

# Managing Your Health

A survey of  
Muslim men

Report to  
Haringey Clinical  
Commissioning Group



Haringey Race  
and Equality Council



**NHS**  
**Haringey**  
**Clinical Commissioning Group**

# ACKNOWLEDGEMENTS

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# 1. EXECUTIVE SUMMARY

The survey was distributed amongst four Haringey Mosques over two weeks in late April. The survey, which was aimed at Muslim males who attended Friday prayer in the Haringey area, saw a total of 560 responses collected, with more than ten ethnicities represented by the responses. Those participating in the survey were asked questions about their background and their experiences of NHS health services.

Out of the 545 survey participants who stated their ethnicity, the Somali ethnic group had the highest percentage of survey respondents (31%). A large percentage of survey participants were also Bangladeshi (29%).

Out of the 554 survey participants that stated their age, the 26-44 age grouping had the highest percentage of survey respondents (39%). The 45-64 age group also had a high percentage of responses with 28% of survey respondents falling within this group.

98% of survey respondents stated that they were registered with a GP with just 2% stating that they were not registered. The ethnic groups with the highest rate of registration with a GP were the Kosovan, Indian, Bosnian, Pakistani and Albanian groups, all of which had 100% registration. The lowest rate of registration was found in the Turkish ethnic group where just 83% of respondents stated they were currently registered with a GP. Those in the 65-74, 45-64 and 75+ age groups had the highest rates of registration with a GP with 100% of these two age groups confirming they were registered. The only age groups where registration was not 100% were the 26-44 year old and the under 25s.

Of those who responded to the question “why they were not currently registered with a GP” the most common reason given for this was that they “have not had enough time” (35%). Additionally 31% of respondents not currently registered also stated that they had not done so because they did not trust their local GP. It is worth noting that 63% of respondents who stated they did not trust the GP were within the 26-44 age grouping. However it is important to note that there was a low response rate to this question (26 people) as most survey participants were registered with a GP.

Over 80% of respondents stated that they last went to their GP in the previous 12 months. Respondents identifying themselves as Turkish were the least likely to have visited a GP in the last 12 months, with 31% of that ethnic group (who are currently registered with a GP) stating their last visit was more than 12 months ago. All respondents from the Bosnian and Kosovan ethnicities had been to the GP in the last 12 months. However it is important to note that both of these groups had low response rates to the survey. In terms of age, the under 25 age group had

the highest rate of respondents who had not been to the GP in the last 12 months (30%), while the age group with the lowest percent of people who had not been to the GP was 65-74 with only 7% of people in this age group stating they had not been to the GP in the last 12 months.

Almost 40% of those who completed the survey stated that they hadn't attended A&E at hospital in the last 2 years. Respondents who identified as Turkish were the most likely to have visited A&E in the last two years (80%), whilst less than half of Pakistani respondents stated that they had been to A&E in the last 2 years. Respondents aged 75+ were most likely to have attended A&E in hospital in the last 2 years (88%), while those under 25 years old were the least likely to have attended A&E at hospital in the last 2 years (53%).

Approximately half of survey respondents (284) stated that they would go to their GP if they had a pain in their chest for a few days, 35% would go to A&E, while 7% stated they would do nothing. The Albanian and Indian ethnic groups had the highest percentage of respondents who would do nothing if they had a pain in their chest (14% and 13%). The Turkish group were the most likely to go to A&E if they felt a pain in their chest (71%). The under 25 age group had the highest percentage of survey respondents who stated they would do nothing if they felt a pain in their chest, with 11% of respondents choosing this option. 63% of over 75 year olds stated that they would go to A&E if they felt a pain in their chest.

53% of respondents stated they had received a free NHS check in the last 12 months. The Kosovan ethnic group had the highest rate of respondents who had not received a free NHS check in the last 12 months (100%). However it is important to note that there was a very small number of people of this ethnicity that filled out the survey. Half of the "Other" and Somali ethnic groups had received an NHS check within the last 12 months. The Under 25 age group were the least likely to have received a free NHS health check in the last 12 months with 70% saying they had not had a health check, while the 75+ age group had the highest percentage of those who had received a free NHS health check in the last 12 months (65%).

78% of respondents stated that they would like a free NHS check. The Bosnian ethnic group had the highest rate of respondents who stated that they wanted a free NHS health check (100%). It is important to note however that there were low numbers of respondents from this ethnic group. The Bangladeshi, Pakistani, "Any other" and Somali ethnic groups also had high rates of respondents wanting a free NHS health check. Respondents aged 26-44 and 75+ had the highest rates of respondents who would like a free NHS health check (85% and 90%). Respondents within the 65-74 age group were the least likely to want a free NHS health check (61%).

## 2. *METHOD*

This survey forms part of a commission to HealthWatch Haringey from Haringey Clinical Commissioning Group (CCG) to inform their five year Commissioning Plan. The CCG would like to understand more about how men from ethnic minority communities access and use NHS services and what barriers may exist that are preventing them from accessing available services. The focus of this study was on Muslim men who form a significant and growing section of Haringey's population. The study was supported by the newly formed Muslim Network who facilitated access to the selected Mosques in the borough.

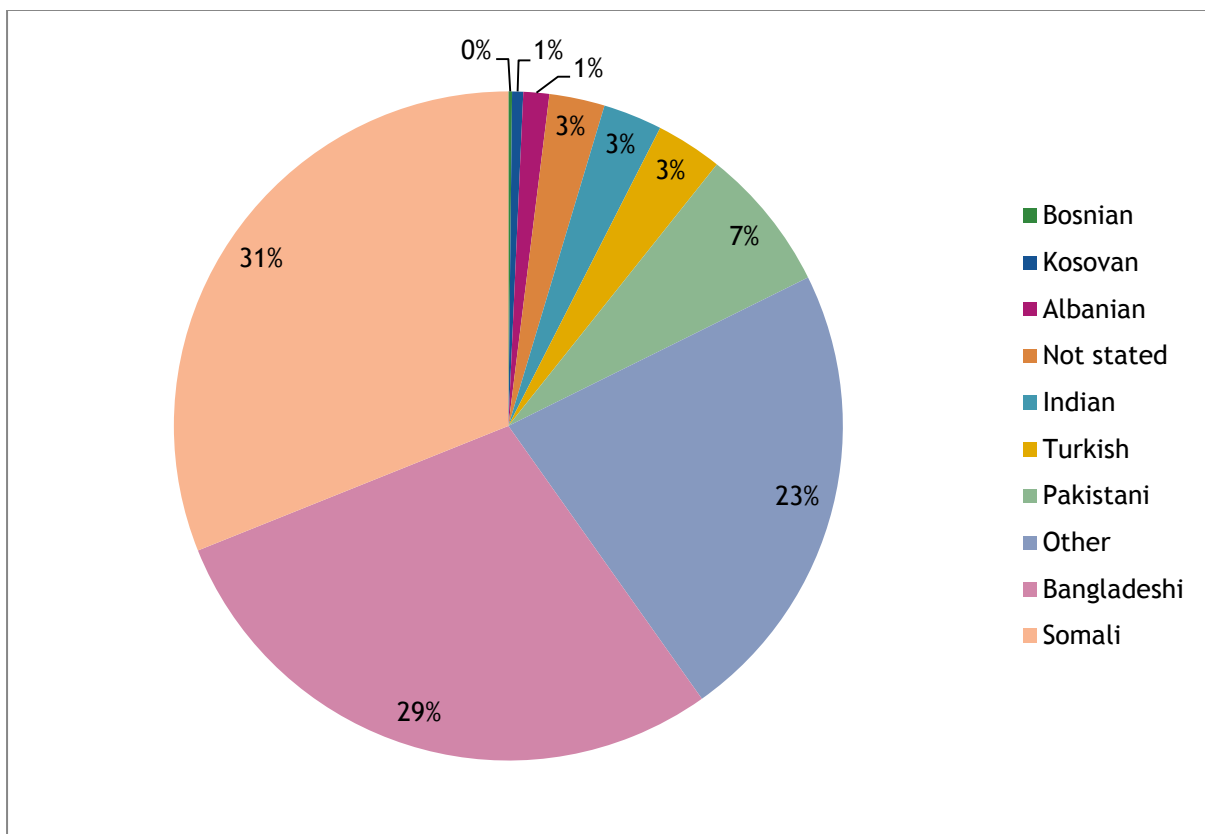
The survey involved men attending four Mosques in Haringey completing a short questionnaire on how they accessed NHS services and whether or not they were registered with a GP. The surveys were facilitated by the Imam before Friday prayers on the 18th and 25th April. The questionnaires were distributed to the four Mosques who were each given a target of achieving 125 completions. In total 560 questionnaires were completed and included in the analysis in this report. A copy of the questionnaire is included in the appendix to this report.

### 3. RESULTS

#### 3.1 ETHNIC BREAKDOWN OF SURVEY RESPONDENTS

Out of the 560 survey responses, 545 participants stated their ethnicity with more than ten different ethnicities recorded. The two largest ethnicities reported in the survey were Somali (31%) and Bangladeshi (29%) with these two groups accounting for 60% of all responses.

