



Sikh Community Profile

International, National and Birmingham Context

420,196



133,681

People in England who identify themselves as Sikh. This is the 3rd largest minority religious group in the UK. London hosts the largest community in the UK.

People identify themselves as Sikh in the West Midlands, with **32,276** in Birmingham. This is the second largest minority religious group in the city (3%).

59.7%

Nearly 60% of Birmingham's Sikhs had been born in England. This is considerably higher than those born in the Middle East or Asia (35%) and in Africa (4%).

63%

Over 60% of Sikhs in B'ham identify as British, this was significantly higher than other identifications such as English (16%) and Non-UK (15%).

6.0% of Sikh population in B'ham compared to **7%** of total female pop of the city

0-4yrs

6.5% of Sikh population in B'ham compared to **8%** of total male pop of the city



10% of Sikh population in B'ham compared to **14%** of total female pop of the city

>65yrs

8% of Sikh population in B'ham compared to **11.5%** of total male pop of the city

There are more than 22 million Sikhs in the world, with 90% living in India. Sikhism is the fourth largest religion in India and is concentrated in the state of Punjab. Following India, Canada has the 2nd largest Sikh population in the world, followed by the UK. Other countries with significant Sikh populations include the US, Australia, Malaysia, Kenya and Uganda.



Sikh Origin

15th Century

Founded Century of Sikhism, stated to be founded in Punjab province (Now in India and Pakistan after partition). **Guru Nanak Dev Ji** is the founder of Sikhism and the first of ten Sikh Gurus.



Place of Worship

Sikhs practice their faith in Gurdwaras and at home. The religion includes prayer, meditation, Guru Granth Sahib ceremonies & festivals with a particular focus on Vaisakhi which is an initiation of a full baptised Sikh joining the Khalsa.



LANGAR

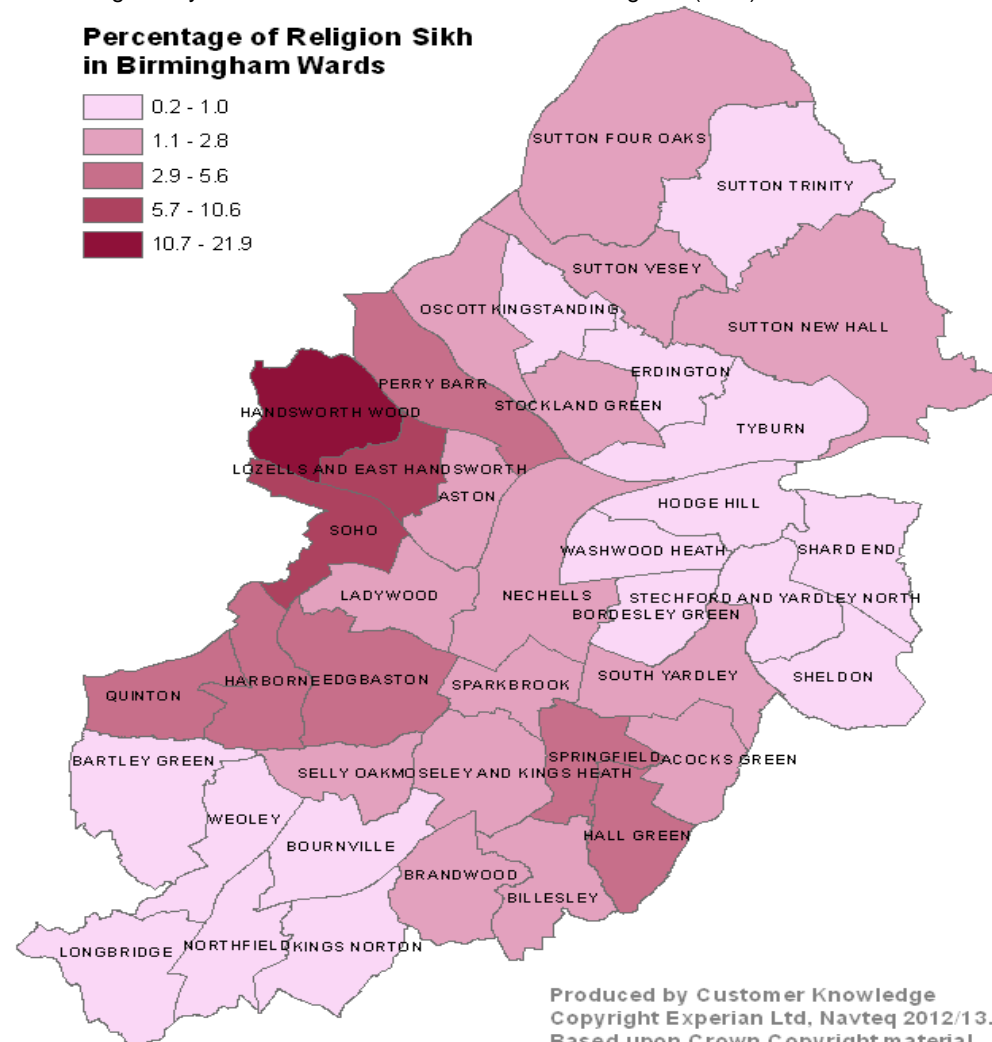
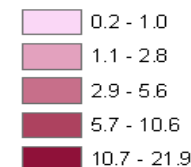
Langar (free kitchen introduced by Guru Nanak) runs in every gurdwara & some serve to the homeless and the vulnerable. Free meals are offered to everyone, regardless of their caste, gender, wealth or faith to show their belief in oneness of humanity.

