

Outcome: All people in Newry Mourne and Down enjoy good health and wellbeing

Indicator: Level of Potentially Avoidable Premature Death

The main causes of potentially avoidable premature death are cancers, ischaemic heart disease, unintentional injuries (transport and accidental injury) and intentional injury i.e. suicide.

Measures: Cancer rate, heart disease rate
Accidents rate
Suicide rate
Mental health
Smoking rates
Childhood and adult obesity

Cancer rate, heart disease rate, accidents rate and suicide rate – Potentially preventable premature deaths (PHA data)

In the last four years nearly 1,100 died prematurely of things that were potentially preventable. Whilst reducing over time heart disease remains the single biggest cause (214/1096) and lung cancer now accounts for sixteen percent of these deaths (174/1096). Accidental injuries and suicide now account for nearly ten percent each. Twice as many people die from suicide as transport accidents. The accidental injuries tend to be falls in elderly or accidental poisonings.

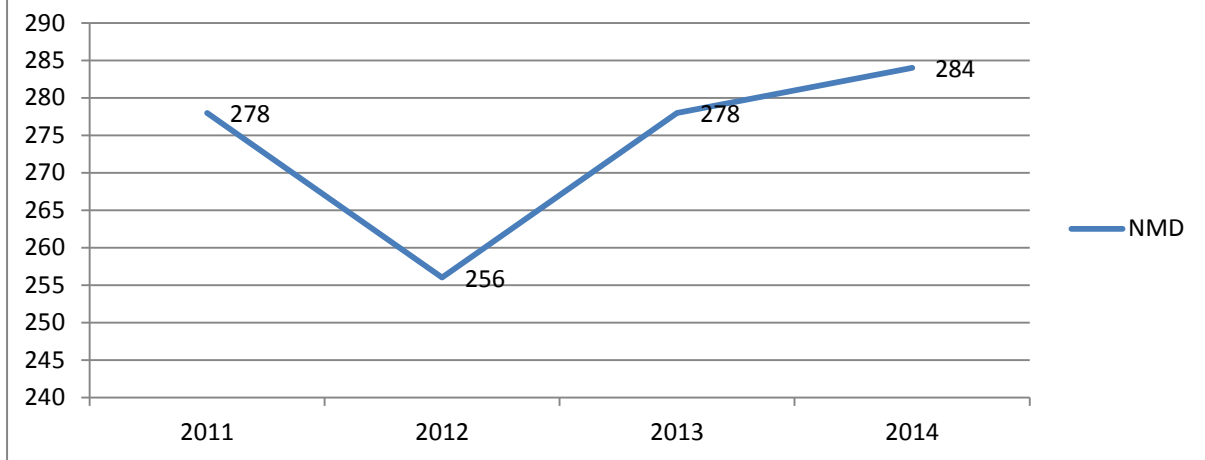
These deaths typically are over-represented in the more deprived areas. In Newry Mourn and Down the age standardised suicide rate is 52% higher in the twenty percent most deprived areas than the council average. If you live in these areas you are one third more likely to die prematurely of things that are potentially avoidable than the council average.

Premature potentially preventable deaths 2011-14 (as per PFG definitions)					
	2011	2012	2013	2014	Total
NMDDC	278	256	278	284	1096

Cause of death	Deaths 2011-14
Ischaemic heart disease	214
Malignant neoplasm of trachea, bronchus and lung	174
Other cancer excluding lung , breast and colo-rectal	125
Accidental Injury *	112
Suicide and self inflicted injuries	103
Chronic obstructive pulmonary disorder	76
Malignant neoplasm of colon and rectum	71
Alcohol related diseases, excluding external causes	70
Malignant neoplasm of breast	60
Transport Accidents	51
Other causes	40
Grand Total	1096

* no age cut off on this and heavily driven by falls or unspecified external

Potentially preventable premature deaths - NMDDC (2011-2014)



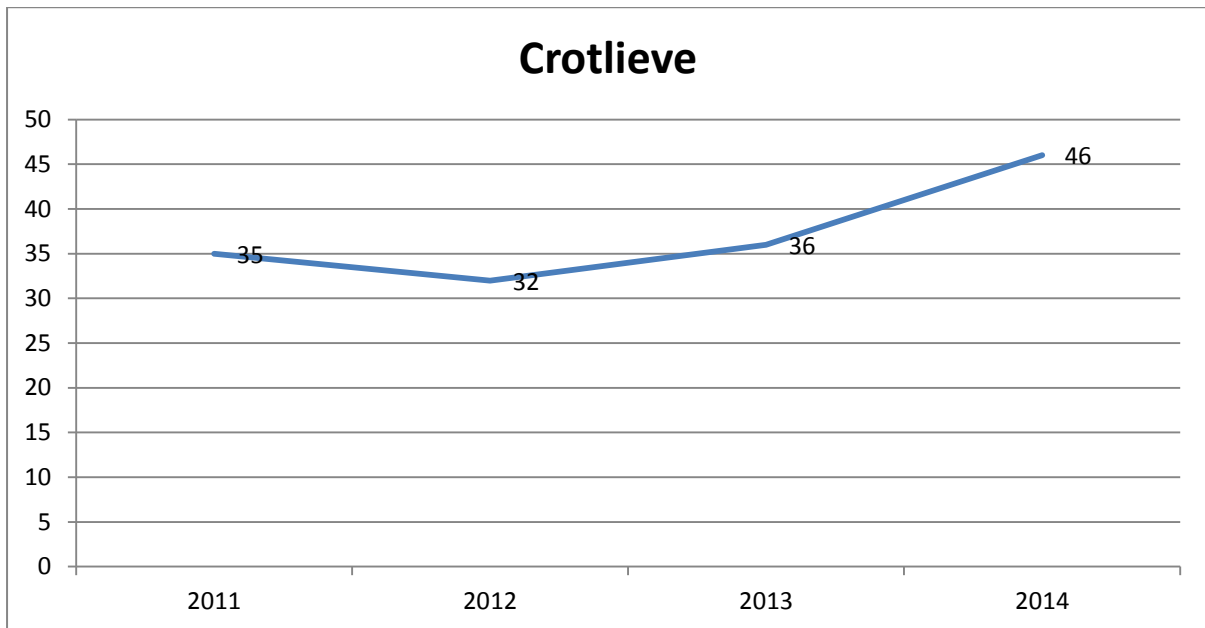
We can see from the graph that while there was a decrease in premature potentially preventable deaths in our district between 2011 and 2012 it has been increasing significantly from 2012-2014.