Figure 1: Percentage of responses by ethnicity

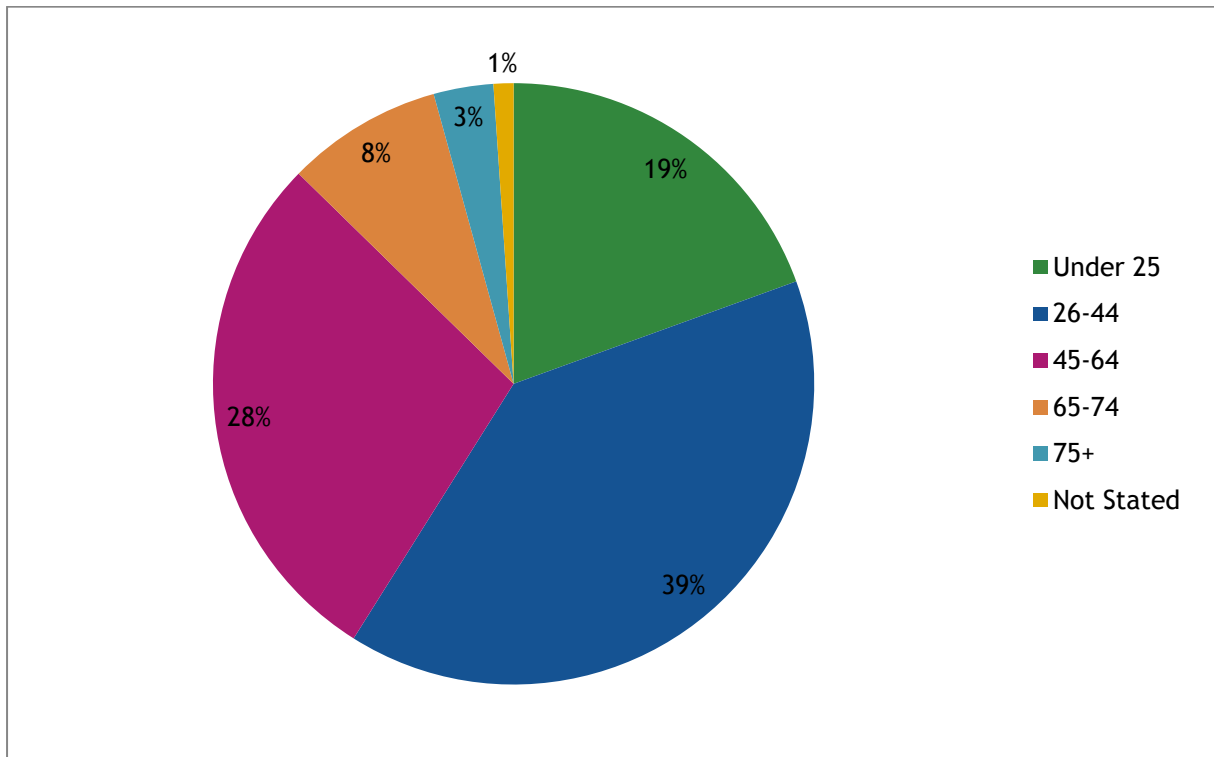


A full breakdown of the ethnicities listed for those respondents who replied Other to this question is provided in Appendix 1.

### 3.2 AGE GROUP BREAK DOWN OF SURVEY RESPONDENTS

Out of 560 total responses, 554 people stated their age. The 26-44 age grouping had the highest percentage of survey respondents (39%). The 45-64 age group also had a high percentage of responses with 28% of survey respondents falling within this age group.

Figure 2: Percentage of responses by age

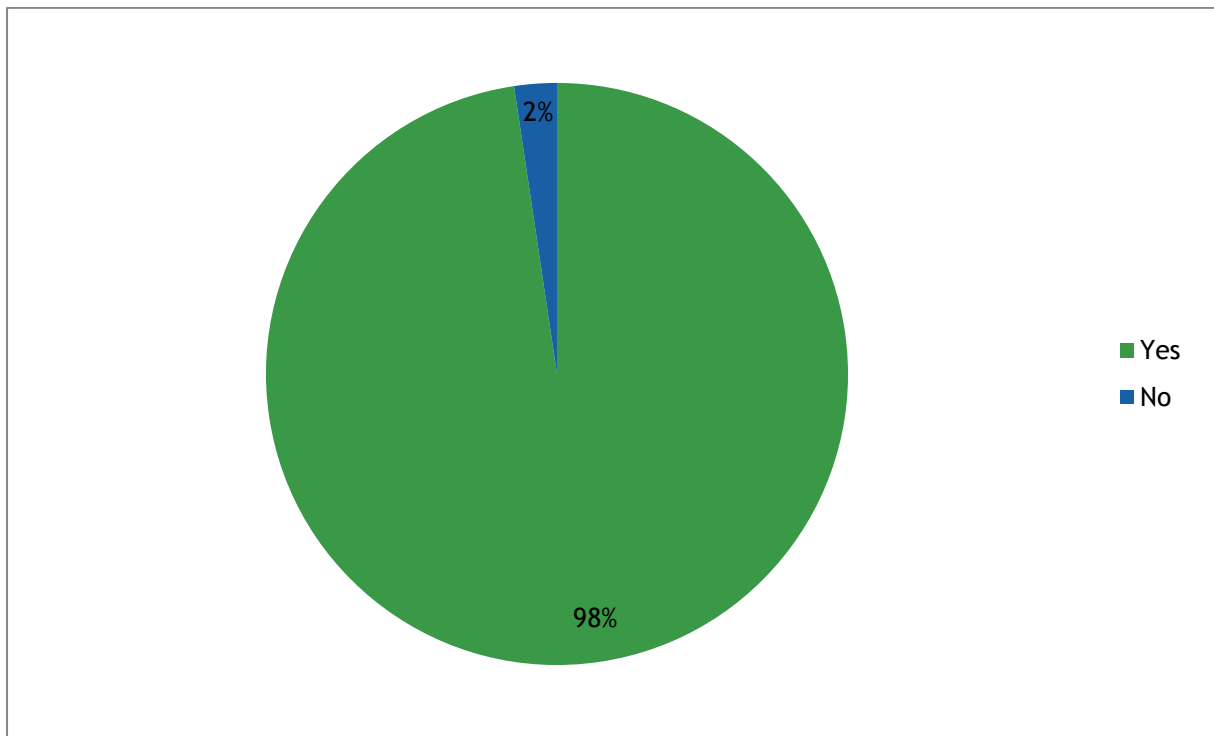




### 3.3 ARE YOU REGISTERED WITH A GP?

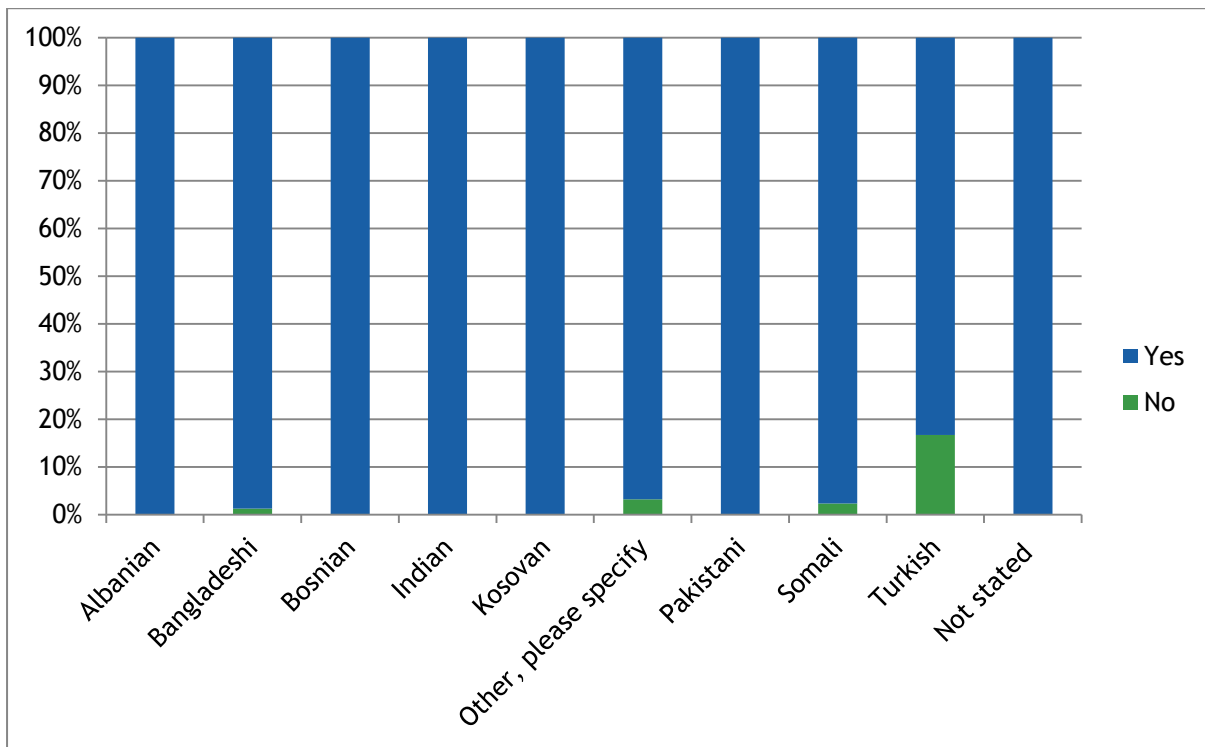
Out of the 560 respondents, 551 people answered this question. 98% stated that they were registered with a GP and just 2% stated that they were not registered.

Figure 3: Percentage of respondents who were registered with a GP.



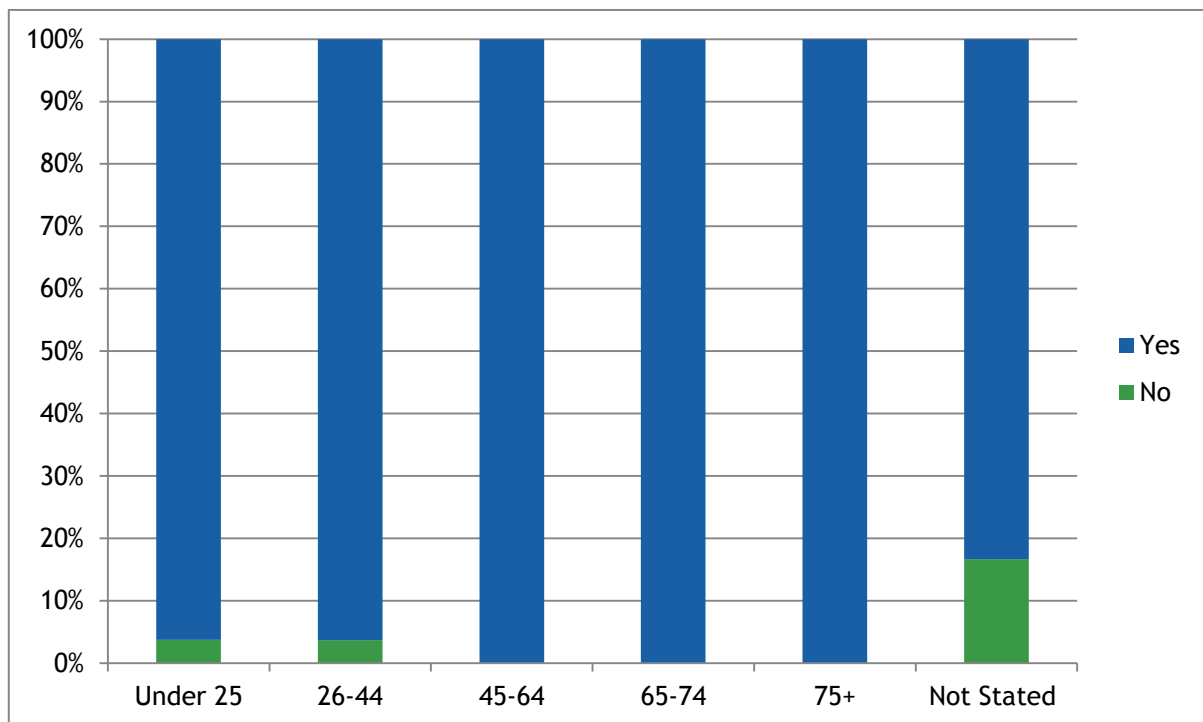
100% of respondents from the Kosovan, Indian, Bosnian, Pakistani and Albanian ethnic groups stated they were currently registered with a GP. The Turkish ethnic group had the lowest rate of registration with 17% of respondents stating they were not currently registered with a GP.

