be prevented or treated by early detection.<sup>[24]</sup>

Regular eye checks are necessary throughout life. [25]

Half of the UK population do not undertake tests every two years.<sup>[25]</sup>

Barriers to uptake: lack of awareness, attending only once symptoms develop, transport and mobility, language barriers, worry of costs.<sup>[24]</sup>

GP consultations are concerning eyesight.<sup>[26]</sup> NHS England audit of

NHS England audit of 18 GPs in Birmingham found that barriers to access are physical, communicational, procedural, medical and behavioural.<sup>[27]</sup>



## Ageing and Dying Well

of the Birmingham population is aged 65 and older.

of people in Birmingham who are blind or partially sighted are aged 65 or over. This is very similar to the national prevalence.<sup>[14]</sup>

Sight loss increases with age. people over 60 have sight loss, and this rises to in those aged over 90.<sup>[28]</sup>

There are nearly double the number of females over 65 with sight loss compared with males, for all forms of eye disease except diabetic retinopathy. [28]

Diabetes is a risk factor for blindness.

Over 65s more likely to experience falls

of people who have strokes experience visual impairment

Over 75s have higher incidence of depressive symptoms

## Closing the Gaps

People who have severe sight loss tend to have lower life expectancy than sighted people due to:

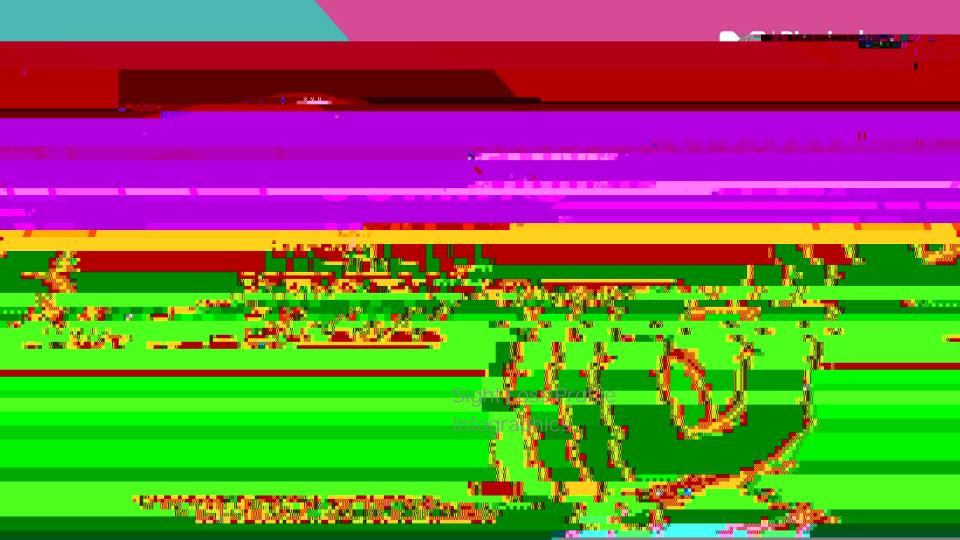
Consequences of sight loss

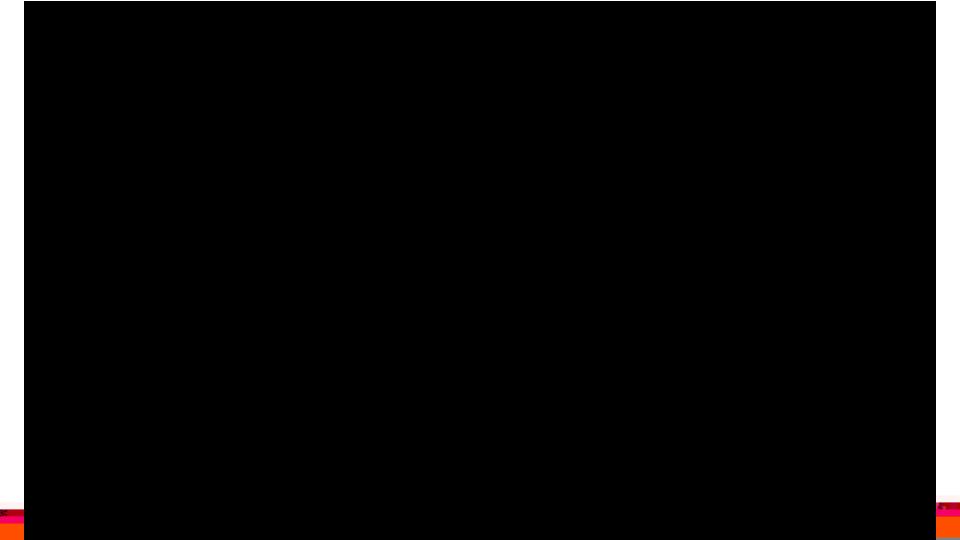
Association of sight loss with other health conditions that are life-shortening such as dementia and strokes.<sup>[4,5]</sup>