The number of potentially preventable premature deaths was also analysed at DEA level and is displayed in the table below:

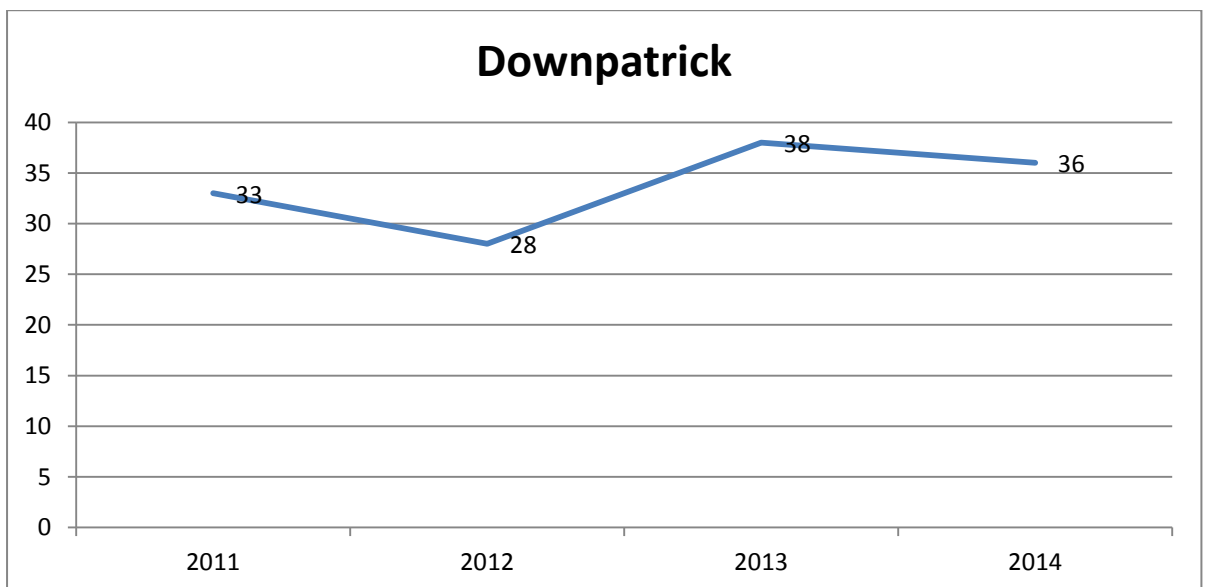
	2011	2012	2013	2014	Total
NMD	278	256	278	284	1096
Newry	58	64	59	51	232
The Mournes	47	37	44	48	176
Slieve Gullion	38	40	46	42	166
Crotlieve	35	32	36	46	149
Downpatrick	33	28	38	36	135
Rowallane	35	24	28	34	121
Slieve Croob	32	31	27	27	117

We can see that Newry DEA had the highest number of potentially preventable premature deaths over the 2011-2014 period while Slieve Croob had the lowest which would reflect the relative population count in each of the DEA's.

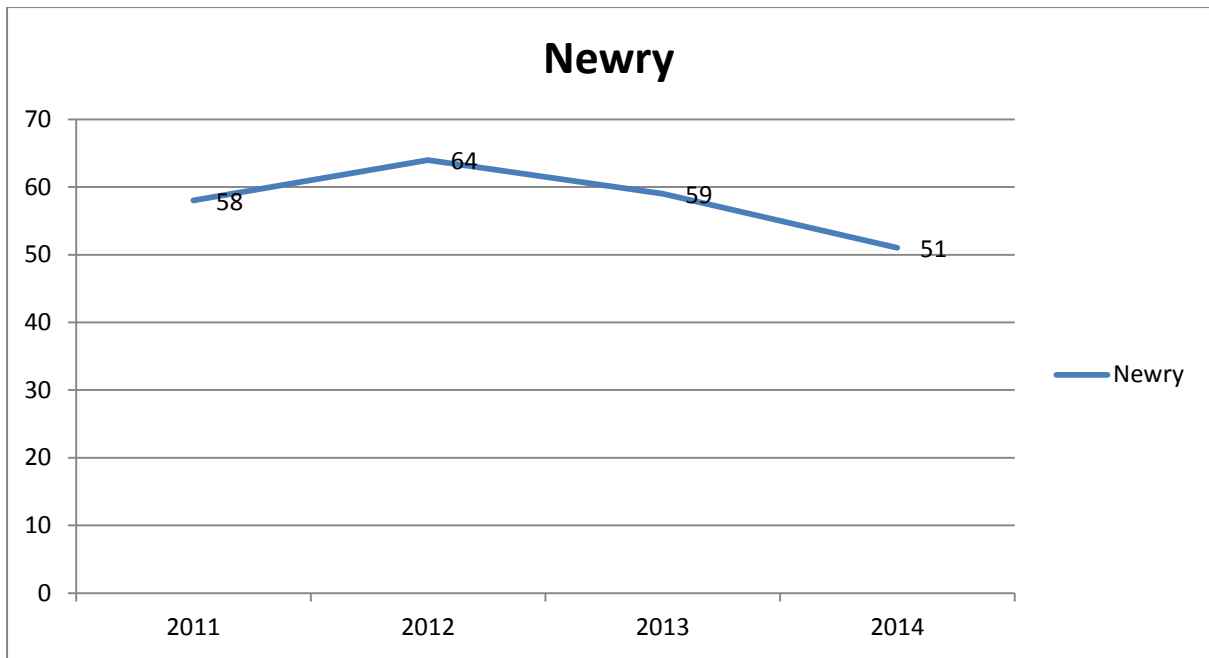
The following graphs show the trend in the number of potentially preventable premature deaths in each DEA over the 2011-2014 period.