Figure 4: Percentage of respondents registered with a GP by ethnicity



The 45-64, 65-74 and 75+ age groups had the highest percentage of respondents that were registered with a GP (100%). Those who did not state their age had the lowest rate of registration with 17% stating they were not currently registered.

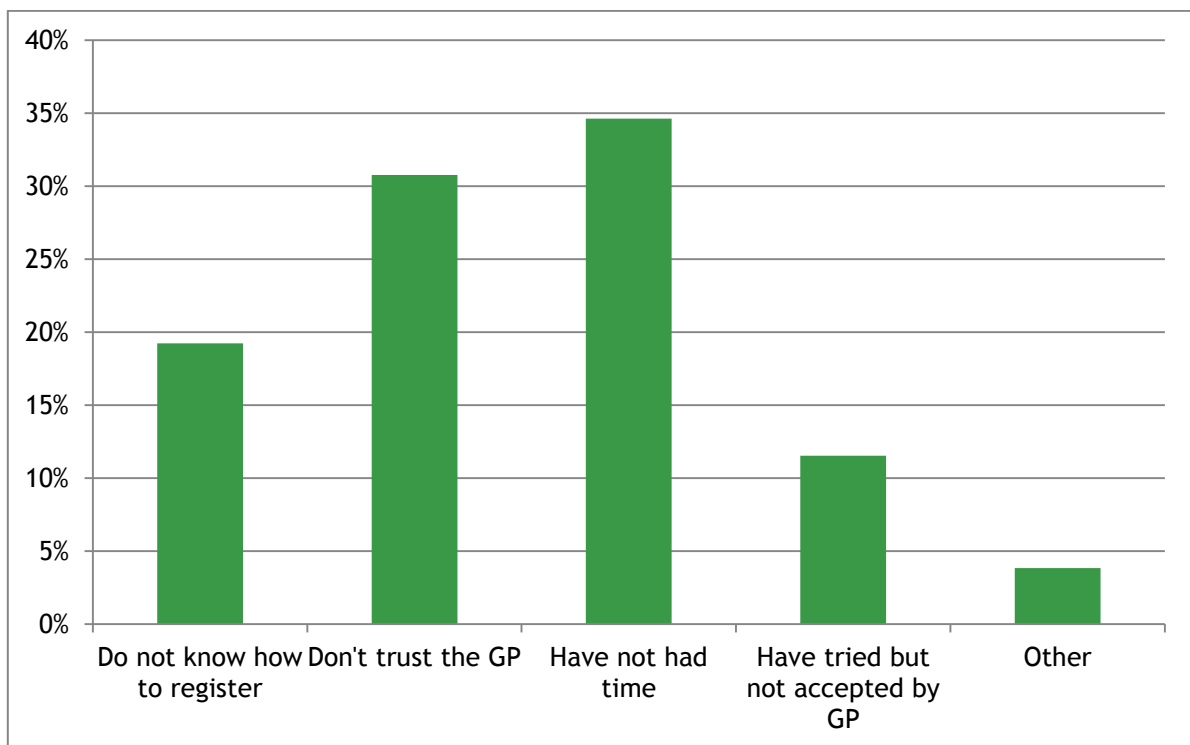
Figure 5: Percentage of respondents registered with a GP by age



### 3.4 WHY ARE YOU NOT REGISTERED WITH A GP?

Out of the 560 survey respondents, 26 people gave a response to why they were not registered with a GP (though only 13 of these had answered no when asked if they were currently registered). The most common reason (35% of respondents) was “Have not had enough time”. Furthermore 31% of respondents also stated that they were not registered because they did not trust the GP. Interestingly, 63% of respondents that stated they did not trust the GP were within the 26-44 age group.

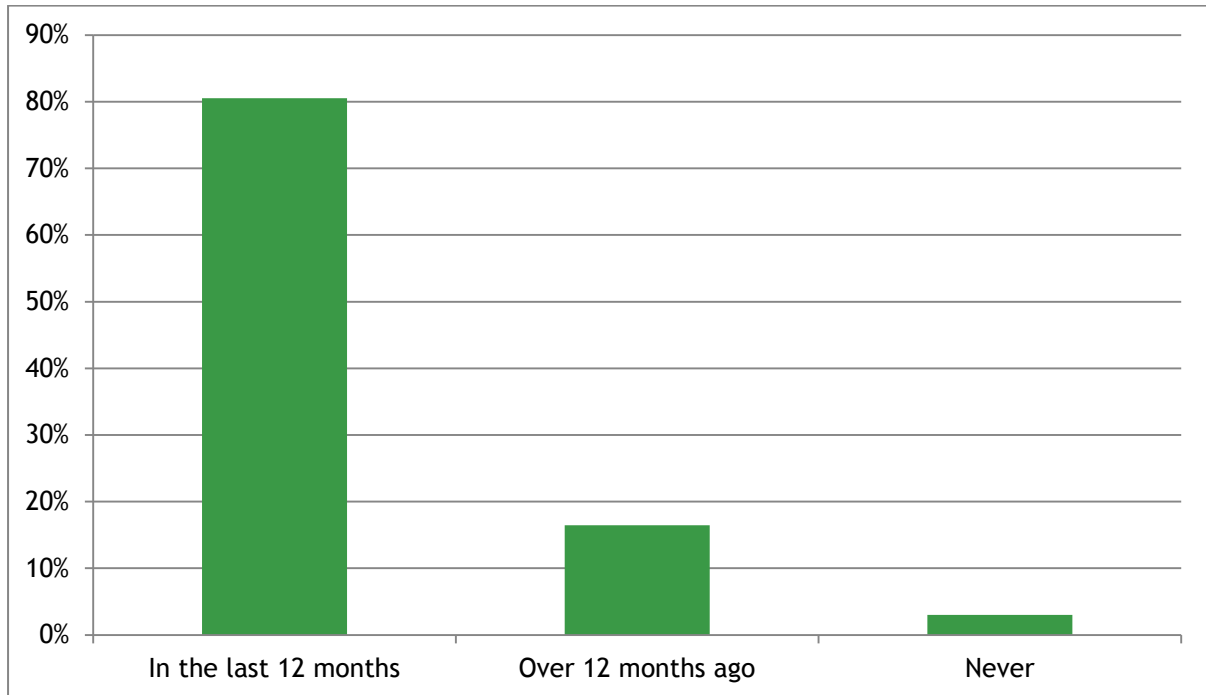
Figure 6: Reasons stated by respondents for not registering with a GP



### 3.5 WHEN DID YOU LAST GO TO THE GP?

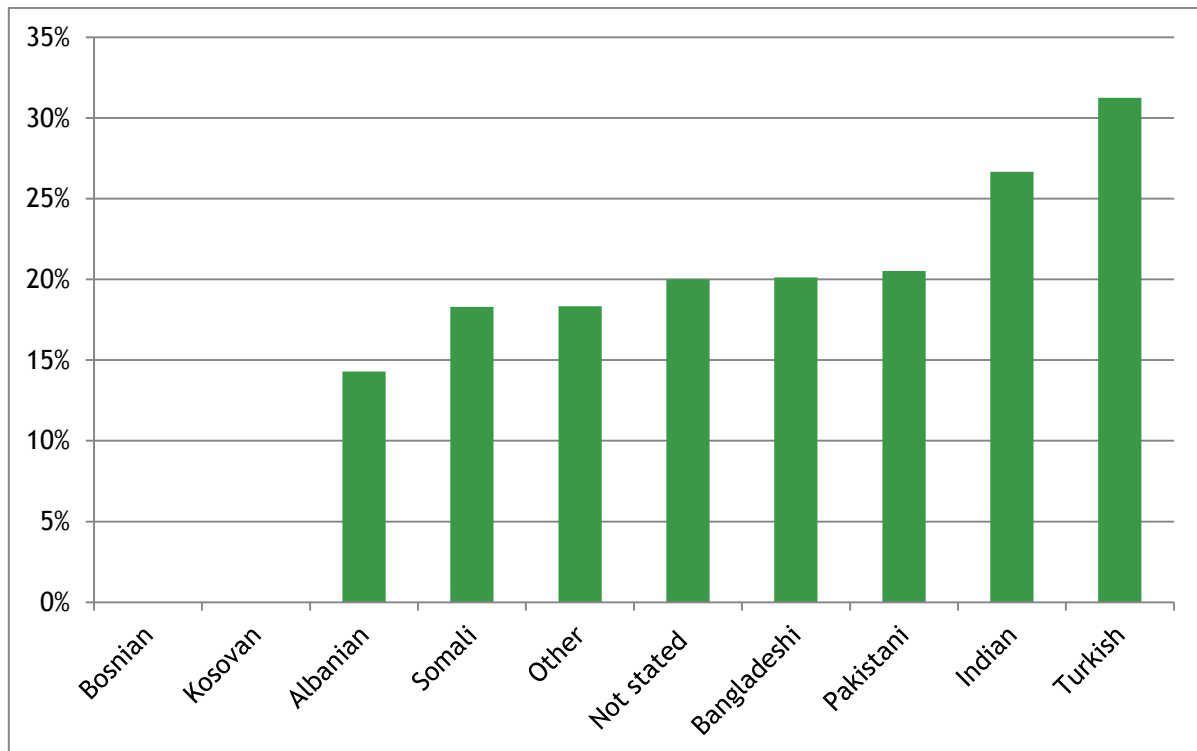
Out of the 560 survey respondents, there were 534 responses to this question. Over 80% of respondents stated that they last went to their GP in the last 12 months. Only 3% reported having never visited a GP.

