

# Refugees and Asylum Seekers

670

**Asylum seekers in Norfolk**  
Most of these are young single men.  
This number frequently fluctuates.



**Main countries of origin of Asylum Seekers in Norfolk are:** Afghanistan, Albania, Eritrea, Iran, Iraq, Pakistan, Sudan, Syria and Turkey.

Data from SERCO (the nationally commissioned accommodation provider for Asylum Seekers)

## National Health & Wellbeing Risks

There is a lack of data of health needs of this cohort in Norfolk but main risk factors prior to and once living in the UK include:

**High blood pressure**



**Low Vaccine Coverage**



**Physical Inactivity**



**Smoking**



**Crowded & Poor Quality Housing**



**Poor nutrition**



**Poor Travel Conditions**



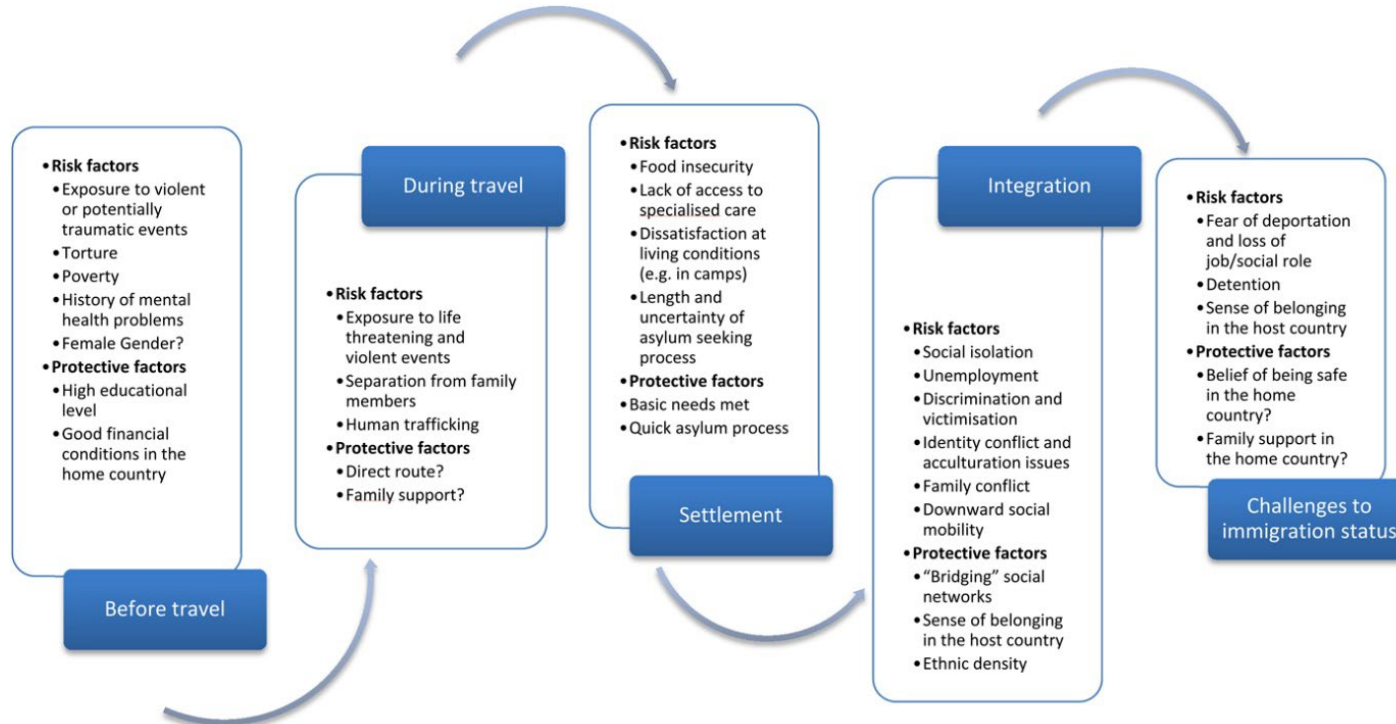
## Mental Health



**5x** more likely to have MH need than host population

**61%** experience serious mental distress

## Critical time points for mental health of refugees and asylum seekers (a)



## National Health Care Barriers and Considerations

Refugees and asylum seekers experience multifaceted challenges and barriers that require a whole system approach. The three main challenges are:



### Continuity of Care

Including ease of access to health information and health facilities. Also collaboration of institution to minimise loss of health care info.



### Communication

Language can be a barrier, leading to misunderstandings



### Costs

Associated travel costs to attend appointments, local activities or meet others



### Confidence

Trust in healthcare providers/institutions and the ability to apply own beliefs in decisions

Infographic produced by Insight & Analytics - May 2023. Data taken from 'Norfolk Refugee and Asylum Seekers Needs Assessment'. Refugees are individuals residing in a country outside of their country of origin due to threat of serious harm, conflict, violence, persecution and/or other human rights violations. Their claim for asylum has been approved and they been granted protection and certain permissions in the country they have fled to. Asylum seekers are individuals who have entered the legal process of seeking international protection with their refugee status yet to be determined. (a) data from Giacco 2020



Norfolk County Council