

# HEALTH INDICATORS: NEWRY, MOURNE AND DOWN

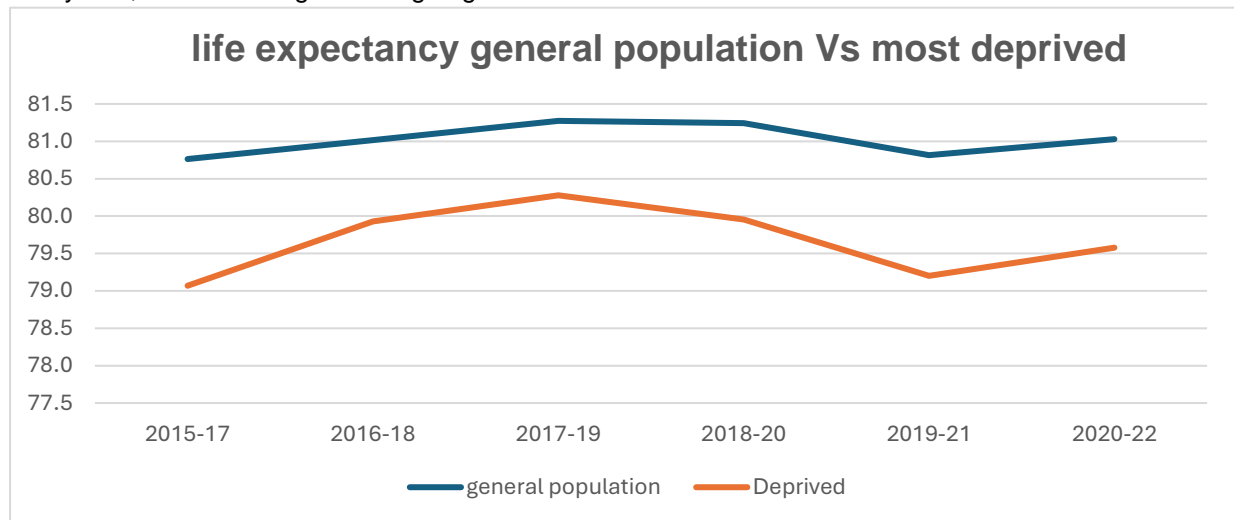
This report focuses on key health indicators in the Newry, Mourne and Down area, providing an analysis of life expectancy, physical activity levels, preventable deaths, childhood obesity, self-harm-related admissions, and admissions for alcohol and drug-related causes.

## LIFE EXPECTANCY

Life expectancy is a fundamental measure of overall population health. In Newry, Mourne, and Down:

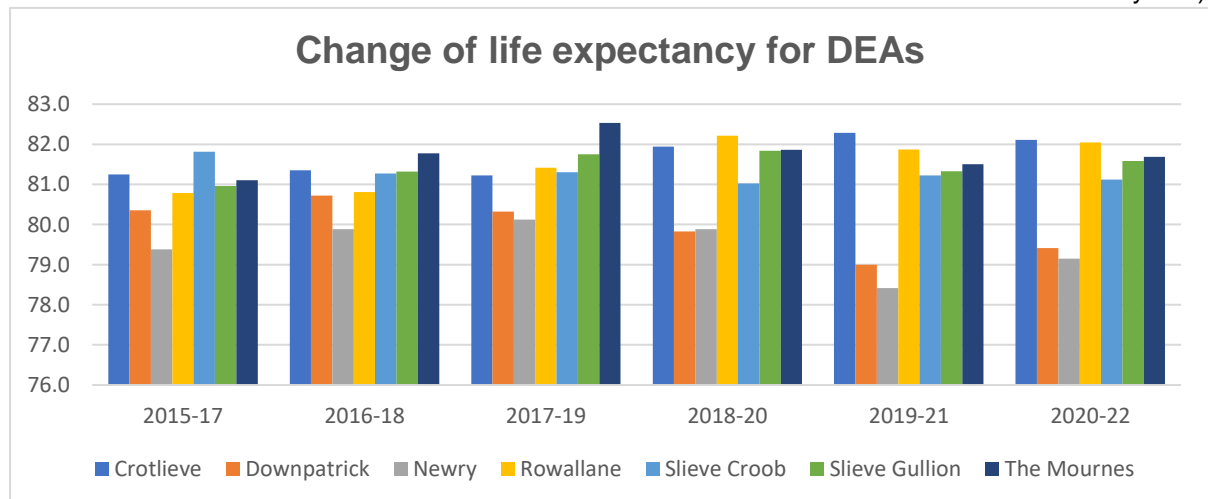
- **Male** have an average life expectancy of **78.4 years**.
- **Female** live slightly longer, with an average of **82.2 years**.

