

You only had to ask: what people with multiple conditions say about health equity

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Ethnic inequalities in the impact of MLTCs

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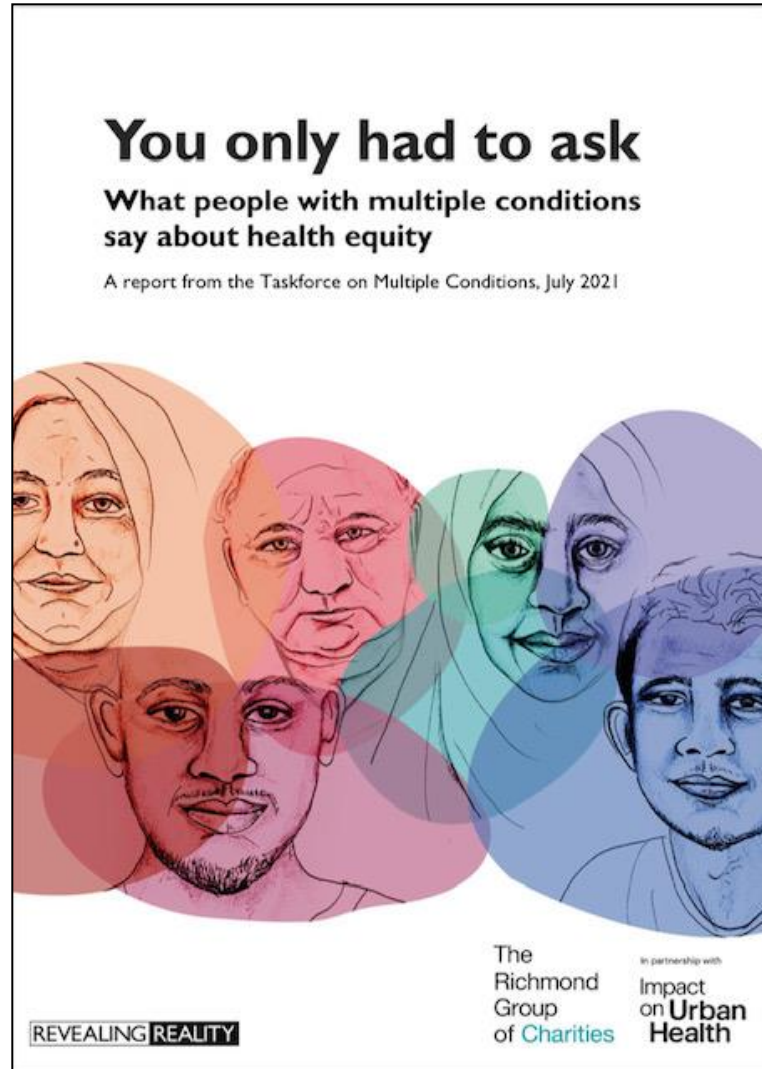
- Evidence suggests there are ethnic inequalities **in access, experiences and outcomes of MLTCs** in the UK
- In England, there are health inequalities **between ethnic minority and white groups**, and **between different ethnic minority groups**
- The inverse care law is mirrored by an **inverse evidence law for people with MLTCs**
- Care fragmentation, disease and treatment burden place an **even higher burden** on those from **minoritised, racialised and marginalised groups**
- MLTCs are a pragmatic lens for systems to look at **intersecting social structures** that are together upholding this unjust health gap

- *The presence of two or more long term health conditions was linked to a **48% higher risk** of a positive COVID-19 test*
- *Those of non-white ethnicity, who also had multimorbidity, had almost **three times the risk** of a positive COVID-19 test*

'Multimorbidity, Polypharmacy, and COVID-19 infection within the UK Biobank Cohort', PLOS ONE

“You only had to ask”: learning from lived experience

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"These stories shine a powerful light on the reasons why inequality causes multiple conditions, and how multiple conditions lead to more inequality."