Figure 7: When respondents last visited the GP by percentage



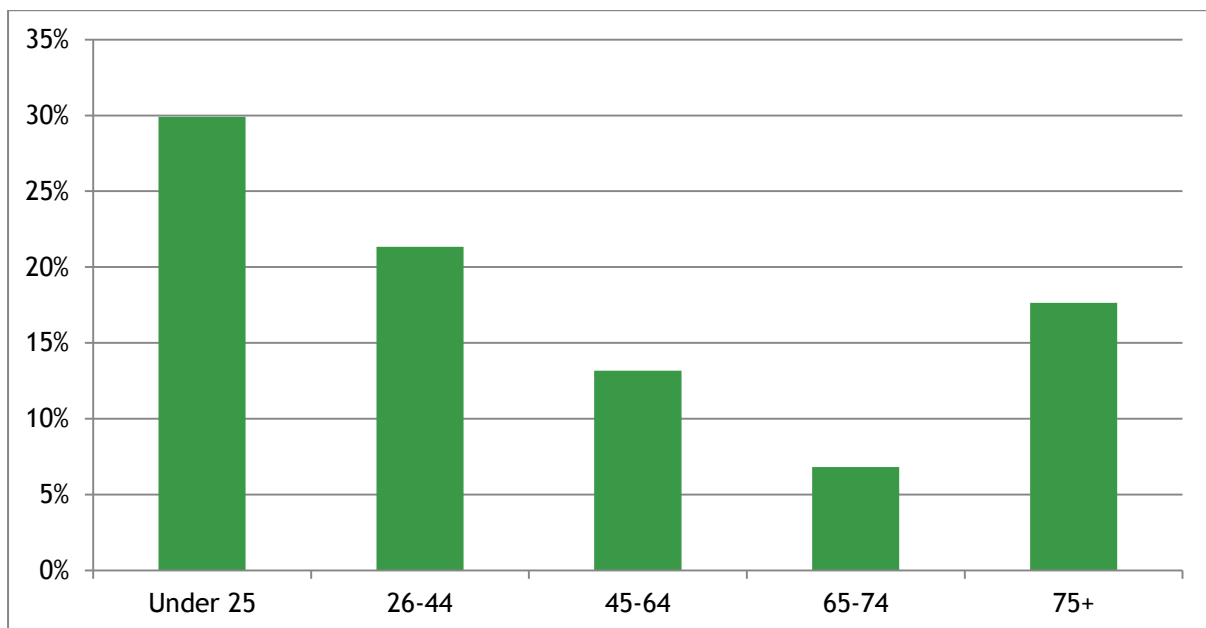
Respondents identifying as Turkish were the least likely to have visited a GP in the last 12 months, with 31% of that ethnic group stating their last visit was more than 12 months ago. All respondents from the Bosnian and Kosovan ethnicities had been to the GP in the last 12 months. However it is important to note that both of these groups had low response rates to the survey.

**Figure 8: Percentage of respondents who have not been to the GP in the last 12 months by ethnicity.**



The under 25 age group was the least likely to have recently visited their GP with 30% stating they had not visited in the last 12 months. The age group most likely to have recently visited their GP was the 65-74 grouping with just 7% of people in this age group stating they had not been to the GP in the last 12 months.

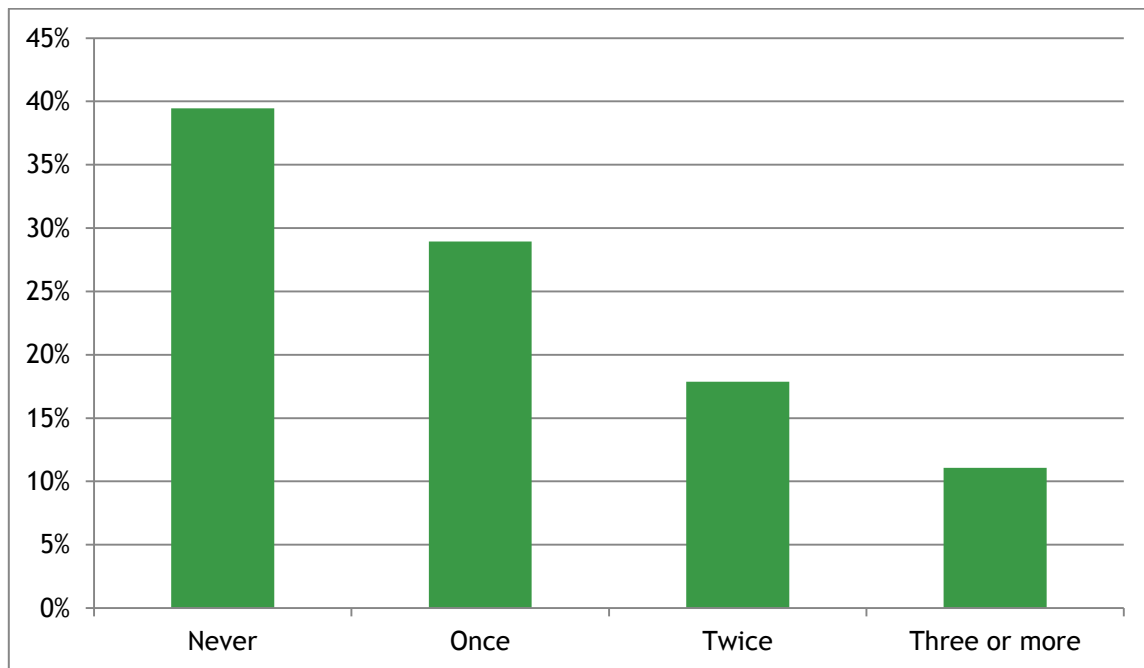
Figure 9: Percentage of respondents who have not been to the GP in the last 12 months by age.



### 3.6 *HOW MANY TIMES HAVE YOU ATTENDED A&E AT HOSPITAL IN THE LAST 2 YEARS?*

Out of the 560 survey respondents, there were 545 responses to this question. Almost 40% of survey respondents stated that they had never attended A&E at hospital in the last 2 years, while 11% had visited three or more times.

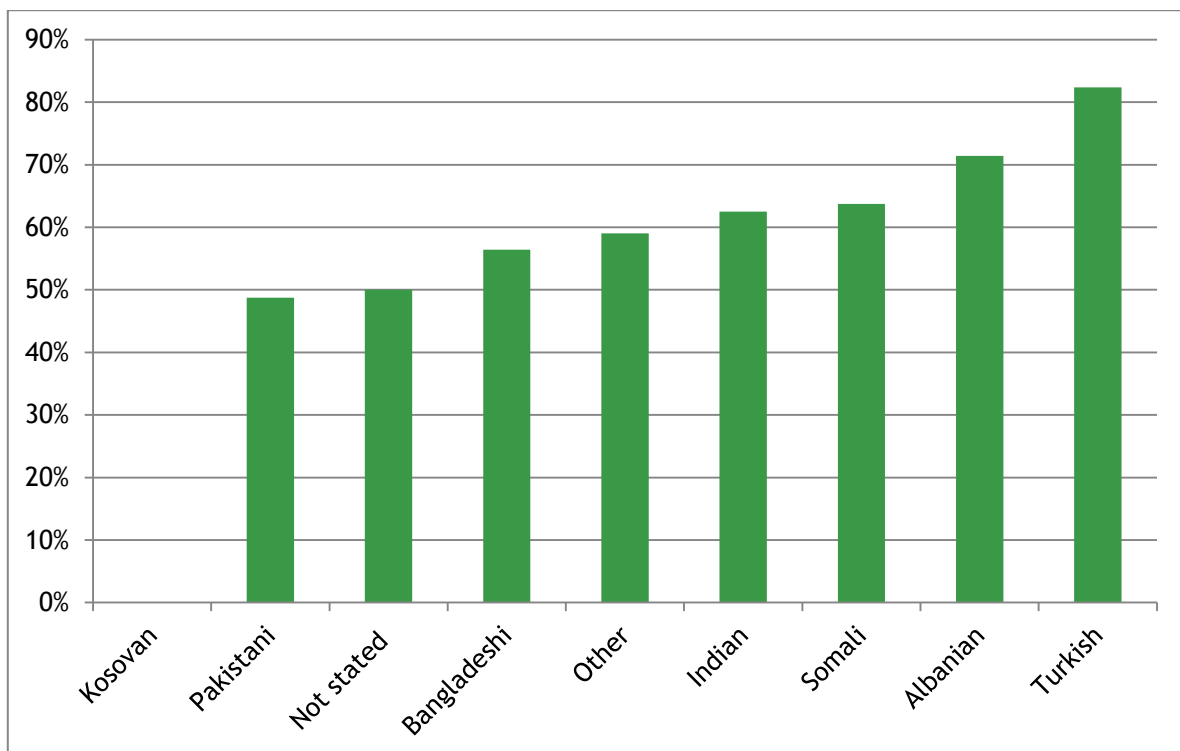
Figure 10: Percentage of respondents attending A&E at hospital never, once, twice or three or more times in the last 2 years.