These figures align with the Northern Ireland averages, though disparities remain in more deprived areas. The gap between the general and deprived populations fluctuated but stayed between 0.9 and 1.7 years, underscoring the ongoing influence of socio-economic factors on health outcomes



## LIFE EXPECTANCY BY DEA (DISTRICT ELECTORAL AREAS)

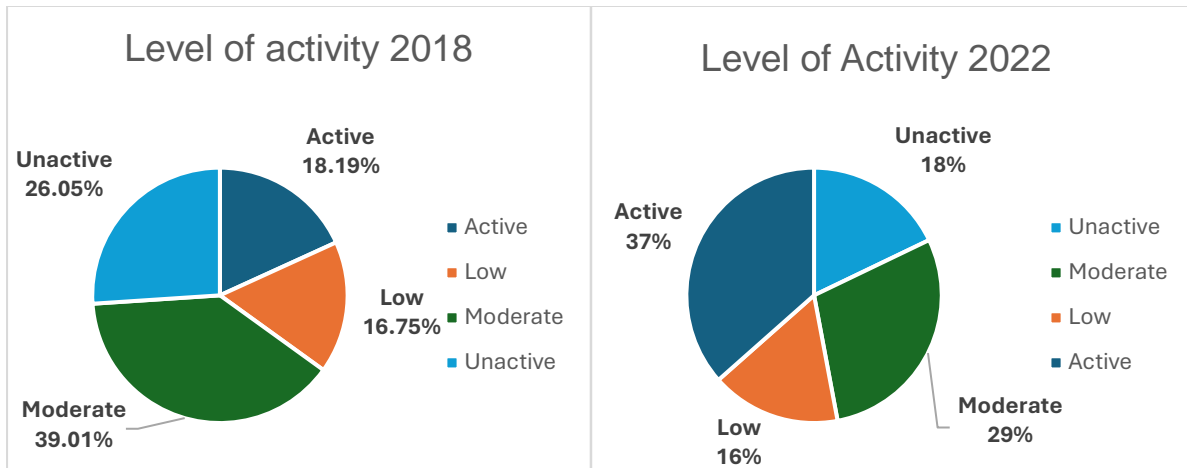
Life expectancy varied across District Electoral Areas (DEAs), with some areas experiencing improvements and others seeing declines. **Crotlieve**, **Slieve Croob**, and **Slieve Gullion** reported higher life expectancies (over 81 years), while **Newry** and **Downpatrick** showed lower figures (around 79-80 years).



## LEVEL OF PHYSICAL ACTIVITY

There was a significant shift in physical activity levels: in 2022, more people were active (37%) compared to 2018 (18.19%), while the proportion of "inactive" individuals decreased from 26.05% in 2018 to 18% in 2022. Moderate activity levels dropped from 39.01% to 29%.