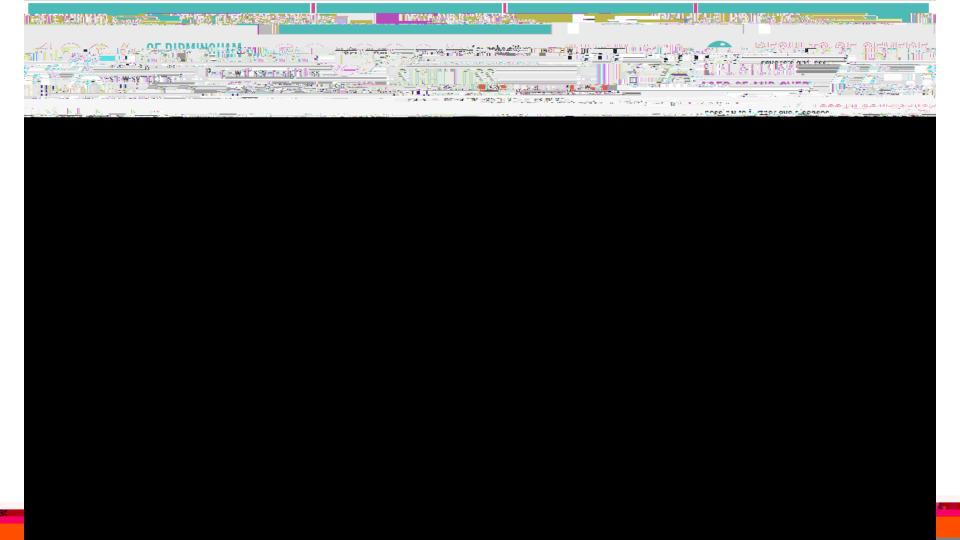
Life expectancy decreases as the severity of the sight loss increases.

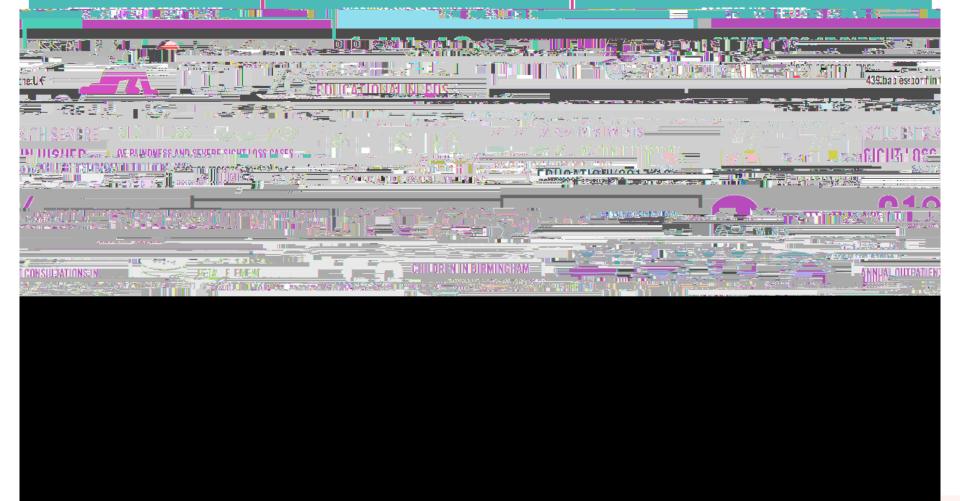
## Mitigating the Effects of COVID-19

Increased isolation and loneliness Challenging shopping due to COVID









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[12]

[13]

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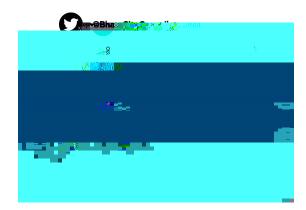
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