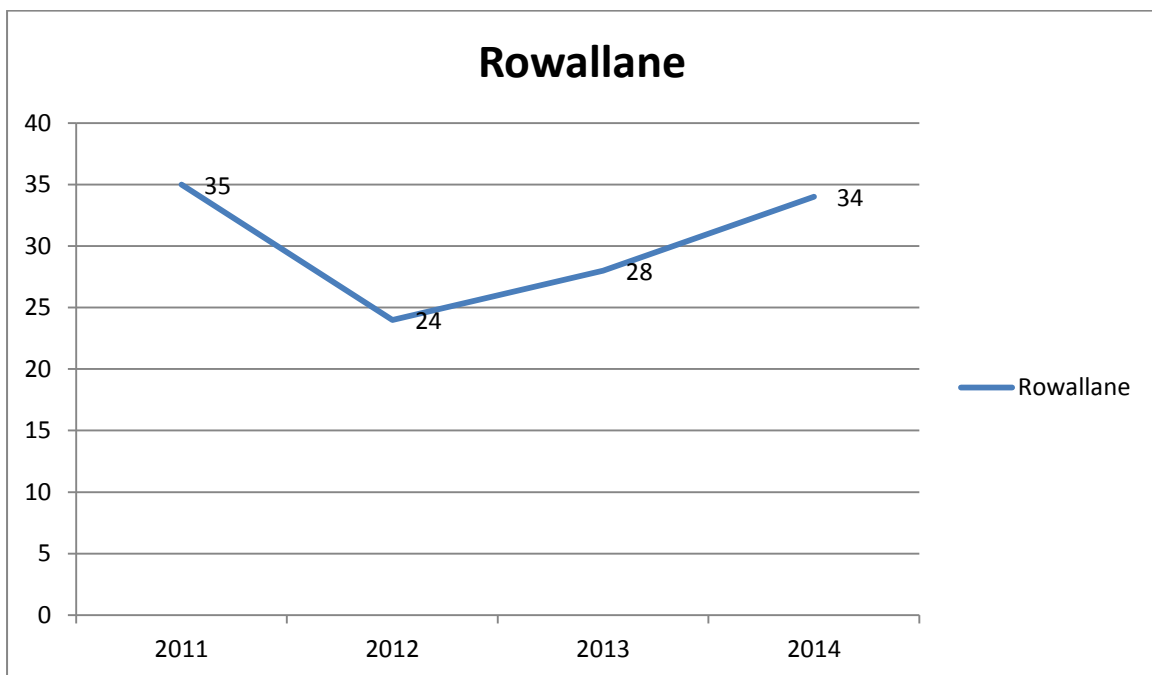
As we can see from the graph these deaths have been steadily increasing in the four year period, apart from a dip between 2011 and 2012 and we would obviously like to see a downward turn of the curve for this issue.



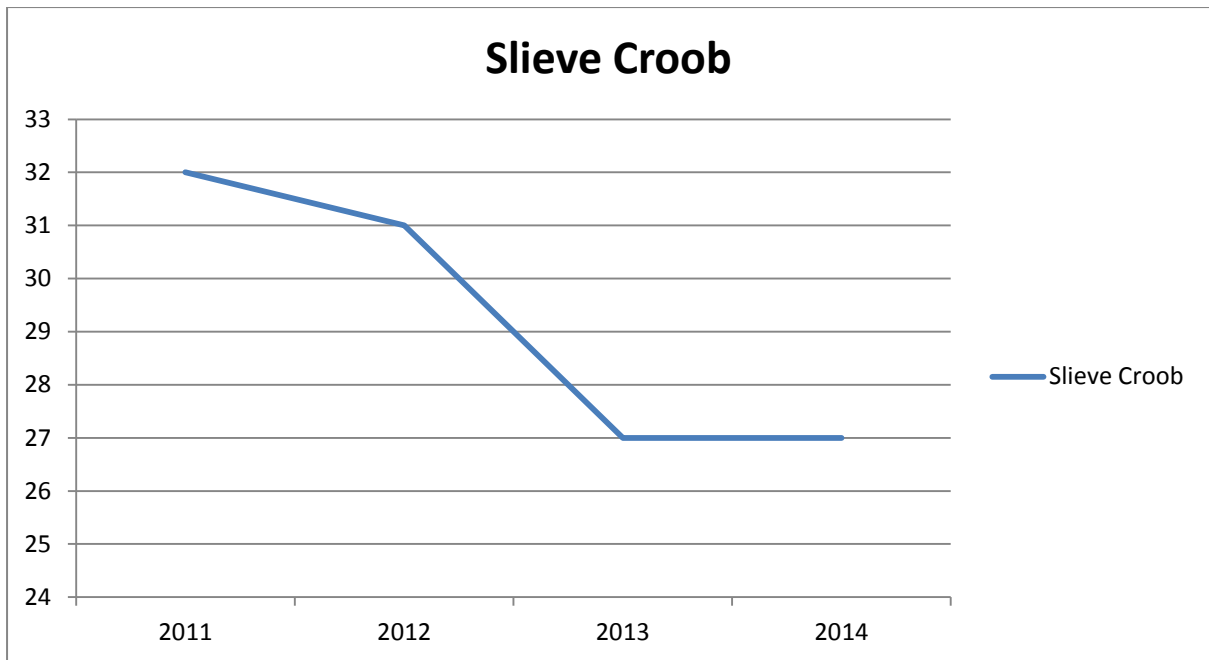
As we can see Downpatrick DEA had a total of 135 premature preventable deaths 2011-2014, accounting for 12.3% of the NM&D total. This DEA has fluctuated frequently during the time frame in question but has experienced a decrease between 2013 and 2014.