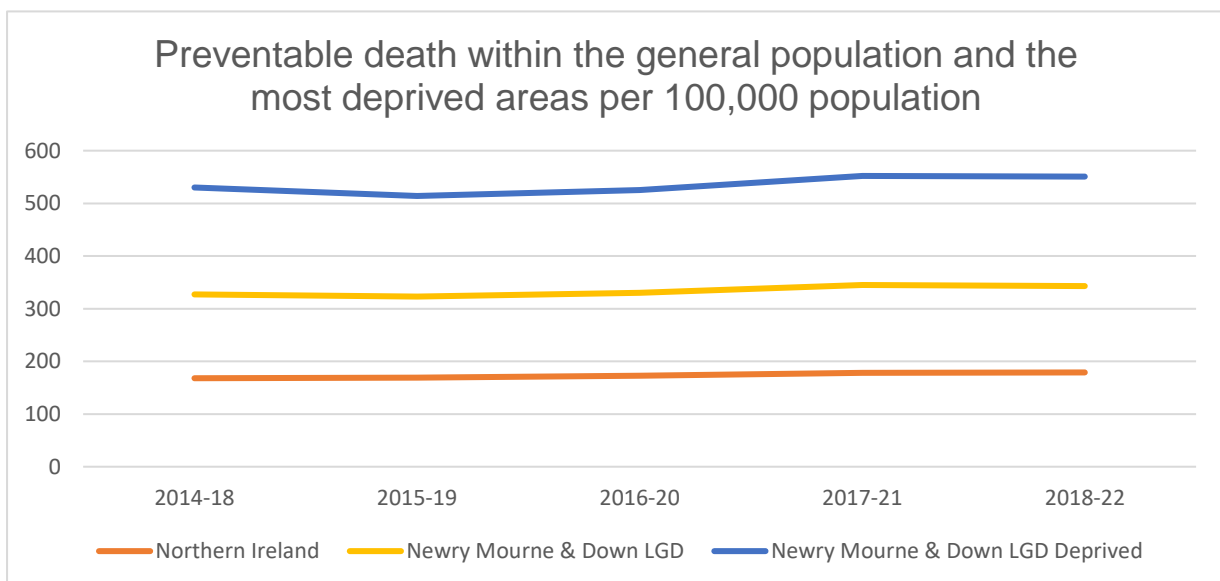
indicates a notable improvement in overall physical activity levels among the population in Newry, Mourne and Down District Council between 2018 and 2022

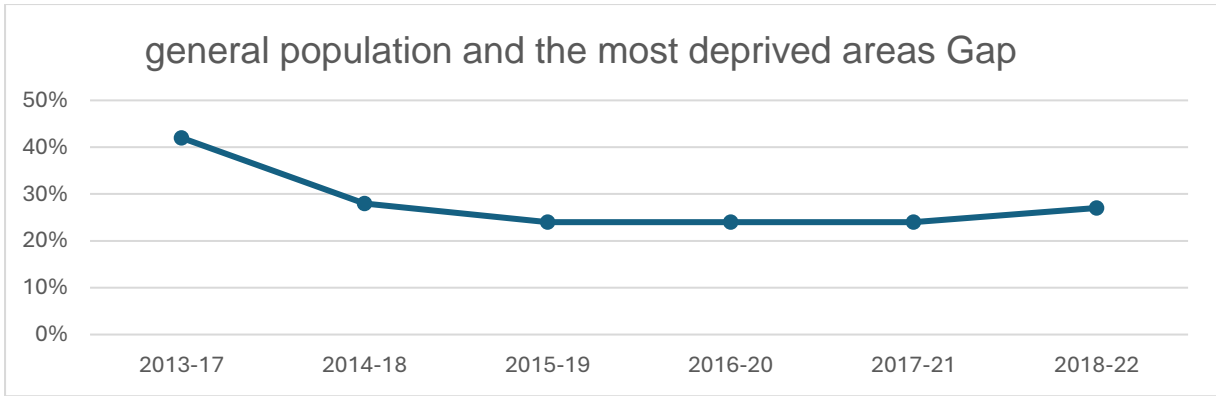


## PREVENTABLE DEATHS

Causes of death that can be mainly avoided through effective public health and primary prevention interventions (i.e. before the onset of diseases/injuries, to reduce incidence) Preventable death rates in Newry, Mourne, and Down have consistently been lower than Northern Ireland averages, but concerning trends remain in deprived areas.