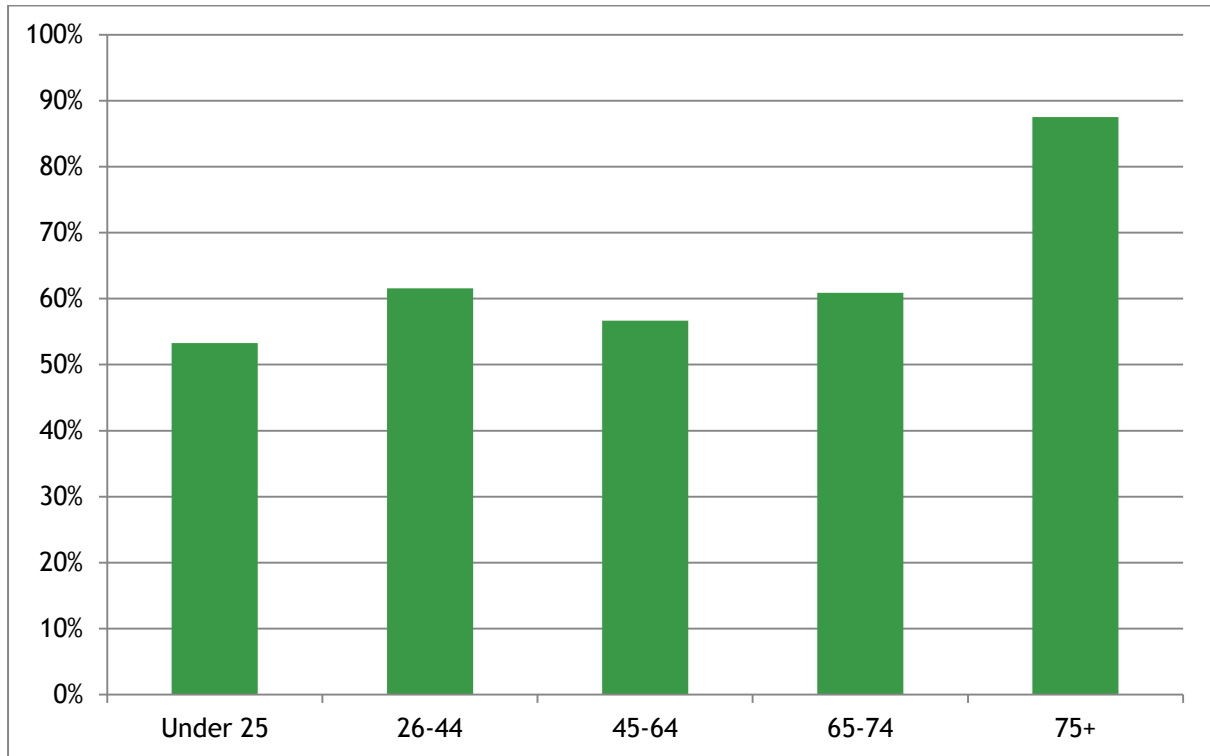
Respondents who identified as Turkish were the most likely to have visited A&E in the last two years (82%) while not a single respondent from the Kosovan ethnicity had visited in the last two years. Less than half (49%) of Pakistani respondents stated that they had been to A&E in the last 2 years.

Figure 11: Percent of respondents attending A&E at hospital in the last 2 years by ethnicity



Respondents aged 75+ were the most likely to have attended hospital in the last two years (88%) whilst the under 25 year olds were least likely to have attended A&E at hospital in the last 2 years (53%).

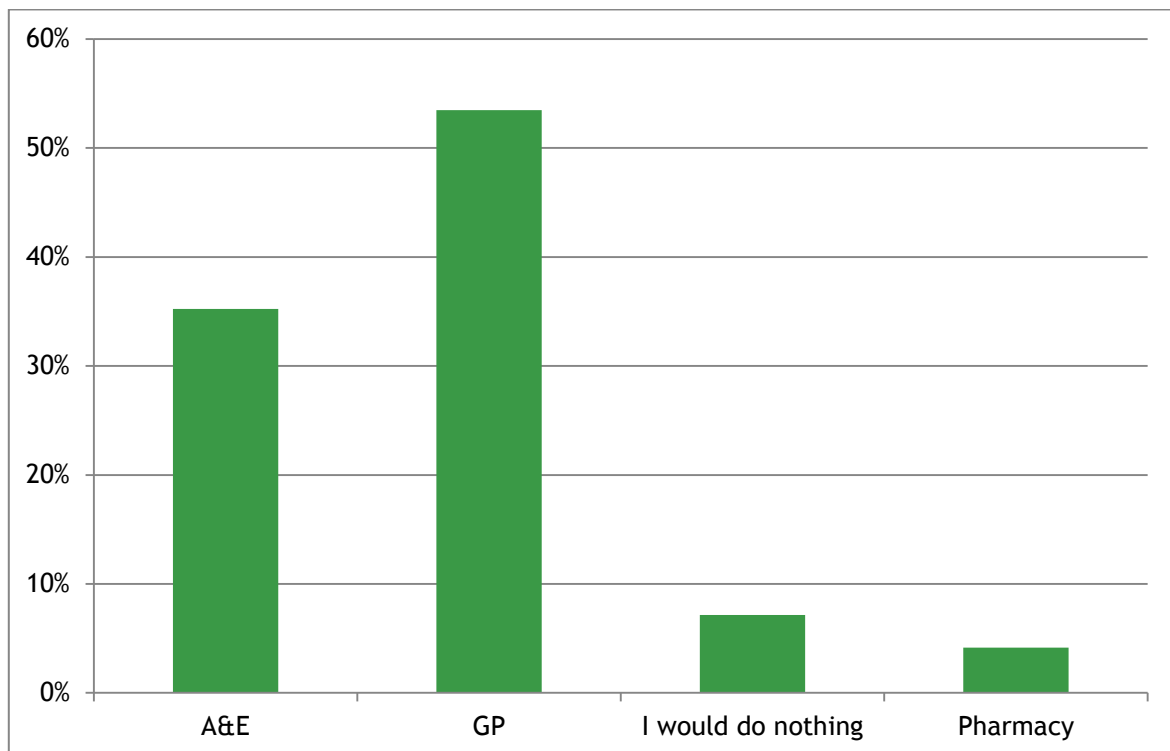
Figure 12: Percentage of respondents attending hospital in the last 2 years by age



### 3.7 IF YOU HAD A PAIN IN YOUR CHEST FOR A FEW DAYS WOULD YOU GO TO?

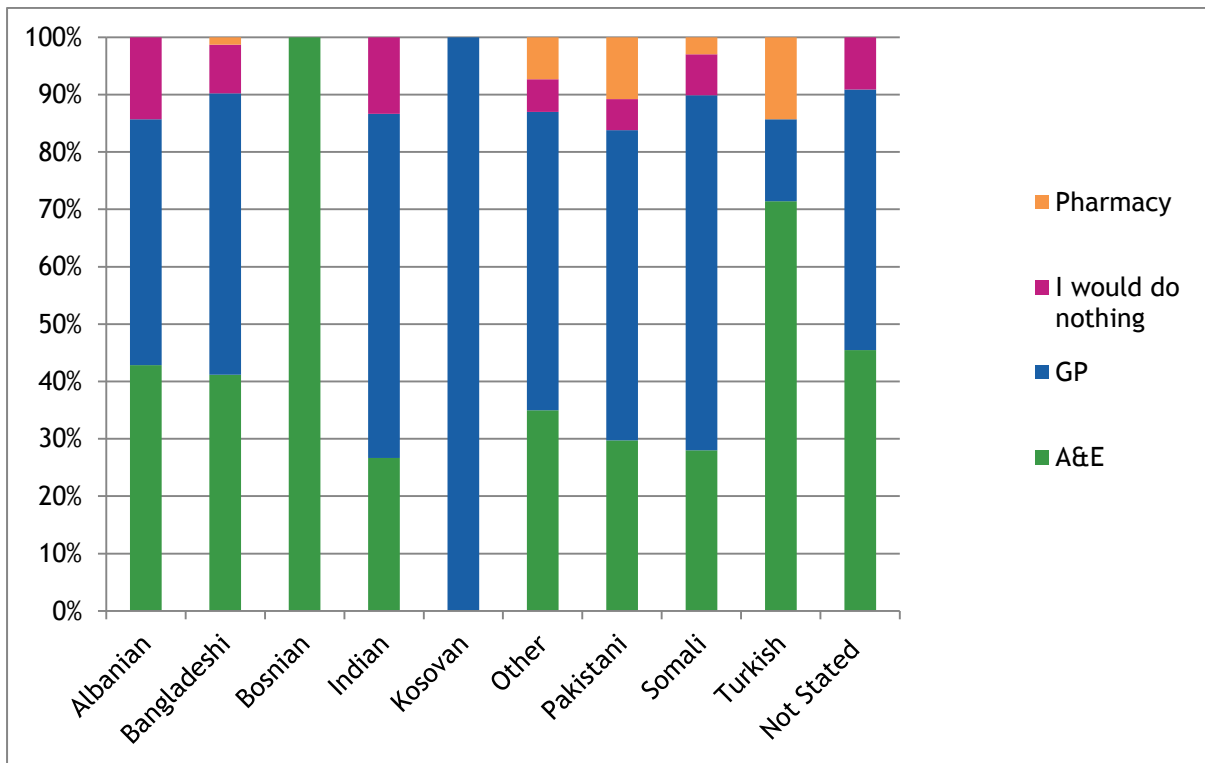
Out of the 560 survey respondents, 531 people answered this question. Approximately half of survey respondents (284) stated that they would go to their GP, 35% would go to A&E and 4% of respondents state they would go to their pharmacy. 7% stated that they would do nothing.

Figure 13: Where would you go if you had a pain in your chest by percentage.