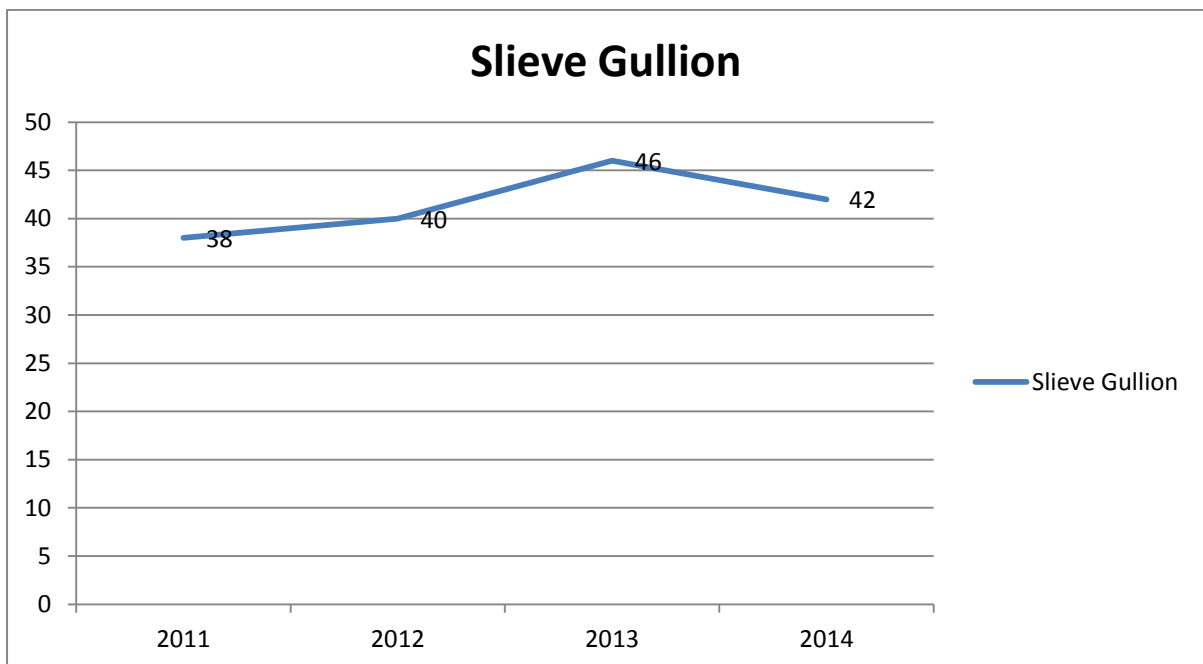
Newry DEA had 232 potentially preventable premature deaths between 2011 and 2014, which was the highest figure recorded across all 7 DEA's. Since 2012 however the level of these deaths has been decreasing which is a trend that all would like to see continue.



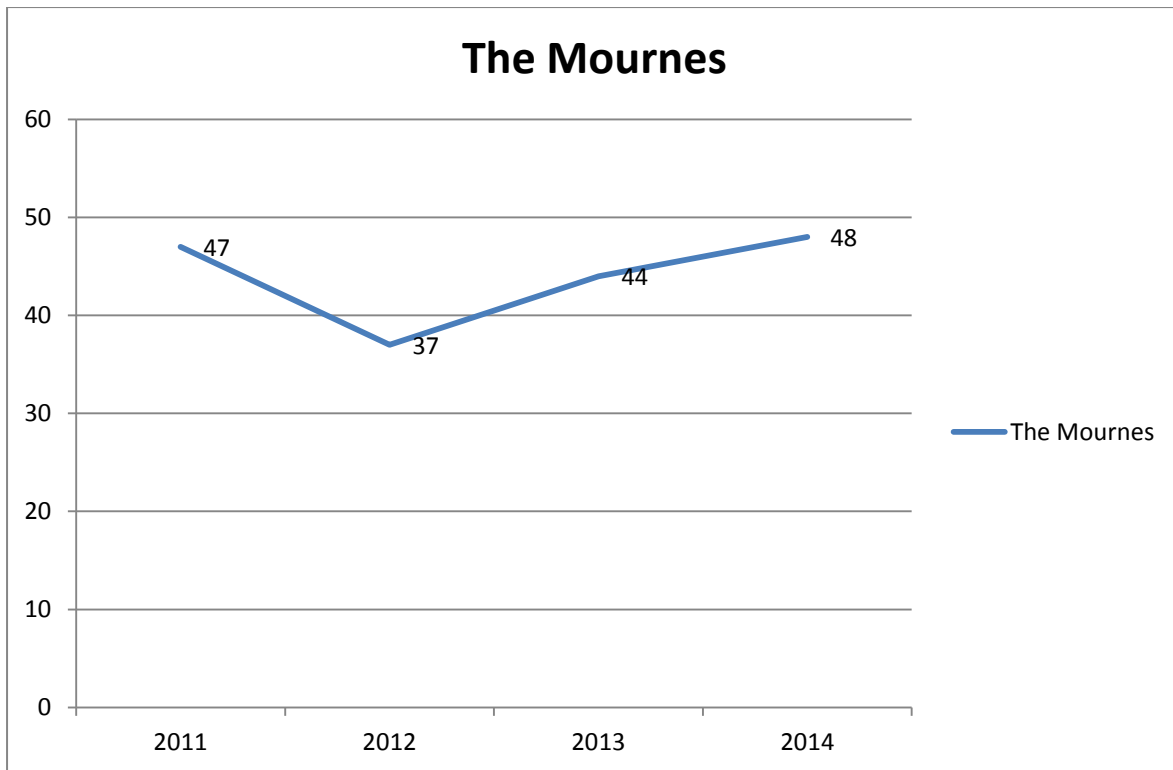
Rowallane DEA experience 121 potentially preventable premature deaths between 2011 and 2013 which was the second lowest of all 7 DEA's. From a peak in 2011 it fell significantly in 2012 however this figure has been climbing since as is now nearly back to 2011 levels.



As we can see from the graph these deaths have been steadily decreasing between 2011 and 2013, while remaining the same from 2013 to 2014.



Slieve Gullion recorded the third highest number of potentially preventable premature deaths in the 2011-2014 period analysed. The figure increased steadily between 2011 and 2013 but decreases between 2013 and 2014.