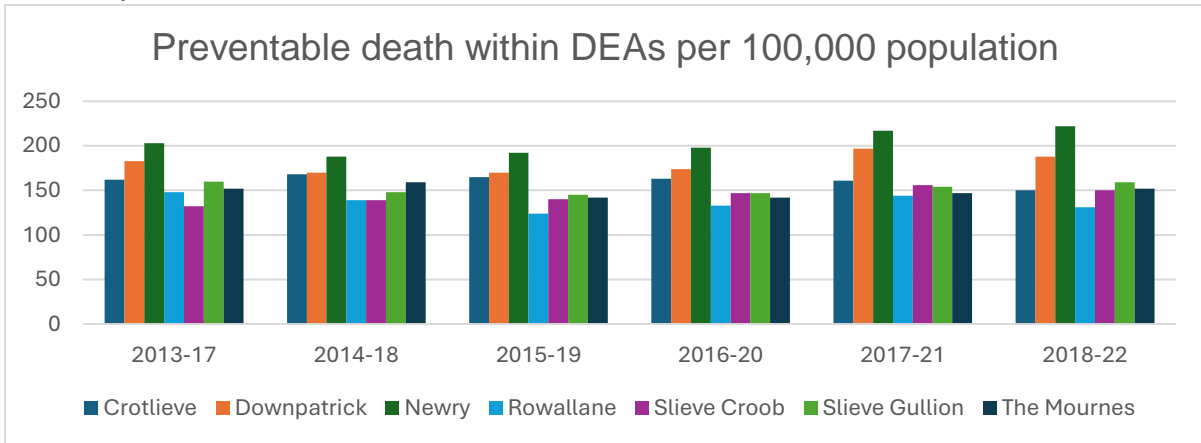
- **Newry, Mourne & Down** had a preventable death rate of **164 per 100,000** (2018-2022), compared to **208 per 100,000** in deprived areas.
- Despite a narrowing gap, disparities persist, highlighting the need for targeted health interventions.





## DEATH RATES BY DEA

**Newry** DEA reported the highest death rates, with **222 per 100,000** in 2018-2022, up from previous years. In contrast, **Rowallane** and **Crotlieve** maintained lower rates, reflecting geographic disparities in mortality within the district.

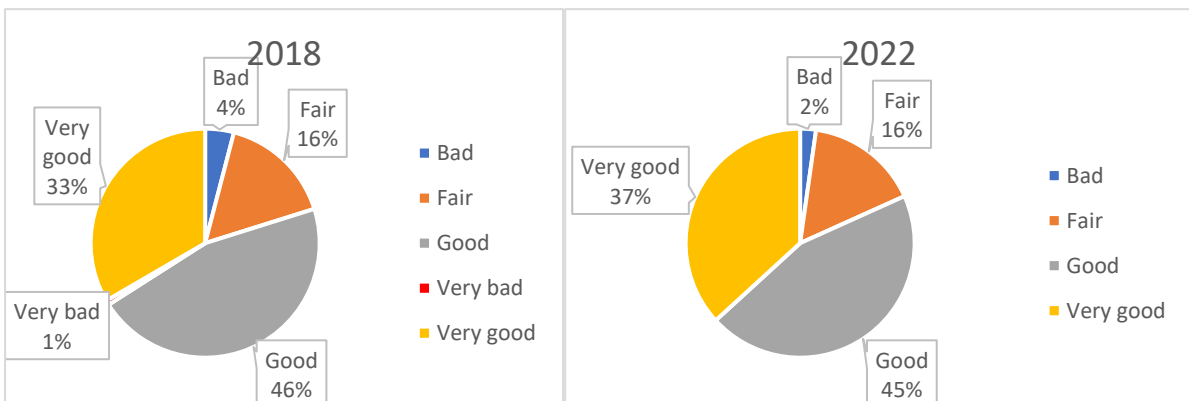


## PEOPLE WHO ARE REPORTING GOOD OR VERY GOOD HEALTH

Between 2018 and 2022, self-reported health outcomes improved. More people reported feeling in "Good" or "Very Good" health in 2022, while fewer reported "Bad" health:

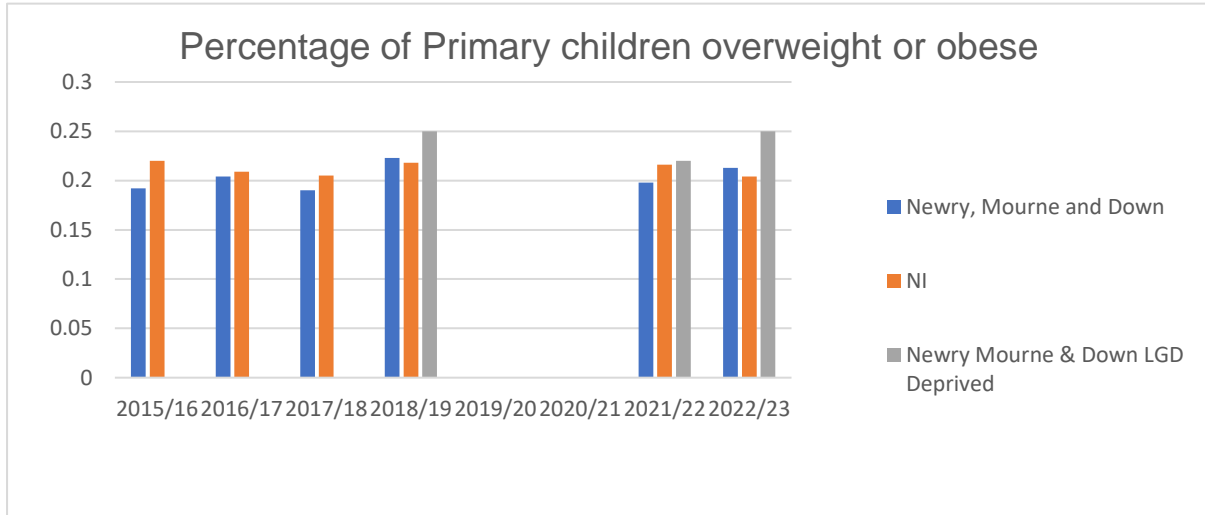
- In 2022, **622** individuals reported good or very good health, up from **605** in 2018.
- The number of people reporting "Bad" health dropped from **31** in 2018 to **17** in 2022.

Despite these positive trends, the number of people in "Fair" health remained relatively stable, suggesting a need for ongoing health interventions.