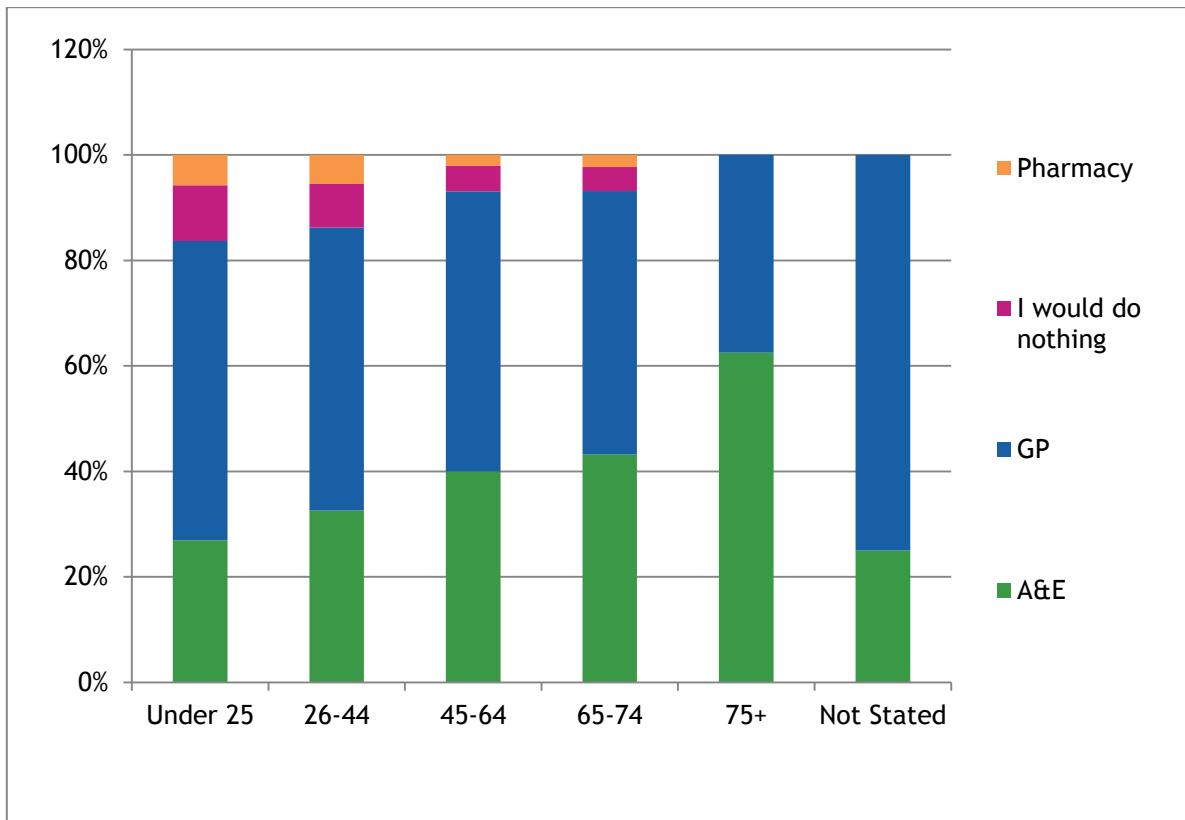
The Albanian and Indian ethnic groups were the most likely respondents who would do nothing if they had a pain in their chest (14% and 13% respectively). The Turkish group were the most likely respondents to go to A&E if they felt a pain in their chest (71%). Over half of the Indian, Other, Pakistani, Somali and Not Stated respondents would go to the GP if they had a pain in their chest.

Figure 14: Percentage of respondents who would go to the Pharmacy, GP, A&E or do nothing if they had a pain in their chest by ethnicity.



The under 25 age group had the highest percentage of survey respondents that stated they would do nothing if they felt a pain in their chest with 11% of respondents choosing this option. 63% of over 75 year olds stated that they would go to A&E if they felt a pain in their chest.

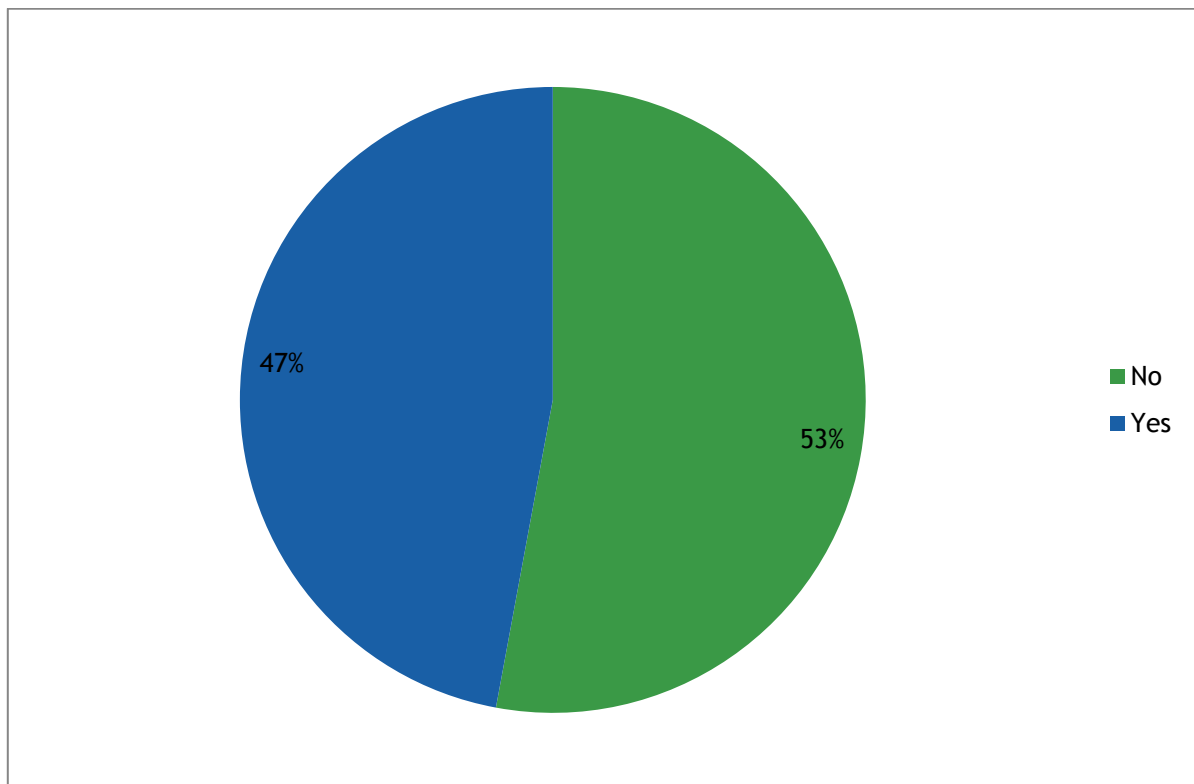
Figure 15: Percentage of respondents who would go to the Pharmacy, GP, A&E or do nothing if they had a pain in their chest by age.



### 3.8 *HAVE YOU HAD A FREE NHS CHECK IN THE LAST 12 MONTHS*

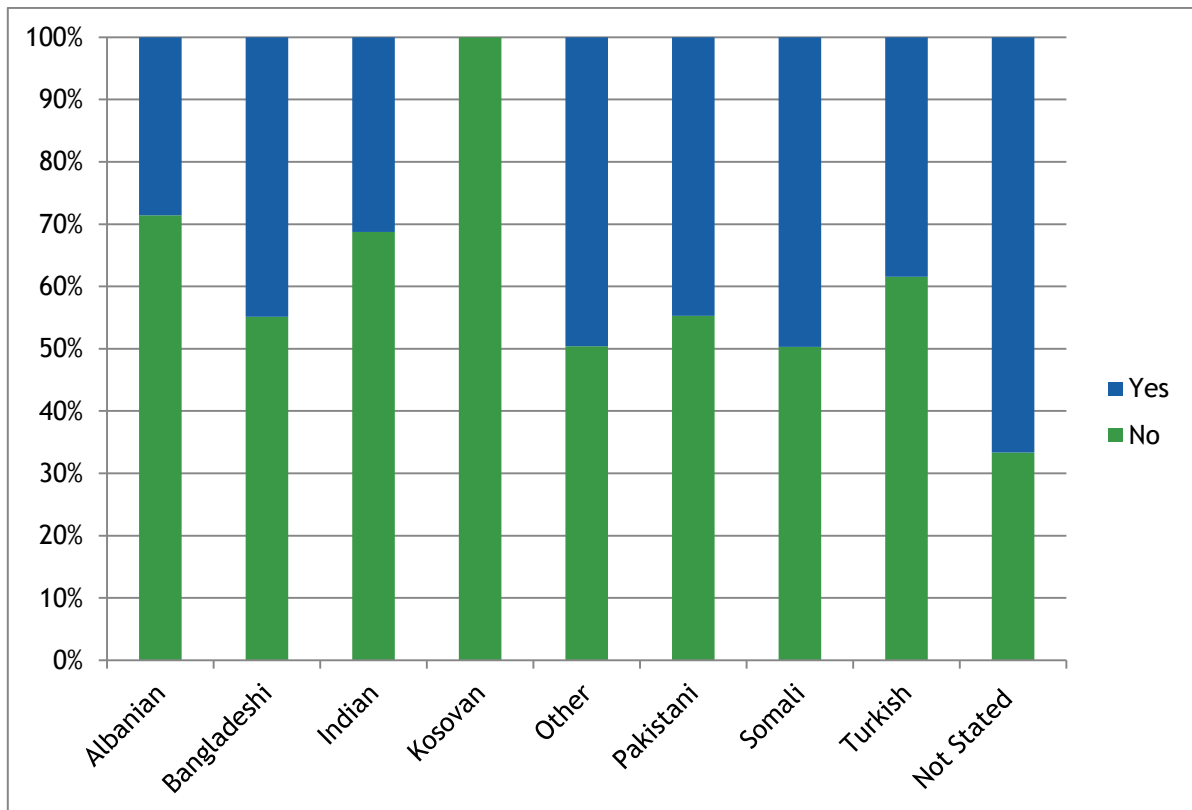
Out of the 560 survey participants, there were 533 responses to this question. 53% of respondents stated they had received a free NHS check in the last 12 months while 47% stated that they had not.