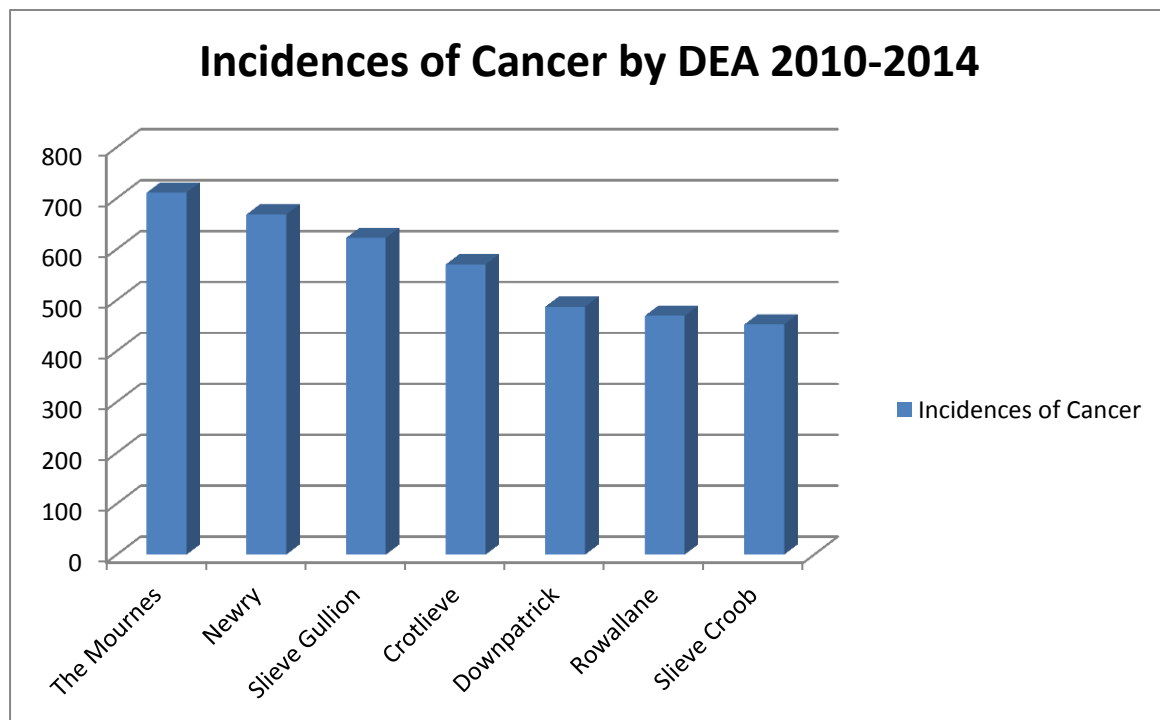
The graph shows that the Mournes DEA recorded 176 premature potentially avoidable deaths in the period 2011-2014, which was the second highest figure across the DEA's behind Newry. These numbers have been steadily increasing since 2012 and would be something that we would like to see a downward turn in the curve for.

Cancer Rate – Incidences of Cancer 2010-2014

In Northern Ireland someone receives a cancer diagnosis every hour of every day and one in two of us will receive a cancer diagnosis in our lifetime. The data analysed in the tables below shows the incidences of cancer across our district over a five year period (2010-2014).

At DEA level we can see that The Mournes had the highest incidences of cancer (excluding non-melanoma skin cancer) with 711.

DEA	Incidences of Cancer
The Mournes	711
Newry	668
Slieve Gullion	622
Crotlieve	570
Downpatrick	487
Rowallane	469
Slieve Croob	452



At ward level the figures look as follows:

Ward2014	DEA	Incidence of all cancers (excluding non-melanoma skin cancer)
Ballybot	Newry	127
St. Patrick's	Newry	127
Donard	The Mourne	124
Drumalane	Newry	121
Warrenpoint	Crotlieve	118
Murlough	The Mourne	116
Kilkeel	The Mourne	114
Rostrevor	Crotlieve	111
Bessbrook	Slieve Gullion	109
Knocknashinna	Downpatrick	109
Ballynahinch	Rowallane	106
Dundrum	Slieve Croob	105
Castlewellan	Slieve Croob	104
Lecale	Downpatrick	104
Crossgar and Killyleagh	Rowallane	103
Annalong	The Mourne	102
Fathom	Newry	100
Abbey (Newry, Mourne and Down)	Newry	99
Mayobridge	Crotlieve	97
Crossmaglen	Slieve Gullion	96
Quoile	Downpatrick	96
Mullaghbane	Slieve Gullion	95
Damolly	Newry	94
Strangford	Downpatrick	94
Derryboy	Rowallane	93
Derryleckagh	Crotlieve	93
Lisnacree	The Mourne	93
Whitecross	Slieve Gullion	91
Ballyward	Slieve Croob	90
Forkhill	Slieve Gullion	86
Hilltown	Crotlieve	85
Saintfield	Rowallane	85
Cathedral (Newry, Mourne and Down)	Downpatrick	84
Binnian	The Mourne	82