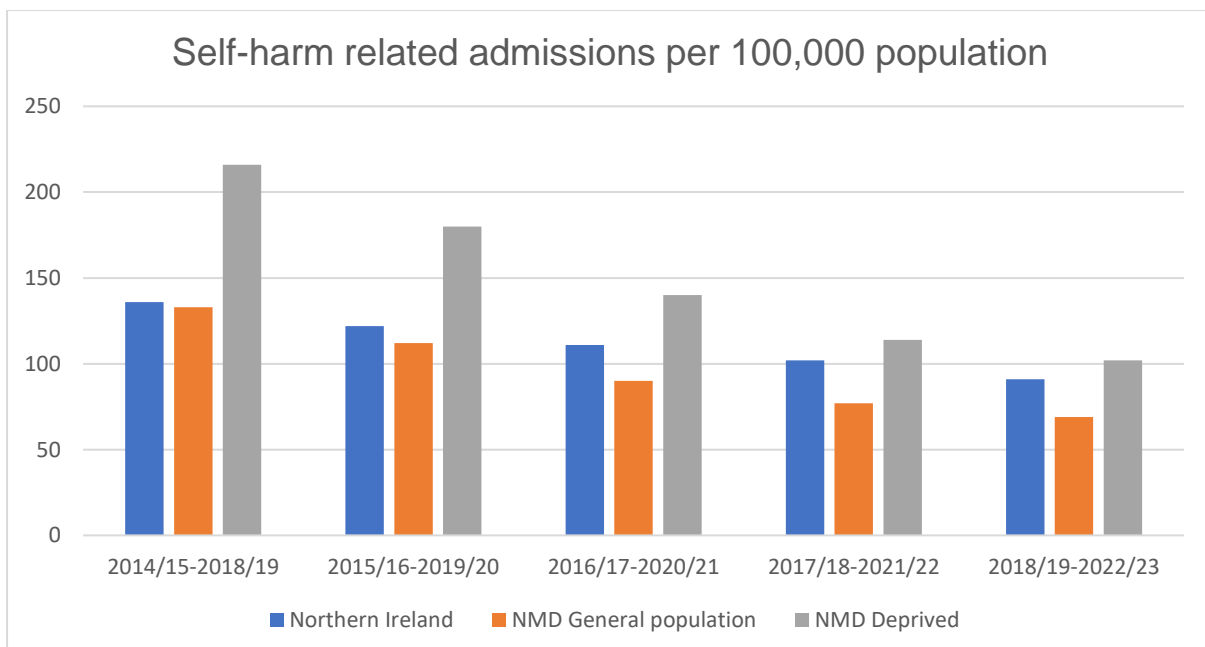
## PERCENTAGE OF PRIMARY 1 CHILDREN OVERWEIGHT OR OBESE

The percentage of Primary 1 children in Newry, Mourne, and Down who were overweight or obese fluctuated between 19.0% and 22.3% from 2015/16 to 2022/23. In comparison, Northern Ireland (NI) saw similar fluctuations, with percentages ranging from 20.4% to 22.0% over the same period. The deprived areas of Newry, Mourne, and Down showed consistently higher levels, reaching 25% in 2018/19 and 2022/23.



## NUMBER OF ADMISSIONS FOR SELF HARM

There has been a consistent and notable decline in self-harm admissions in both Northern Ireland and Newry, Mourne, and Down. However, the deprived population in NMD consistently experiences higher rates of self-harm-related admissions, though the gap has gradually reduced, indicating some progress in addressing inequalities.

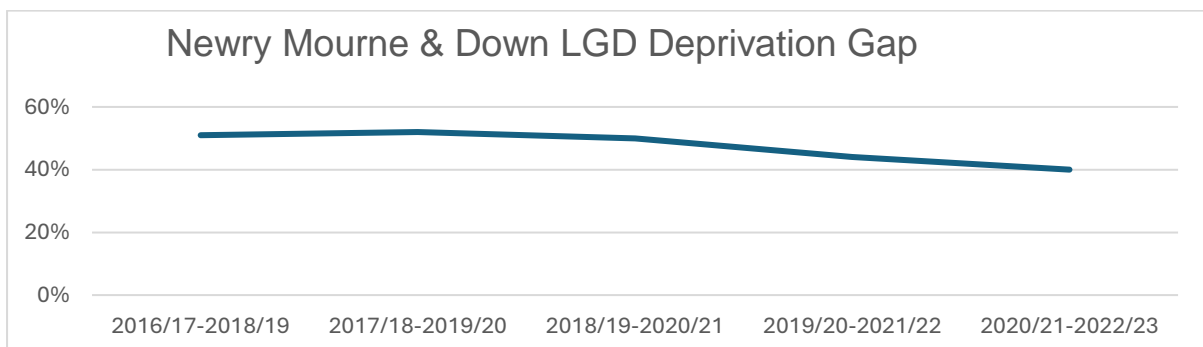
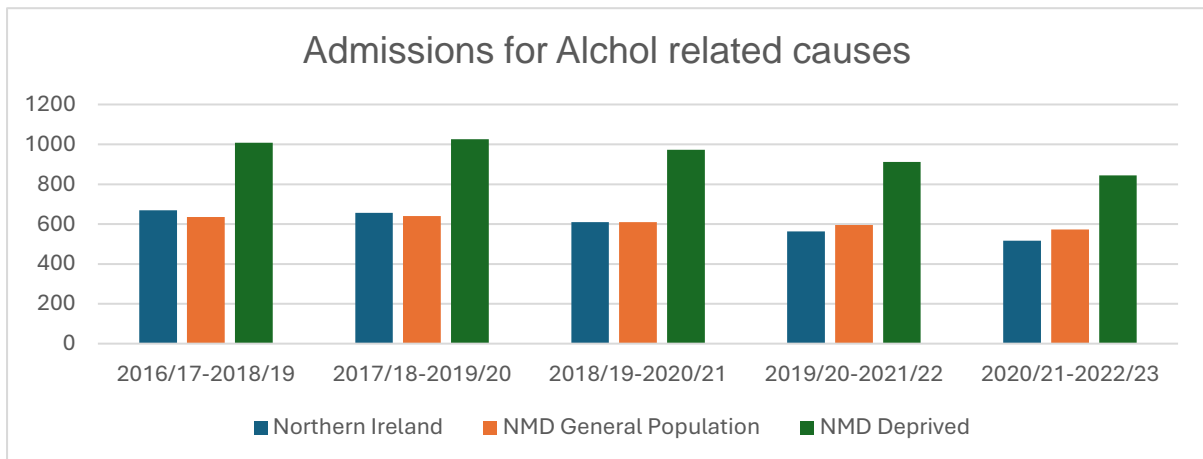