Figure 16: Percentage of respondents that had a free NHS check



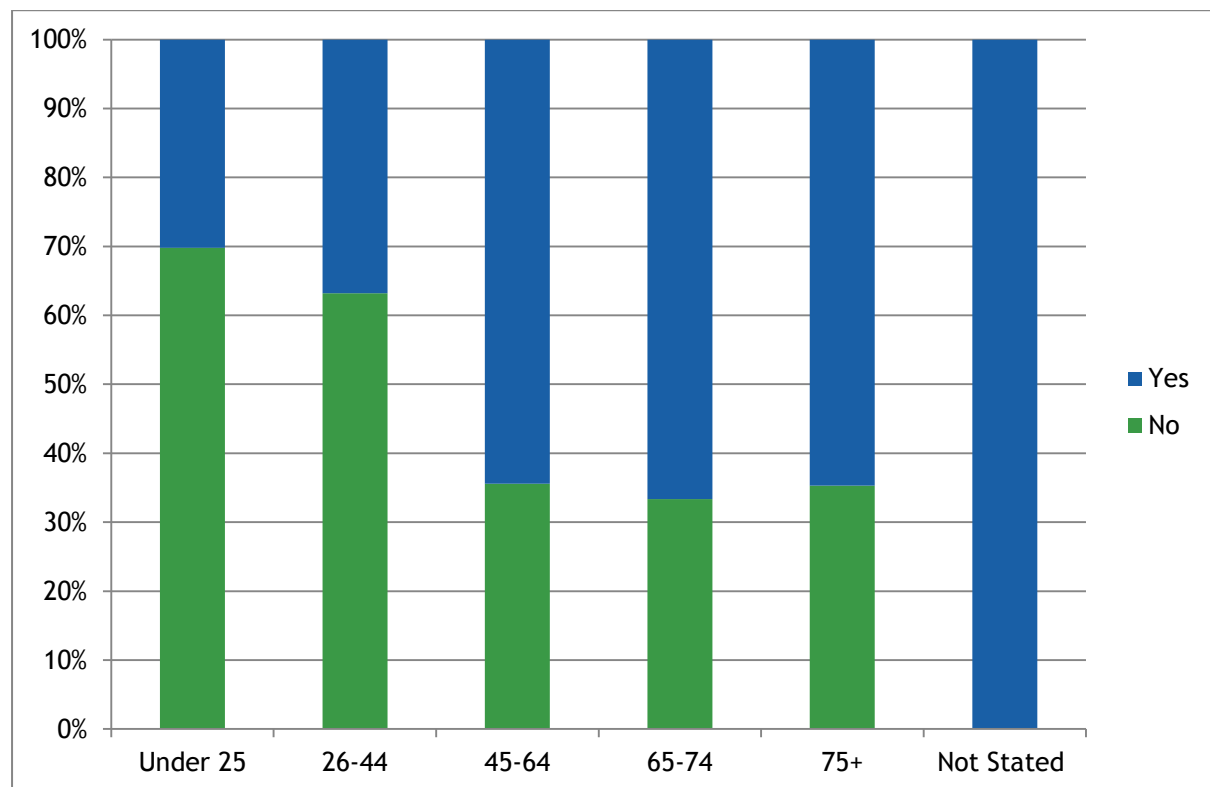
The Kosovan ethnic group had the highest rate of respondents who had not received a free NHS check in the last 12 months (100%). However, it is important to note that there was a very small number of people from this ethnicity that filled out the survey. Half of the “Other” and Somali ethnic groups had received an NHS check within the last 12 months.

Figure 17: Percentage of respondents that had a free NHS check in the last 12 months by ethnicity



The under 25 age group had the highest rate of those who had not received a free NHS health check in the last 12 months (70%), while the 75+ age group had the highest percent of those who had received a free NHS health check in the last 12 months (65%).

Figure 18: Percentage of respondents that had a free NHS check by age

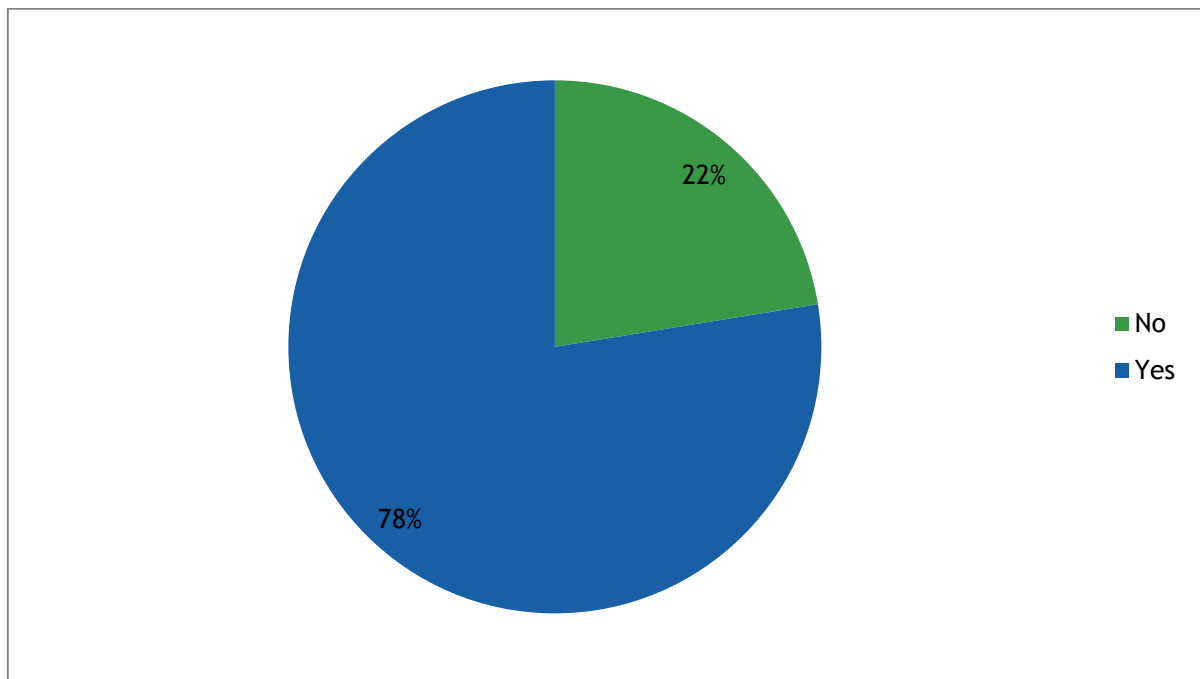




### 3.9 IF “NO” WOULD YOU LIKE A FREE NHS HEALTH CHECK

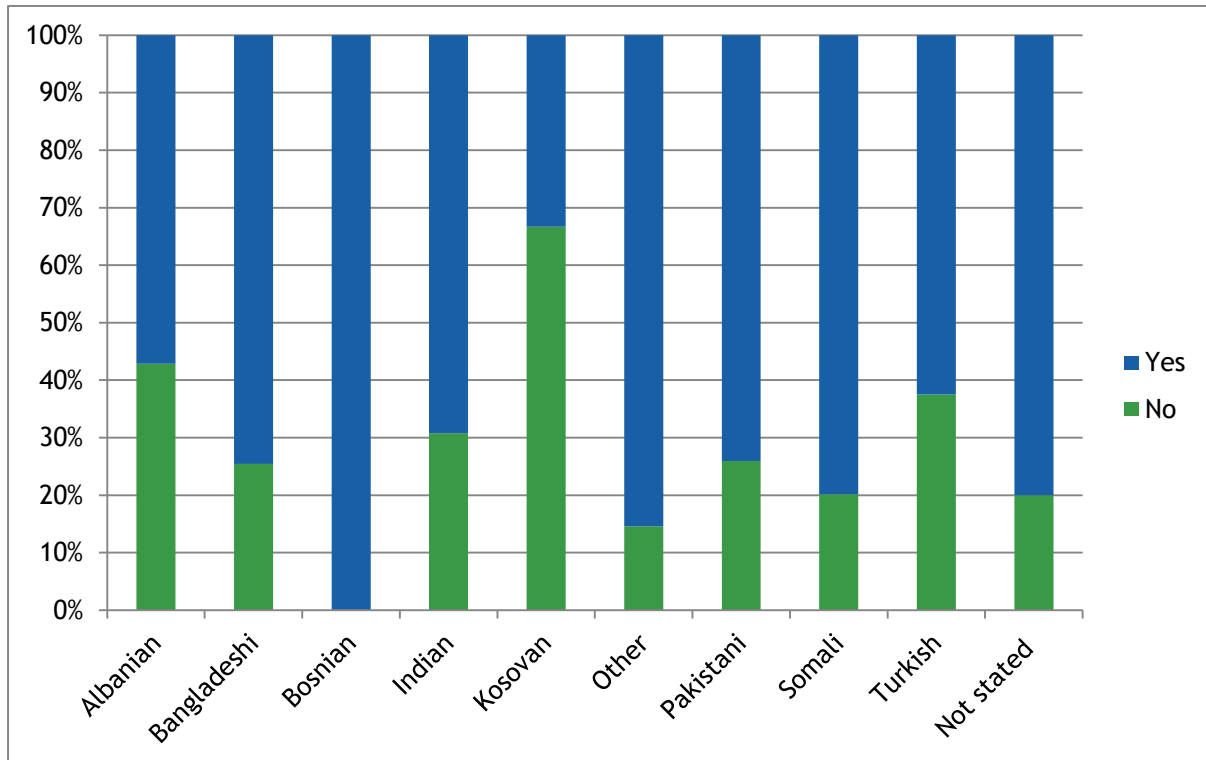
Out of the 560 survey responses there were 401 people who answered this question. 78% of respondents stated that they would like a free NHS check, while 22% stated that they would not.