5 K's

Sikhs can be baptised at any age and be part of the Khalsa. They are given a new identity and will on their person the five K's: Kesh, Kanga, Kacchera, Kara and Kirpan.

Data from the 2011 Census illustrates the distribution of Sikh population across Birmingham. It evidences that the highest proportion of Sikhs are located in Handsworth Wood (25%) and Soho (11.3%). Harborne, Hall Green, Lozells and East Handsworth have a Sikh population of approximately 6%, with the rest of the Sikh population being evenly distributed across other wards in Birmingham (<5%).

Percentage of Religion Sikh in Birmingham Wards



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The above map uses the ward boundaries pre May 2018 due to the data being derived from the 2011 Census data. New Census data mapped onto the new wards is expected to be available in 2022.



Sikh Community Profile

Mental Health and Wellness

77%

Out of a survey completed by 2,000 Sikhs, stated that **they found their lives stressful.**

DRIVERS OF STRESS



Job 35%



Family Responsibilities 27%



Time Pressures 26%

SUICIDE

Sikhs have a high respect for life which is seen as a gift from God. The Sikh Gurus rejected suicide as an interference in Gods plan. Suffering is said to be a part of **Karma**, and human beings should not only accept this without complaint, but act so as to make the best of the situation.

61%



Sikhs stated that they at least drink occasionally, with **1 in 4** Sikhs reported having someone in their family with a drinking problem.

ADULT SMOKING FIGURES

By Religion in England

11%

Christian

5%

Hindu
Jewish
Sikh

5%

Sikhs had tried cannabis, with only 3% having tried other recreational drugs. Only 10% of Sikhs had tried tobacco, due to the stigma attached to tobacco in the Punjabi culture.

Healthy and Affordable Food

3,216 KCAL

Average Daily Energy Intake of 137 Sikh Punjabi Males aged 21 – 55 in the UK (Recommend 2,500 kcal).

OBESITY

There is limited research regarding the number of Sikhs within the UK and in Birmingham who are classed as overweight or obese. However, there is published research which suggest obesity rates are higher in the South Asian population compared to the general population.

WESTERINISATION



There is evidence of different dietary culture being dominate through different generations.

Older adults are more likely to desire primarily traditional Indian foods where as younger Sikh's have a stronger desire for western convenience diets such as pizza, burgers and chips.

SIKH DIET



Many Sikhs do not have any dietary restrictions.

However Sikhs who have taken Amrit (baptised) are vegetarians and exclude eggs, fish and any ingredients with animal derivatives or cooked in animal fat from their diet.

Only vegetarian food is served at Gurdwaras to allow everyone, regardless of their dietary restrictions, to eat.

Active at every age & ability

PHYSICALLY ACTIVE
>150 mins/week
BY RELIGION FOR ENGLAND



PHYSICALLY INACTIVE
<30 mins/week
BY RELIGION FOR ENGLAND

#1

Christian (61.7%)

#2

Hindu (57.9%)

#3

Jewish (56%)

#4

Buddhist (55.9%)

#5

Sikh (55.6%)

#1

Muslim (40.4%)

#2

Hindu / Sikh (30.1%)

#3

Jewish (30%)

#4

Christian (26.4%)

46%

Of 2,000 Sikh participants in the 2018 British Sikh Report survey stated they set aside time for exercise at least a few times per week.

73%

Of 137 Sikh Individuals in Kent, UK are engaged in '**sedentary**' service type jobs. The same study also showed that **all participants** were classed as sedentary or involved in low levels of physical activity.

Getting the best start in life

7,710



The number of children registered as Sikh in Birmingham (2.8%), higher than the English Sikh population (0.87% England)



Breastfeeding is positively encouraged in the Sikh faith, however local data is not available on breastfeeding uptake by faith.

MEASLES IMMUNISATION STATUS

BY ETHNICITY IN GLASGOW, SCOTLAND

#1

Sikh (93%)

#2

Muslim (84%)

#3

Hindu (84%)

#4

Non-Asian (83%)



BULLYING



There is both UK and international research that highlights the impact of bullying of Sikh children because of their religion.



Sikh Community Profile

Working and learning well

Level 4+ Qualification



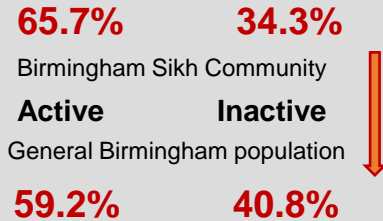
28% of Sikh population in B'ham compared to 23% of total pop of the city

No Qualification



22% of Sikh population in B'ham compared to 28% of total pop of the city

Sikhs are more likely to be economically active than the general B'ham population.



