

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

Indicator: Level of Health Status

People's health is one of the most valued aspects of people's lives. Surveys in many countries consistently found that people put health status, together with jobs at the top of what affects their living conditions. People's health status matter in itself, but also for achieving other dimensions of well-being, such as having good jobs and adequate income, being able to participate as full citizens to community life, to socialise with others, to attend school and adult education.

(Self-reported health)

Measures: % of those reporting good or very good health

Children who are overweight or obese

People with life limiting illness

People dependent on carers

Level of mental illness

% of those reporting good or very good health – Census 2011 Data

This is a question that is asked in the Census, the last of which was in 2011. The data therefore is 6 years old as it asks about your health for the 12 months previous to the Census.

The data is at district level only and looks at this question by age and sex.

Total Males	Males reporting good or very good health	% of males reporting good or very good health	Total Females	Females reporting good or very good health	% of females reporting good or very good health
84,366	69,284	82.1	85,592	69,022	80.6

81.4% of the NMDDC population reported good or very good health. The table shows that there were a higher percentage of males reporting good or very good health compared to females.

	0-14 years (%)	15-39 years (%)	40-64 years (%)	65+ years (%)
Total	25.6	38.4	28.4	7.6
Male	26	38.5	28.4	7.1
Female	25.2	38.2	28.5	8.1

The table above shows that age group with the highest percentage of persons reporting good or very good health was 15-39 while as expected the 65+ age group reported the lowest level of good or very good health.

Children who are overweight or obese - 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%).

People with life limiting illness – Long Term Health Problems or Disability (Census 2011)

This data looks at the number of people within our district whose activity is limited by long term health problems or disability. The data is analysed at old council level ward so the total figure will not include data from Ballyward.

	All usual residents	Long-term health problem or disability: Day-to-day activities limited a lot	Long-term health problem or disability: Day-to-day activities limited a little
NMDDC	169211	19579	14102
As a % of population		11.6	8.3

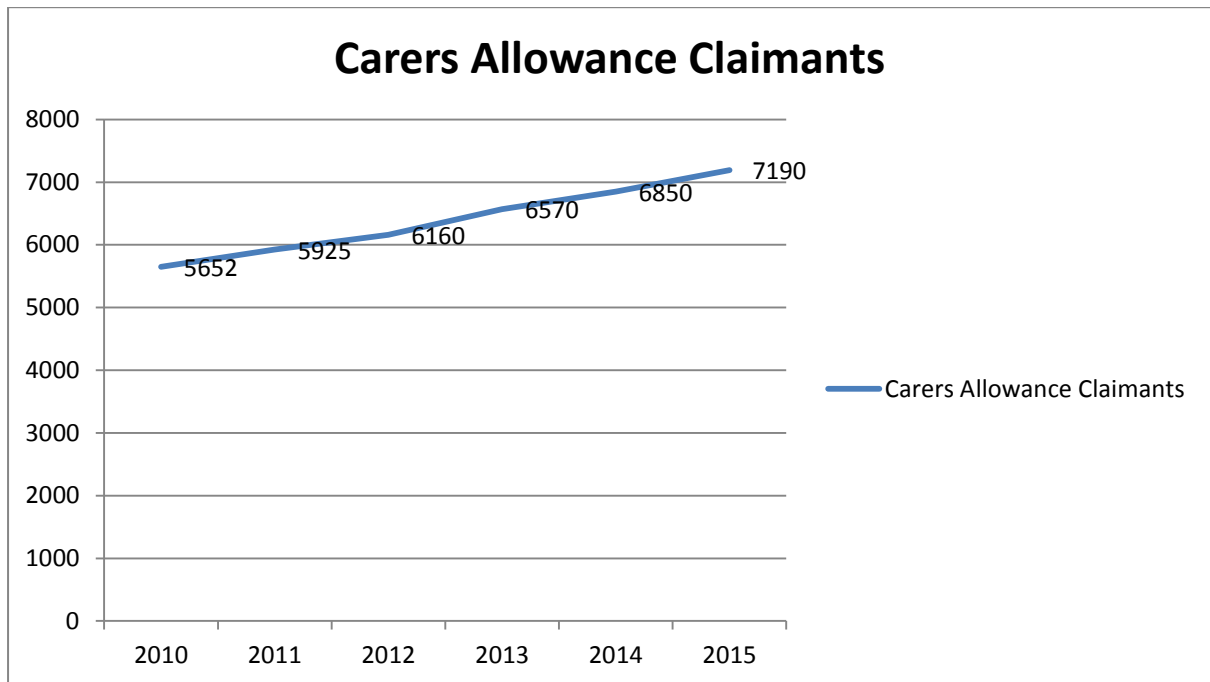
The data tells us that 11.6% of the NMDDC population have a long term health problem or disability which limits their day-to-day activities a lot.

