

# How NIHR ARC East Midlands responded to the impact of coronavirus on ethnic minority groups



October 2019



NIHR Applied Research Collaboration (ARC) were renamed from CLAHRC.

ARC East Midlands became the national ARC lead for research in multiple long term conditions and equality, diversity and inclusion of under-represented groups.

## 2020: Meeting the immediate need

March 2020



National lockdown was imposed due to the COVID 19 pandemic. ARC East Midlands rose to this challenge during a time of international crisis.

April 2020



Director, Professor Kamlesh Khunti CBE, became one of the first to spot signs of a disproportionate impact of the virus on those from ethnic minority communities.

**BMJ**

As more evidence emerged to support this concerning trend, ARC East Midlands responded to its national brief and led a programme of work to address COVID 19 and ethnic disparities.

May 2020



Researchers within ARC East Midlands helped lead a national campaign to address the disproportionate impact of coronavirus on ethnic minority groups, with backing from [Omid Djalili](#) and [Whoopi Goldberg](#).



On recommendations by NHS England, an expert working group led by ARC East Midlands Director developed a [Risk Reduction Framework for NHS Staff at risk of COVID 19 infection](#).

The framework was aimed at helping employers to supplement risk assessment of their staff to ensure staff safety. It was recommended for use for NHS staff, with estimations that more than 70% of NHS staff had been assessed using this framework.

### June 2020



ARC East Midlands Director was among an international group of experts calling for researchers to ensure people from ethnic minority groups are proportionately represented in COVID 19 studies following a study.

THE LANCET



We were also one of the expert's called to speak to MPs on the parliamentary women and equalities committee, which held an evidence session for their inquiry into the impact of coronavirus on ethnic minority communities.

### July 2020



A team involving ARC East Midlands researchers found that obese people among black and minority ethnic communities were around two times higher the risk of contracting COVID 19 than white Europeans.

Journal of  
**Public Health**



Working alongside the South Asian Health Foundation (SAHF), we published an evidence review on ethnic disparities in the impact of COVID 19. This report includes recommendations aimed at protecting individuals from ethnic minority communities, both within the general population and those serving as essential workers.

 SOUTH ASIAN HEALTH  
**FOUNDATION**

### September 2020



ARC East Midlands published a report capturing the public perceptions of coronavirus vaccine trial research within ethnic minority and vulnerable communities.



Then a series of digital animations chronicling ARC East Midland's response towards the disproportionate impact of COVID 19 on ethnic populations were released.

### December 2020



Another study involving ARC East Midlands found that ethnic minority healthcare workers were more likely to have built up antibodies to COVID 19.

**DIABETES  
OBESITY AND  
METABOLISM**

## 2021: Continuing to generate vital evidence

### January 2021



We outlined a series of measures that could help to reduce the current and future risks of COVID 19 for ethnic minority groups.

**BJGP**

### February 2021



Major research involving ARC East Midlands influenced the government's second report on COVID 19 disparities.



ARC East Midlands researchers were part of a study that reported vaccine uptake in ethnic minorities had been lower compared to the rest of the population.

European Journal of Epidemiology  
Springer Nature

### March 2021



A national linked data study, supported by ARC East Midlands, examined the relationship between ethnicity, household composition and COVID 19 mortality risk.



### May 2021



Further research revealed that minority ethnic groups were more likely to become seriously unwell or even die should they become infected with COVID 19.



### June 2021



A nationwide cohort study, supported by ARC East Midlands, showed ethnic differences in COVID 19 mortality during the first two waves of the pandemic.



### November 2021



ARC East Midlands was approached by the Chief Medical Officer for England to assist in coordinating national research programmes on the long-term health effects of COVID 19, as well as generating new evidence.



As a result, nine major epidemiology-focused long COVID studies are currently running in the UK under the leadership of the National Long Covid Research Working Group, facilitated by ARC East Midlands researchers.

## 2022: Publishing more evidence to close the gap in health inequality

### February 2022



Research supported by ARC East Midlands demonstrated a stronger association existed between deaths from COVID 19 and obesity in people of Black, South Asian and other ethnic minority groups than in White people.



### April 2022



Working with the Office for National Statistics, ARC East Midlands researchers discovered that COVID 19 vaccination rates were much higher in White and Indian people and lower amongst Black individuals.



### August 2022



A study involving ARC East Midlands researchers reported that existing health disparities amongst ethnic minorities with diabetes had worsened during the COVID 19 pandemic.



December 2022



ARC East Midlands researchers led a global systematic review of Long Covid, providing the most comprehensive estimates on the prevalence and long-term health effects of Long Covid among hospitalised and non-hospitalised populations.

**EClinicalMedicine**  
Published by THE LANCET

## 2023: A focus on reducing the impact of Long COVID

March 2023



The National Long Covid Research Working Group shared the importance of patients and the public in guiding long Covid research.

**nature  
medicine**



To mark three years since the UK was first put into lockdown, ARC East Midlands took the lead on a new publication which showcased how ARCs across the country responded to the coronavirus pandemic. NIHR ARC West provided communications support for the project.

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