Figure 19: Percentage of respondents who would like a free NHS health check



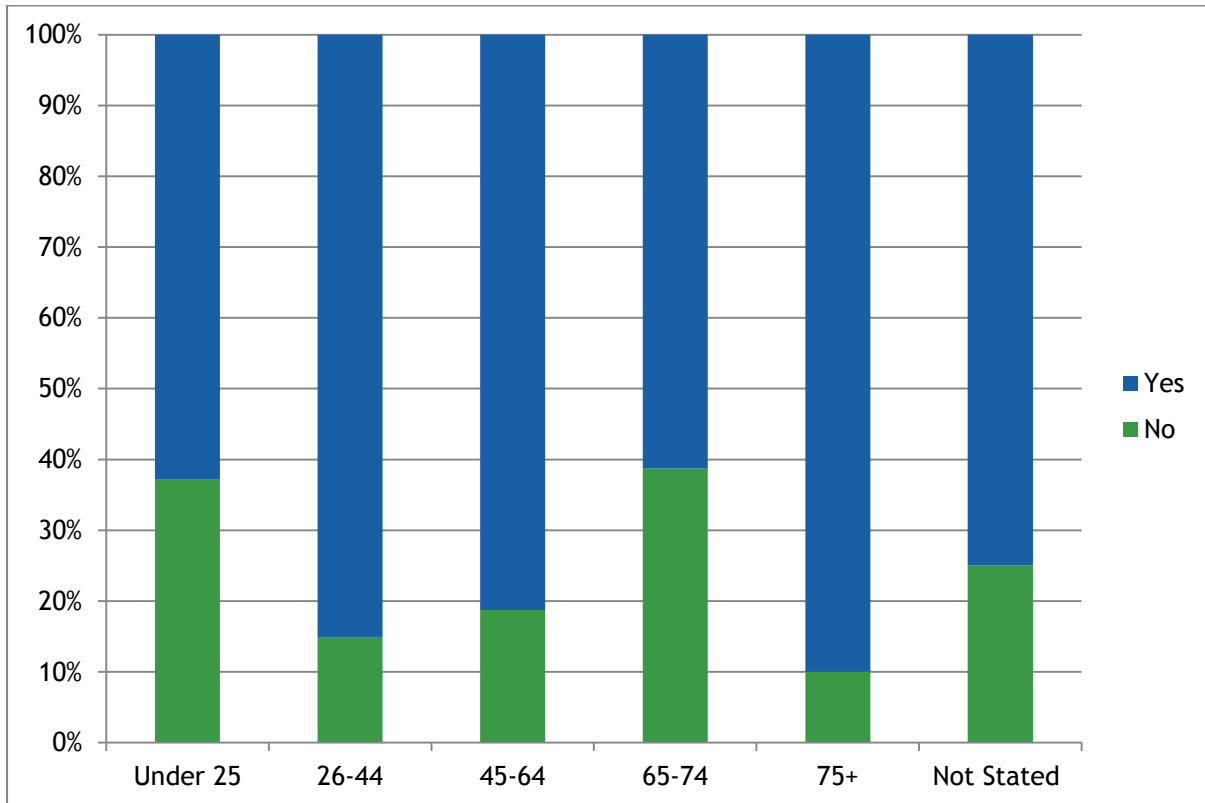
The Bosnian ethnic group had the highest rate of respondents who stated that they wanted a free NHS health check (100%). It is important to note however that there were low numbers of respondents from this ethnic group. The Bangladeshi, Pakistani, Other and Somali ethnic groups also had high rates of respondents wanting a free NHS health check.

Figure 20: Percentage of respondents who would like a free NHS health check by ethnicity



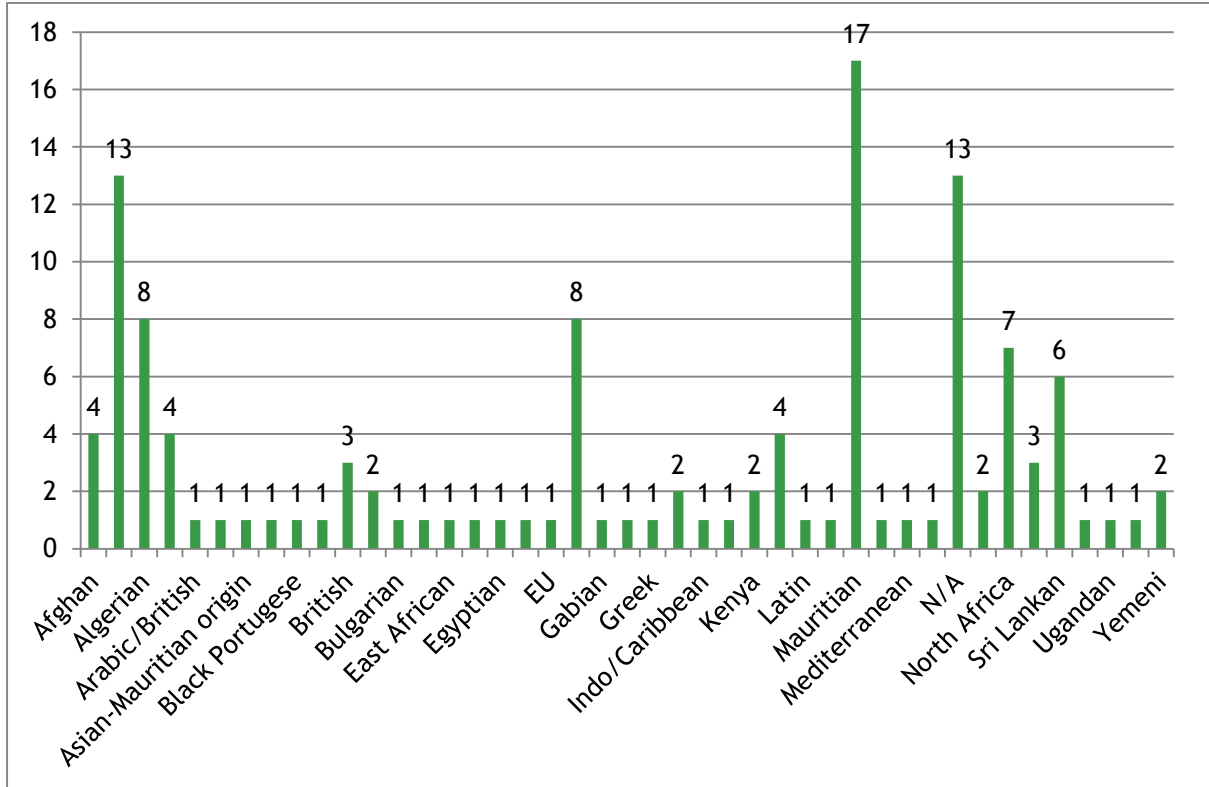
Respondents aged 26-44 and 75+ had the highest rates of respondents who would like a free NHS health check (85% and 90%). Respondents within the 65-74 age group were the least likely to want a free NHS health check (61%).

Figure 21: Percentage of respondents who would like a free NHS health check by age



# APPENDIX 1

## FULL BREAKDOWN OF ETHNICITIES LISTED IN “OTHER”



# “Health is a Gift from God”

## How well do you manage your health?



<b>1. Are you registered with a GP?</b>			
<input type="checkbox"/>	Yes (go to Q3)		
<input type="checkbox"/>	No (go to Q2)		
<b>2. If “No” why not?</b>			
<input type="checkbox"/>	Don't trust the GP		
<input type="checkbox"/>	Have not had time		
<input type="checkbox"/>	Do not know how to register		
<input type="checkbox"/>	Have tried but not accepted by GP		
Other (please give reason):			
<b>3. If “Yes” when did you last go to GP?</b>			
<input type="checkbox"/>	In last 12 months		
<input type="checkbox"/>	Over 12 months ago		
<input type="checkbox"/>	Never		
<b>4. How many times have you attended A&amp;E at hospital in the last 2 years?</b>			
<input type="checkbox"/>	Never		
<input type="checkbox"/>	Once		
<input type="checkbox"/>	Twice		
<input type="checkbox"/>	Three or more		
<b>5. If you had a pain in your chest for a few days would you go to:</b>			
<input type="checkbox"/>	GP		
<input type="checkbox"/>	A&E		
<input type="checkbox"/>	Pharmacy		
<input type="checkbox"/>	I would do nothing		
<b>6. Have you had a free NHS health check in the last 12 months?</b>			
<input type="checkbox"/>	Yes		
<input type="checkbox"/>	No		
<b>7. If “No” would you like a free NHS health check?</b>			
<input type="checkbox"/>	Yes		
<input type="checkbox"/>	No		
<b>8. Age Group:</b>			
<input type="checkbox"/>	Under 25		
<input type="checkbox"/>	26–44		
<input type="checkbox"/>	45–64		
<input type="checkbox"/>	65–74		
<input type="checkbox"/>	75+		
<b>9. Ethnicity?</b>			
<input type="checkbox"/>	Bangladeshi	<input type="checkbox"/>	Albanian
<input type="checkbox"/>	Somali	<input type="checkbox"/>	Kosovan
<input type="checkbox"/>	Turkish	<input type="checkbox"/>	Pakistani
<input type="checkbox"/>	Bosnian	<input type="checkbox"/>	Indian
Other:			

**THANK YOU**  
The information you provide will be treated as confidential



## APPENDIX 2

### THE SURVEY

## APPENDIX 3

### ETHNICITY BREAKDOWN BY AGE

Ethnicity/Age Group	Number of responses	Percentage
<b>Albanian</b>	<b>7</b>	<b>100%</b>
Under 25	1	14%
26-44	4	57%
45-64	1	14%
65-74	1	14%
<b>Bangladeshi</b>	<b>161</b>	<b>100%</b>
Under 25	28	17%
26-44	59	37%
45-64	49	30%
65-74	14	9%
75+	9	6%
Not stated	2	1%
<b>Bosnian</b>	<b>1</b>	<b>100%</b>
26-44	1	100%
<b>Indian</b>	<b>16</b>	<b>100%</b>
Under 25	2	13%
26-44	7	44%
45-64	3	19%
65-74	3	19%
75+	1	6%
<b>Kosovan</b>	<b>3</b>	<b>100%</b>
Under 25	1	33%
26-44	1	33%
45-64	1	33%
<b>Other, please specify</b>	<b>126</b>	<b>100%</b>
Under 25	16	13%
26-44	55	44%
45-64	35	28%
65-74	15	12%
75+	3	2%
Not stated	2	2%
<b>Pakistani</b>	<b>39</b>	<b>100%</b>
Under 25	6	15%
26-44	12	31%
45-64	13	33%
65-74	5	13%
75+	3	8%

<b>Somali</b>	<b>174</b>	<b>100%</b>
Under 25	49	28%
26-44	73	42%
45-64	46	26%
65-74	4	2%
75+	1	1%
Not Stated	1	1%
<b>Turkish</b>	<b>18</b>	<b>100%</b>
26-44	6	33%
45-64	9	50%
65-74	2	11%
Not Stated	1	6%
<b>Not stated</b>	<b>15</b>	<b>100%</b>
Under 25	6	40%
26-44	3	20%
45-64	2	13%
65-74	3	20%
75+	1	7%