Looking then at the 65+ age group in our district we can see that 33.9% have their day-to-day activities limited a lot due to long term health problems or disability.

	All usual residents aged 65 and over in households	Day-to-day activities limited a lot	Day-to-day activities limited a little	Day-to-day activities not limited
Newry, Mourne and Down	21964	7456	5265	9243
As a % of the 65+ population		33.9	24.0	42.1

People dependent on carers – Carers Allowance Claimants (2010-2015)

Carers allowance claimants is a measure of the number of people within our district that are dependent on carers. The data looks at the number of claimants at LGD level from 2010-2015. While the data for 2014-2015 is based on the new council area the previous years are a combination of our two former councils so does not include any data on Ballyward.

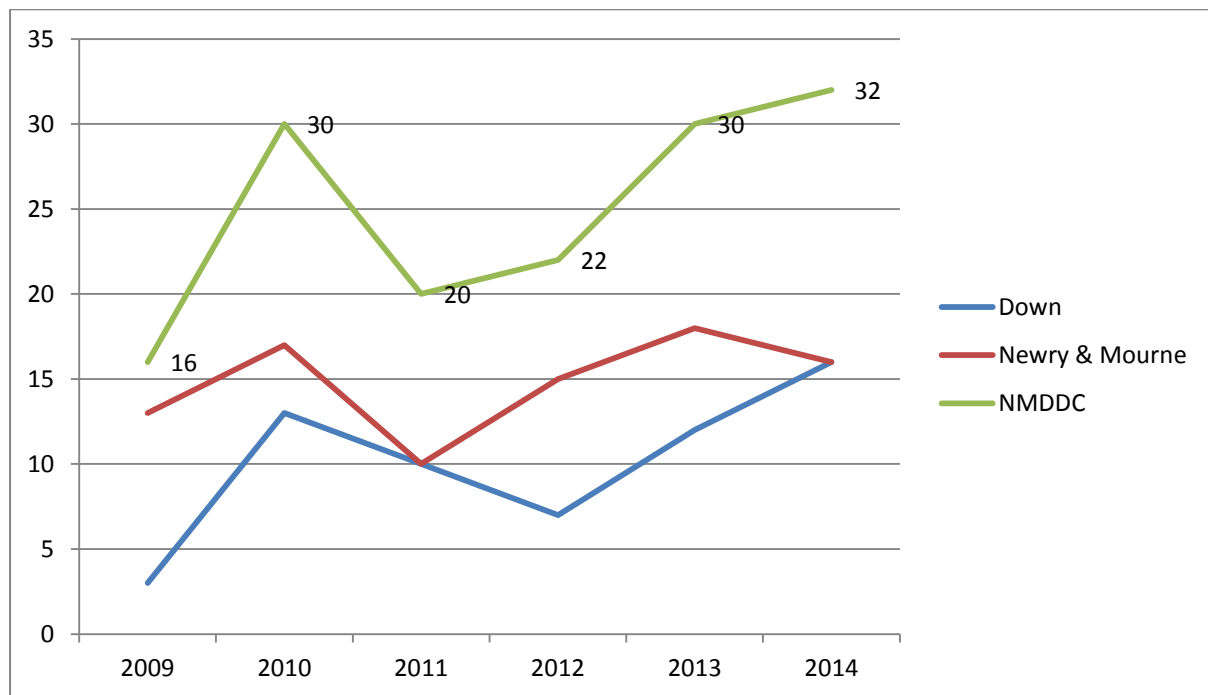


The data shows that the number of carers allowance claimants has been increasing steadily year on year with 7,190 claimants in 2015 across NMDDC

Level of Mental Illness – Suicide

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

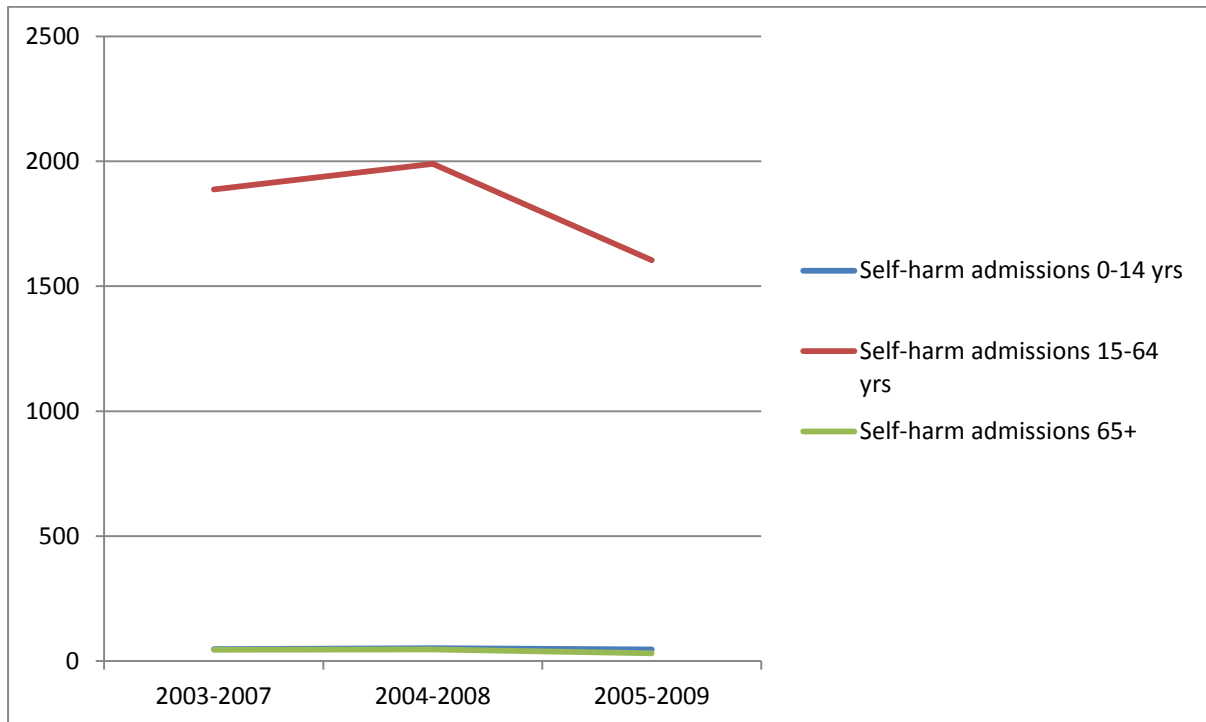


The graph shows that the total data from the two previous councils has fluctuated greatly over the 6 year period being analysed, however the latest figure for 2014 (32) is the highest figure registered in the period analysed as well as the highest from 1997 onwards.

Level of Mental Illness – 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 or below.

We have already looked at suicide rates within 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.