Living with > 1 household



25% of Sikh population in B'ham compared to 11% of total pop of the city

Single Person Household

16% of Sikh population in B'ham compared to 32% of total pop of the city

Occupation by Religion shows Sikhs are more likely to be Managers than the general B'ham population



Protect and Detect

3 IN 5

Sikh Men failed to uptake colorectal cancer screening in Scotland



COVID-19 VACCINATION RATES AGE 70+ BY RELIGION

Christian (91.1%)
Jewish (88.8%)
Hindu (87.1%)
Sikh (87%)
Hindu (87.1%)
Muslim (72.3%)

REASONS FOR LOW COLORECTAL CANCER SCREENING UPTAKE



Language Barriers



Reliance on younger family members



Low awareness of colorectal cancer

HPV VACCINATION HESITANCY



Girls from Sikh backgrounds are less likely to accept the HPV vaccination compared to the general population. Also, there is a lack of awareness around how men can be affected by HPV and many are confused about the types of viruses, it's link with cancer and how this develops.

Research conducted into men's perception of sexual health found that many thought STI's were more of an issue for women, with some individuals not being aware of asymptomatic cases. All individuals agreed that sexual health is a difficult topic of discussion with the community.

Ageing and Dying Well

DIABETES

Risk of developing diabetes is between **2 to 6 times higher** when compared to White Europeans within the UK.

ACCESS TO HEALTH CARE

Older immigrant Sikh men may encounter difficulty accessing the health care system due to language barriers and religious beliefs. This results in many failing to seek pre-diagnosis for diseases such as Coronary Heart Diseases.

82%

Of 321 Sikhs had voiced a preferred place of death, with the overwhelming choice being to be looked after and to die at home.

END OF LIFE PLANNING



When asked about End of Life Care - Only 1 in 3 of 321 Sikhs understood the term 'Advance Care Planning'

According to Sikhism, death is a natural process, it's only the physical body that dies and the soul lives on through transmigration and reincarnation. The purpose of life is to move closer to 'Waheguru' (Sikh name for God).

PERCEIVED CAUSES OF DEMENTIA

Research conducted in the understanding and awareness of dementia in the Sikh community found that participants perceived the cause of dementia to be...



Social Isolation



Stress



'Karma'



Ageing

1 IN 10

Of Sikh households have somebody living with dementia or Alzheimer's. 62% of Sikhs with dementia or Alzheimer's are also looked after by family members.

A lack of an emotional support network can lead to an increased likelihood of cardiovascular diseases





Sikh Community Profile

Closing the Gaps

POPULATION IN BIRMINGHAM LIVING IN TOP 20% MOST DEPRIVED AREAS IN ENGLAND BY RELIGION

- #1 Muslim (84.2%)
- #2 Buddhists (51.1%)
- #3 Christians (49.9%)
- #4 **Sikhs** (45.7%)
- #5 Hindus (45%)
- #6 Jewish (29.2%)

Only 938 Sikhs living in Birmingham live areas classified as the 20% less deprived areas. This is a significantly smaller proportion than Christians (4.4%) but is a larger proportion compared to Buddhists (2.1%)



There is a lack of published research which evidences exclusively the inequalities the Sikh population face within the UK. However, people living in the most deprived areas of Birmingham can expect to face nearly 20 fewer years in good health than those in the least deprived areas.

Green & Sustainable Future

CULTURAL BELIEFS

Sikhs honour Gurus wisdom, believing that all humans have an intrinsic sensitivity to the natural world and that a sustainable society is crucial to protect earth for future generations.



Mitigating the impact of Covid

96%

Of Sikhs were concerned with the high proportion of deaths in the Sikh community as a result of Covid-19.

47%

According to primary research conducted by the Sikh Network, 47% of all Sikh deaths in the West Midlands were due to Covid-19 from January 2019 – March 2019. This is more than twice the national average.

Statistic derived directly from Sikh and Asian funeral directors and Sikh Gurdwaras.

The Sikh population may have been disproportionately affected from Covid-19 due to their prevalence of living in large households compared to other religious groups.



The provisional analysis for the period 2 March to 15 May 2020 by the Office of National Statistics has shown variation in the rate of death involving the coronavirus between self-identified religious groups, as reported in the 2011 Census, including "No religion". The below table shows the age-standardised mortality rates of deaths involving Covid-19 by religion per 100,000 population for those aged 9 years and over.

Religious Group	Males	Females
No Religion	80.7	47.9
Christian	92.6	54.6
Buddhist	113.5	57.4
Hindu	154.8	93.3
Jewish	187.9	94.3
Muslim	198.9	98.2
Sikh	128.6	69.4
Other Religion or not stated	84.2	49.2

Source: Office for National Statistics – Coronavirus (COVID-19) related deaths by religious group.

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