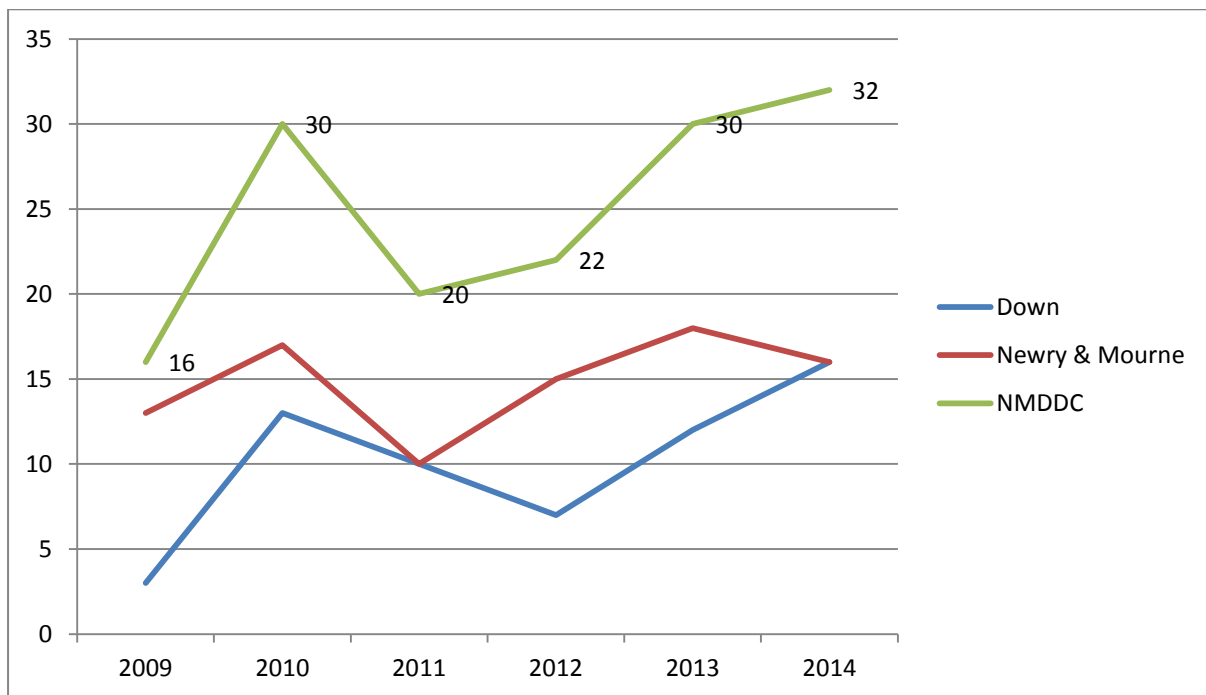
Kilmore	Rowallane	82
Tollymore	The Mournes	80
Ballydugan	Slieve Croob	77
Newtownhamilton	Slieve Gullion	77
Drumaness	Slieve Croob	76
Camlough	Slieve Gullion	68
Burren	Crotlieve	66

It shows that the ward of Ballybot in Newry DEA had the highest incidences of cancer over the 2010-2014 period with 127 while Burren in Crotlieve DEA recorded the lowest number of incidences of cancer across all the 41 wards with 66.

Suicide Rate – Registered Deaths from Suicide 2009-2014

The graph below looks at the number of registered deaths by suicide in our district. The data is based on our two former council areas and therefore excludes any data from the Ballyward area of our new Council.

Registered Deaths from Suicide 2009 - 2014

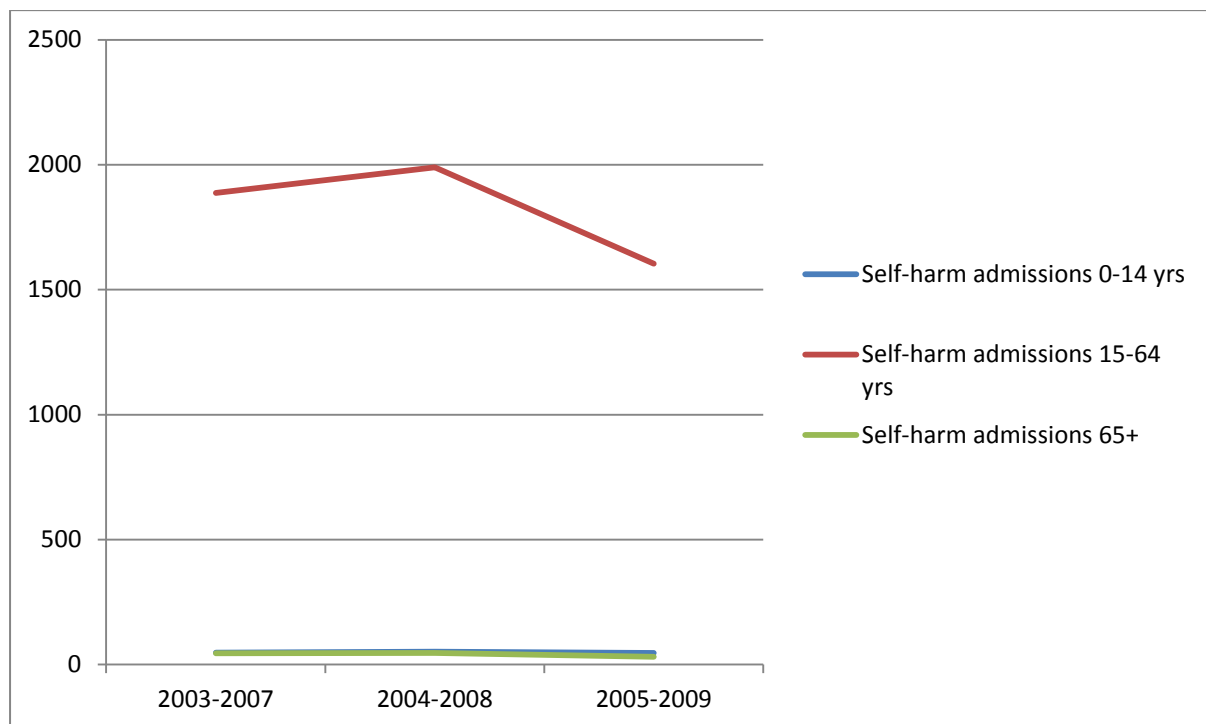


The graph shows that the total data from the two previous councils has fluctuated greatly over the 6 year period being analysed, however the latest figure for 2014 (32) is the highest figure registered in the period analysed as well as the highest from 1997 onwards.

Mental health – Hospital Admissions due to Self-Harm

Mental health was an issue that featured strongly during our community engagement events and is important to the people in our communities. The area itself is vast and it is difficult to mine and collate data on as there are so many contributing factors and results of mental health/illness. Much of the data available goes only to Trust, NI level or individual hospitals which also makes it difficult to see a clear picture of mental health at the district level.

We have already looked at suicide rates with our district which again is only those registered and up to 2014 which many not necessarily show the whole picture and the following data looks at another element of mental health/illness, that of self-harm. This data however is only at old council level so the figure will not include the Ballyward area.

