



**MIDLANDS  
ENGINE**

**MIDLANDS ENGINE HEALTH  
Focus on: Health Diversity**

---

SEPTEMBER 2021

# World-leading expertise to tackle health inequalities, understand ethnic health & deliver inclusive research

The Midlands has an international reputation for clinical research excellence which is open for all to engage with; a truly inclusive platform for knowledge sharing and innovation. We lead the world when it comes to academic ethnic health expertise and our work is pioneering in disease areas that disproportionately affect people due to their socioeconomic status, age, gender, ethnicity and other factors, such as diabetes, cardiovascular disease, inflammation, liver disease and respiratory conditions. We are also taking a leading role in supporting good mental health at work and reducing the stigma surrounding poor mental health.

Our region's expertise and leadership continues to drive inclusive investigation into diverse healthcare issues, showcased by our response to the pandemic when partners in the Midlands were the first to highlight the relationship between ethnicity and Covid-19 clinical outcomes. This strength is important in supporting the

Government's levelling-up agenda and post Covid-19 economic recovery plans; economic health and population health are inextricably linked.

Despite our region's wealth of expertise in so many sectors, it has been forecast that the Midlands will experience disproportionately high impacts from Covid-19, the European Union exit and imbalanced regional public sector investment. This makes levelling up and tackling regional differences in health and life expectancy even more critical. The Midlands has, therefore, prioritised delivery of a Policy Commission to:

- Identify the critical issues underpinning health inequality
- Isolate those that are specific to our region
- Determine recommendations for change
- Influence key stakeholders nationally



*"Coronavirus has reminded us all of the absolute value of good health as individuals and within communities. It has highlighted powerfully how significant the health, life sciences and medical technologies sectors are as economic cornerstones in our country.*

*"It is well known that there are inequalities in health across the UK; inequalities which have been exposed even further by the pandemic. The Midlands as a whole falls behind the UK average in terms of life expectancy and of course there are areas within our region that experience even greater health inequalities.*

*"If we are to truly level up the economy, we must also level up health and this must be part of our work to rebuild the economy post Covid-19."*

*Sir John Peace, Chairman, Midlands Engine*







## Regional differences in healthy life and life expectancy

Since 2010, the previously seen increase in life expectancy in England has stalled, something that has not happened since at least 1900. Health is closely linked to the conditions in which people are born, grow, live, work and age, and inequities in power, money and resources - the social determinants of health.

Life expectancy follows the social gradient - the more deprived the area, the shorter the life expectancy. This gradient has become steeper; in other words, inequalities in life expectancy have increased. There are marked regional differences in life expectancy, particularly among people living in more deprived areas. Among women in the most deprived 10% of areas, life expectancy fell between 2010-12 and 2016-18.

Differences both within and between regions have tended to increase. The gradient in healthy life expectancy is steeper than that of life expectancy. It means that people in more deprived areas spend more of their shorter lives in ill-health than those in less deprived areas. The amount of time people spend in poor health has increased across England since 2010. Inequalities in poor health harm individuals, families, communities and are expensive to the public purse.



## Leicester Diabetes Centre

The unique **Centre for BME Health** exists to reduce ethnic health inequalities. The focus is on supporting individuals and organisations in planning and undertaking research and healthcare delivery that involves and aims to understand the health needs and issues of ethnic minorities and seldom-heard communities.

This is achieved by working closely with patients, the public, community and voluntary sectors, researchers, health and social care organisations. The Centre also offers training and existing infrastructure for public engagement and involvement to help improve the quality, quantity and impact of research output in the area of ethnic and migrant health.

The **Midlands PPIE Network** brings together professionals and representatives to discuss the importance of patient outreach and ensuring engagement with diverse communities as part of our region's groundbreaking health and life sciences research.

The first regional virtual PPIE event - Beyond Covid-19: New directions for Public Involvement in Health and Social Care Research in the Midlands - took place in March 2021. It brought together a diverse group of people to network and learn about the latest developments in PPIE, and share ideas and best practice on, for example, empowering PPI representatives and planning for the future.

Founded in 2012, the **Leicester Diabetes Centre** (LDC) is a collaborative partnership between the NHS and the University of Leicester and University Hospitals of Leicester NHS Trust. Based within a diverse and multi-ethnic population with one of the highest prevalence rates of diabetes in the UK, the LDC has a strong ethos of keeping close to local communities in Leicester and is committed to improving the lives of people with diabetes and other long-term conditions.

The LDC is one of the largest diabetes clinical research and training facilities in Europe with a skilled team of over 160 staff and led by two of the top ten world diabetes experts: Professor Melanie Davies CBE and Professor Kamlesh Khunti. Professor Pratik Choudhary has joined the team of experts as a Professor in type 1 diabetes and technology and leads the clinical service for the University Hospitals of Leicester NHS Trust in type 1 diabetes. The LDC has a national and international reputation for clinical care that is underpinned by innovative and world-leading clinical research.



**Midlands Engine Health and Productivity Pilot** is collaborating across a range of diverse partners to provide an evidence-informed, cost-effective and sustainable resource that supports good mental health at work, reduces stigma and will ultimately increase productivity.

MHPP is supporting employers across our region to understand the link between mental health and productivity by galvanising their employees' engagement with a package of impactful resources which work towards ensuring that employees are happy, satisfied and able to thrive at work.

The **Keele Impact Accelerator Unit** within the School of Medicine at Keele University aims to maximise the benefits of world-leading health and care research, making an impact on the quality of life and care for diverse patient groups and communities across our region. The overarching objective is to have a positive and sustained impact on public health, individual health and social care by supporting timely movement of health research into practice, with a strong emphasis on primary care.

Experts are currently working with the National Institute of Health Research Race Equality Public Action Group and the Leicester Diabetes Centre to promote a shared understanding of equity and race equality across our region's community of practice.







# MIDLANDS ENGINE

*All images credited to source websites, Tweets and press releases*

**Midlands Engine Health** is a partnership between industry, the NHS, academia and the public sector; all working together to powerfully promote our region's extensive capabilities in health and life sciences. Our board aims to represent all of the Midlands health and life science sector.



Subscribe to our Newsletter:  
[MidlandsEngine.org/  
Newsletter-sign-up](https://MidlandsEngine.org/Newsletter-sign-up)



[midlandsengine.org](https://midlandsengine.org)



Follow us on Twitter:  
[@MidsEngine](https://twitter.com/MidsEngine)

The Midlands Engine is a coalition of Councils, Combined Authorities, Local Enterprise Partnerships (LEP), Universities and businesses across the region, actively working with Government to build a collective identity, to enable us to present the Midlands as a competitive and compelling offer that is attractive at home and overseas. Copyright © 2021 The Midlands Engine, All rights reserved.

Our mailing address is: Midlands Engine, Trent Bridge House, Fox Road, West Bridgford, Nottingham, NG2 6BJ

#### DISCLAIMER OF LIABILITY

Every effort is made to provide accurate and complete information in the Midlands Engine publication. However, Midlands Engine cannot guarantee that there will be no errors and makes no claims, promises or guarantees about the accuracy, completeness of the contents of its newsletter and expressly disclaims liability for errors and omissions in the contents of this newsletter.