"We want the voices of the people in this report to ring in the ears of decision-makers, and for the many others like them to be part of decisions about the changes they need."



"[My conditions] have been a huge part of my life since I was very young. It's the norm for me."

Bekele, 26, British Somali, Birmingham
Severe asthma and type 1 diabetes

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"I remember on a few occasions when I was younger, my mum was trying to describe my symptoms and what I had been going through to the doctor and he kept dismissing her which would frustrate me... my mum would have to calm me down. She was so used to it and told me not to take it seriously because it was normal for her to be treated this way" Bekele, 26, Birmingham



**"I've come to realise that
medicine alone isn't going
to help me."**

Kumar, 40, Indian, Stockwell
Ulcerative colitis, type 1 diabetes

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"[The doctors] can only get so much time with one patient... but they still could have given me other routes, or advise me on some things more... I would have liked more support. I was young and suffering." Kumar, 40, Birmingham

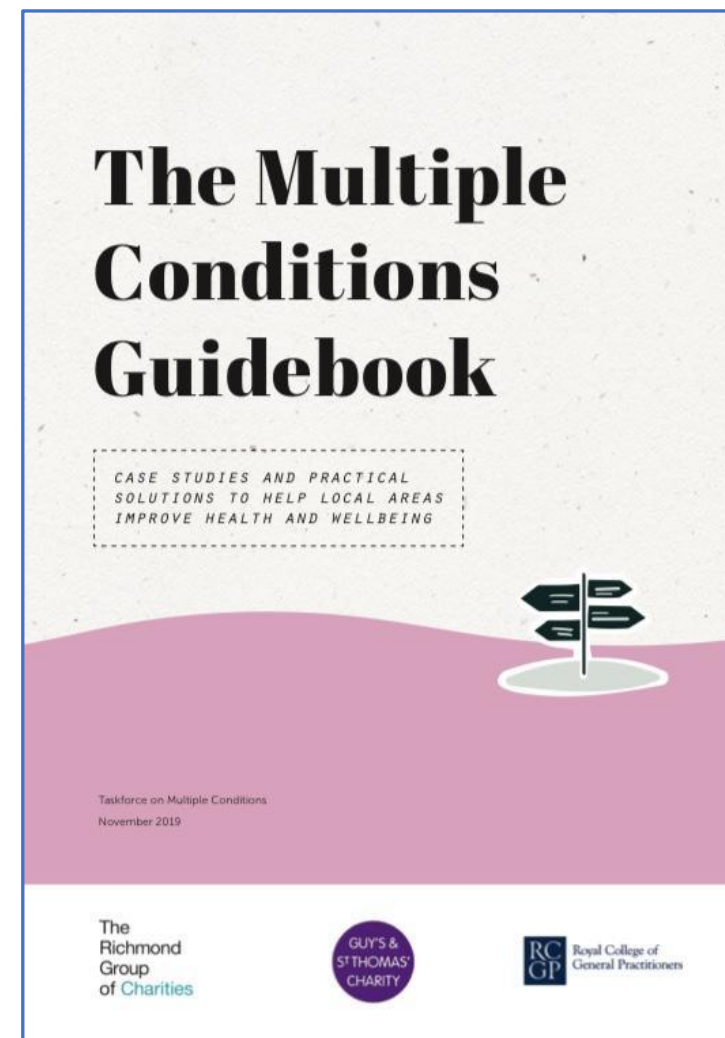
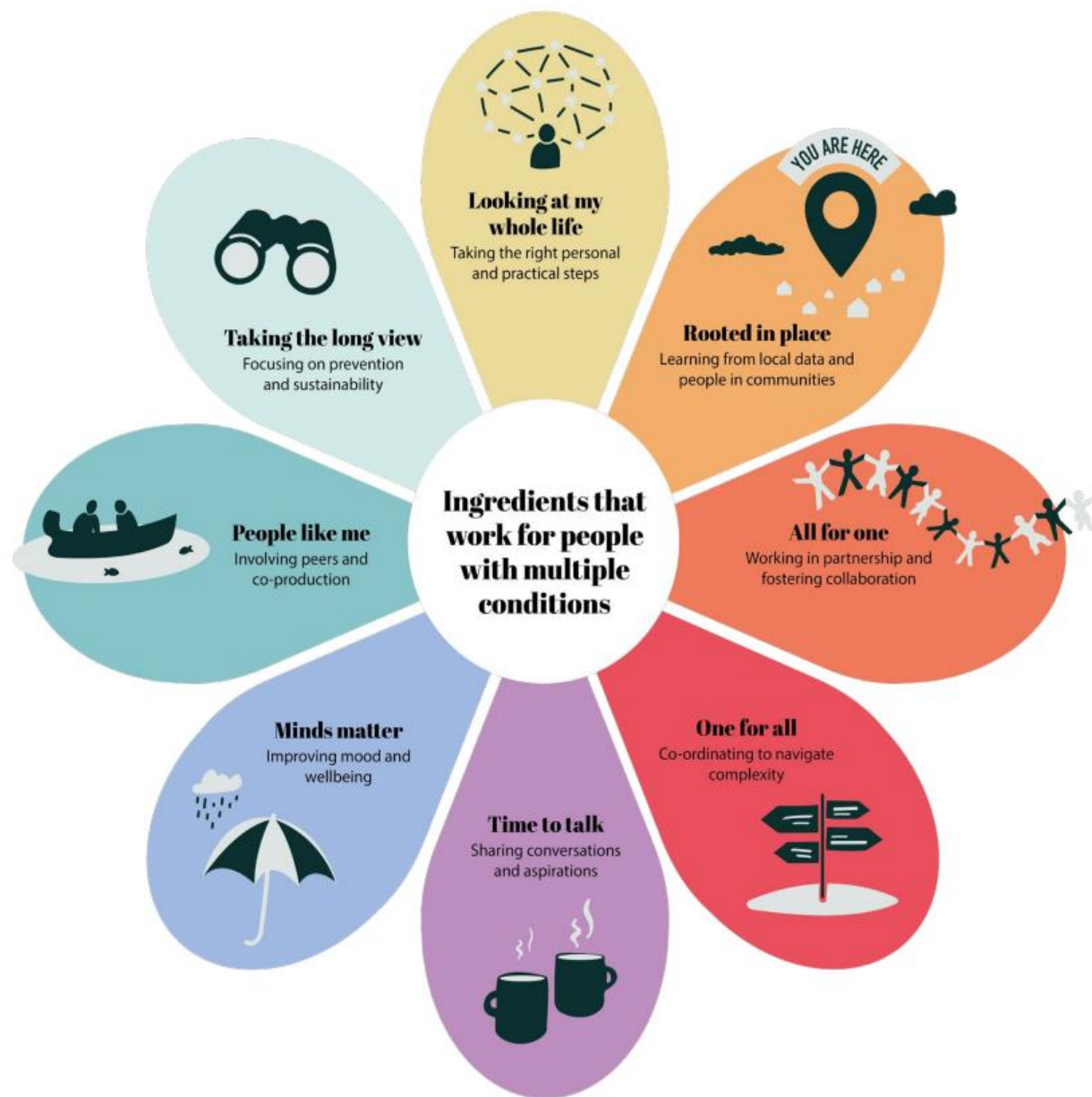


"I would leave home for work at 5am and come back after 11pm, then do the house chores."

Vera, 74, Portuguese, Stockwell
Angina, type II diabetes, cataracts, kidney cancer, dementia, undiagnosed depression, anxiety

#YouOnlyHadToAsk

"I just don't want to cause any problems for other people. It's annoying for my daughter to have to come with me." Vera, 74, Stockwell



Thank you

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