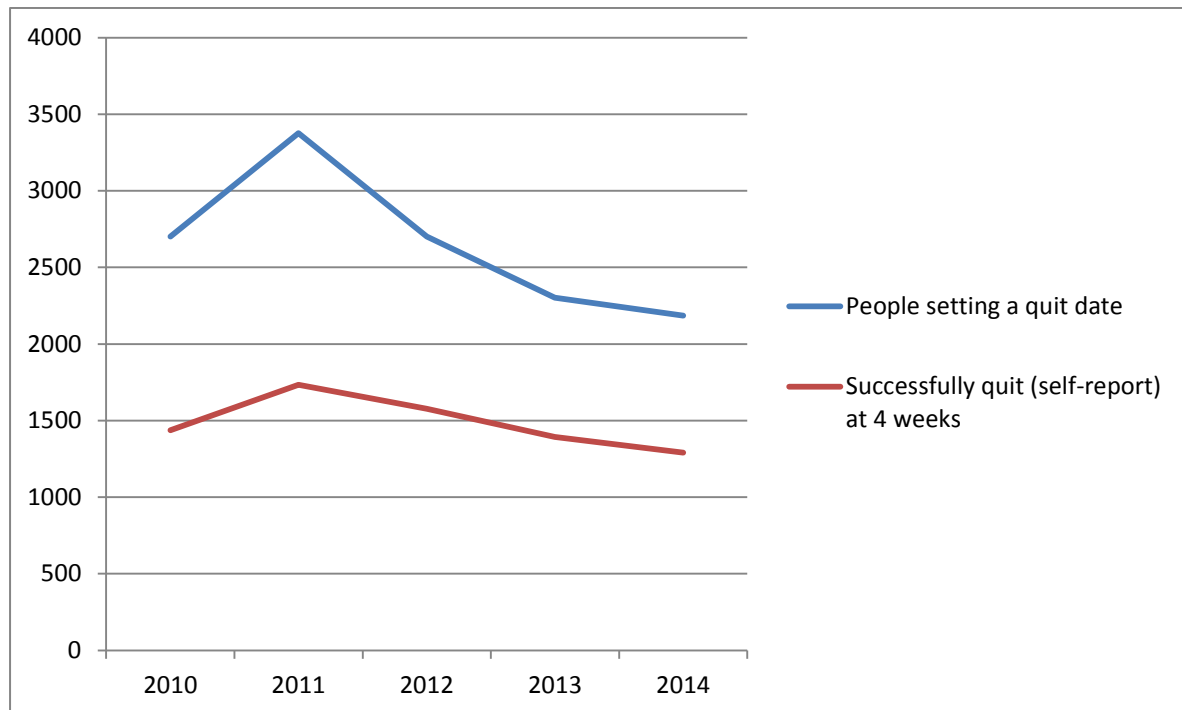


As we can see the highest number of admissions for self-harm is within the 15-64 age group as you would expect. This figure did decrease between 2004-2008 and 2005-2009 but we are not aware of what the figures look like currently.

Smoking Rates – Smoking Cessation Services

Data on smoking in Northern Ireland relates to cessation services and smoking in pregnant women. The figures on the number of people that smoke are not available at LGD level so it is difficult to get a clear picture of smoking rates within our area.

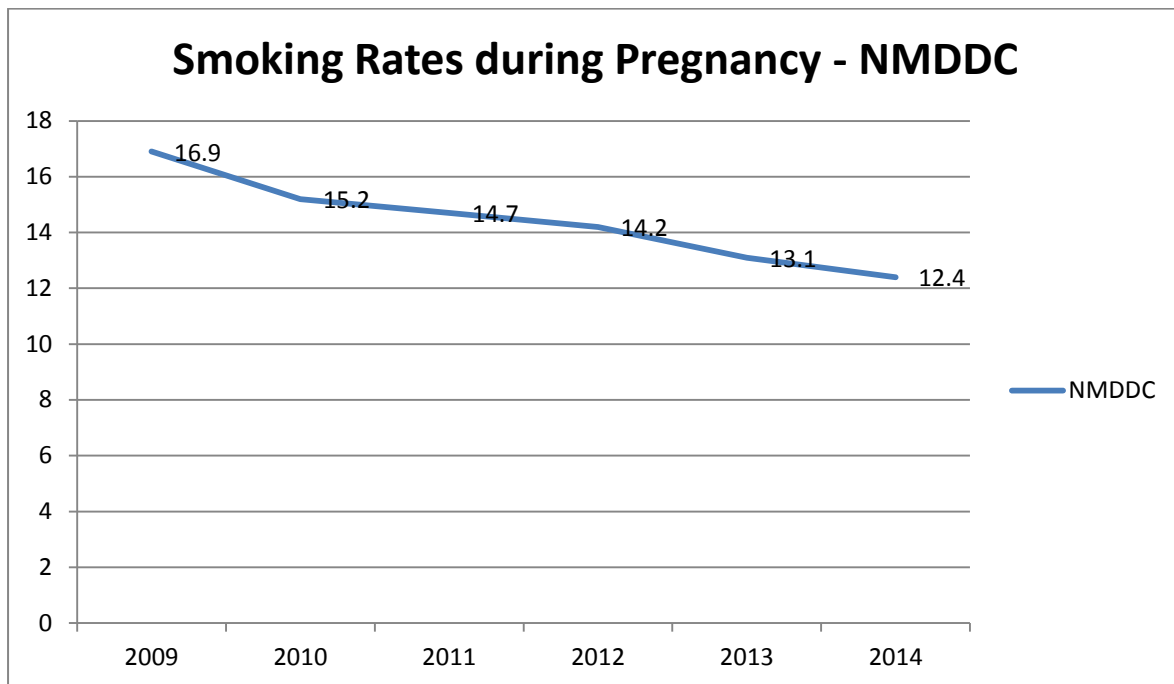
For the smoking cessation services it looks at those who have set a quit date and those who have successfully quit (self-reported) at 4 weeks. The 2014 data has been recorded for the new Newry, Mourne and Down council area while the data from 2010-2013 is a combination of the two former councils and thus does not include Ballyward.



	2010	2011	2012	2013	2014
Successfully quit (self-report) at 4 weeks (%)	53.2	51.4	58.4	60.5	59.1

The graphs show that the numbers setting a date and successfully quitting smoking has declined since 2011 but this may be due to the decrease in the smoking population.

Smoking Rates – Smoking During Pregnancy



We can see from the graph that between 2009 and 2014 there has been a steady decrease in smoking rates in pregnant women in our district.

Childhood and Adult Obesity – Childhood Obesity (Sample selection of Year 1 and Year 8 pupils)

The data in the table below shows a sample assessment carried out by Child Health Systems for the PHA in relation to childhood obesity. It looks at the percentage of those assessed in Year 1 (children with a DOB between 02/07/09 and 01/07/10 and who were measured in 2014/15) and Year 8 (children with a DOB between 02/07/02 and 01/07/03 and who were measured in 2014/15) and deemed to be overweight or obese and goes down to DEA level for Newry, Mourne and Down.

YEAR 1

DEA	Total number children assessed	Number overweight or obese	% overweight or Obese	% of males overweight or obese	% of females overweight or obese
CROTLIEVE	443	77	17%	14%	21%
DOWNPATRICK	296	62	21%	20%	22%
NEWRY	388	95	24%	22%	27%
ROWALLANE	222	45	20%	20%	20%
SLIEVE CROOB	307	59	19%	16%	23%
SLIEVE GULLION	467	107	23%	20%	26%
THE MOURNES	366	48	13%	7%	18%
NMD Total	2489	493	20%	17%	23%

The table shows that the average % of overweight or obese pupils in NMDDC was 20%. Of those deemed overweight or obese in Year 1, 17% were male and 23% were female.

Three of the DEA's in our district recorded above the district average for pupils in Year 1 assessed as overweight or obese including Downpatrick (21%), Slieve Gullion (23%) and Newry (24%).

The Mournes had the largest gap between the percentage of its male and females deemed to be overweight or obese.

YEAR 8

DEA	Total number children assessed	Number overweight or obese	% overweight or Obese	% of males overweight or obese	% of females overweight or obese
CROTLIEVE	344	85	25%	25%	24%
DOWNPATRICK	163	57	35%	32%	37%
NEWRY	299	88	29%	25%	34%
ROWALLANE	152	51	34%	33%	34%
SLIEVE CROOB	197	57	29%	30%	28%
SLIEVE GULLION	326	90	28%	30%	25%
THE MOURNES	302	71	24%	25%	22%
NMD Total	1783	499	28%	28%	28%

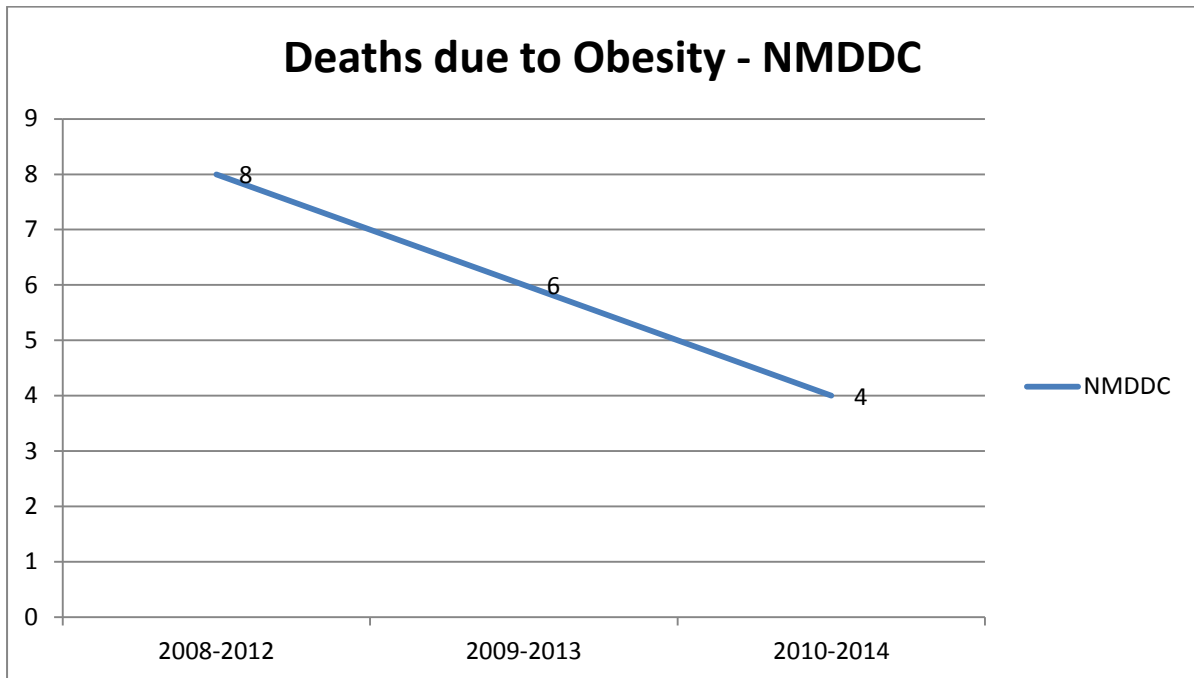
Looking at 12/13 year olds we see that there were a total of 1783 children assessed within the Newry, Mourne and Down district, of which 499 were deemed overweight or obese accounting for 28% of the total assessed, a far higher figure than those assessed at Year 1.

Four of the seven DEA's had a higher percentage of Year 8 pupils deemed overweight or obese than the NMDDC average including Newry (29%), Slieve Croob (29%), Rowallane (34%) and Downpatrick (35%).

The gender gap is also different with regard to children deemed overweight or obese in Year 8 compared to Year 1. While all DEA's in Year 1 had a higher female to male ratio of pupils overweight or obese (apart from Rowallane which recorded 20% each) in Year 8 4 of the DEA's have a higher male to female ratio of pupils overweight or obese including Crotlieve (25% -24%), Slieve Croob (30% -28%), Slieve Gullion (30% - 25%) and The Mournes (25% - 22%).

Childhood and Adult Obesity – Deaths due to Obesity (2008-2014)

The graph below looks at the number of deaths caused by obesity in our district from 2008.



It shows that the number of registered deaths due to obesity has been falling from 2008-2012 and 2010-2014.