## NUMBER OF ADMISSIONS FOR ALCOHOL AND DRUG RELATED CAUSES

Alcohol and drug misuse remains a significant public health issue, placing a strain on healthcare resources and contributing to preventable deaths. In Newry, Mourne and Down:

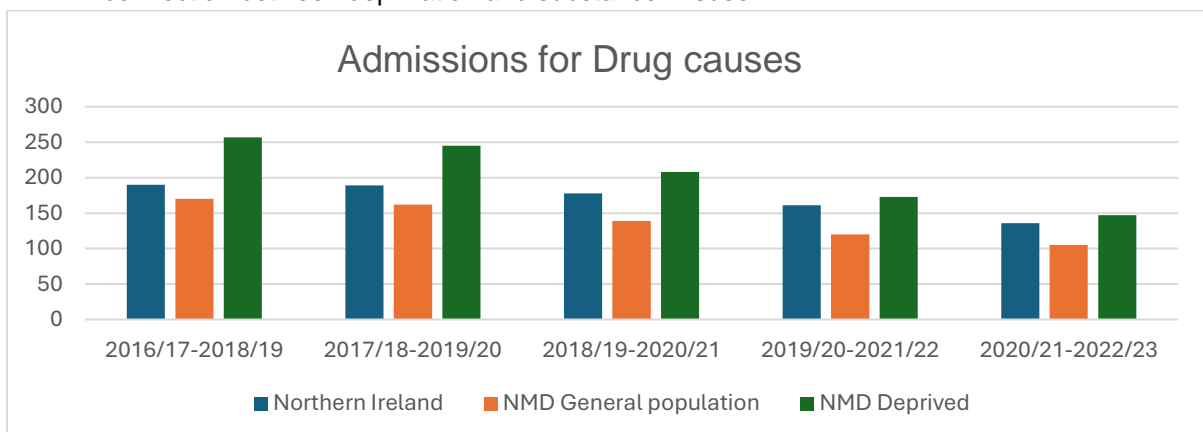
### Alcohol-Related Admissions:

- The rate of **alcohol-related admissions** is higher, at **572 per 100,000 people**.
- Again, in deprived areas, the rate is significantly higher at **844 per 100,000**, highlighting the serious impact of alcohol misuse on health in these communities.

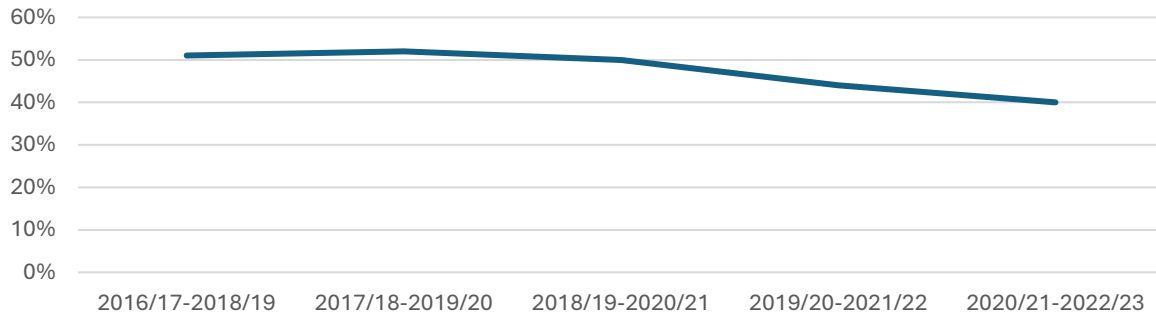


### Drug-Related Admissions:

- The rate of **drug-related hospital admissions** stands at **105 per 100,000 people**.
- In more deprived areas, this rate increases to **147 per 100,000**, reflecting the close connection between deprivation and substance misuse.



### Newry Mourne & Down LGD Deprivation Gap

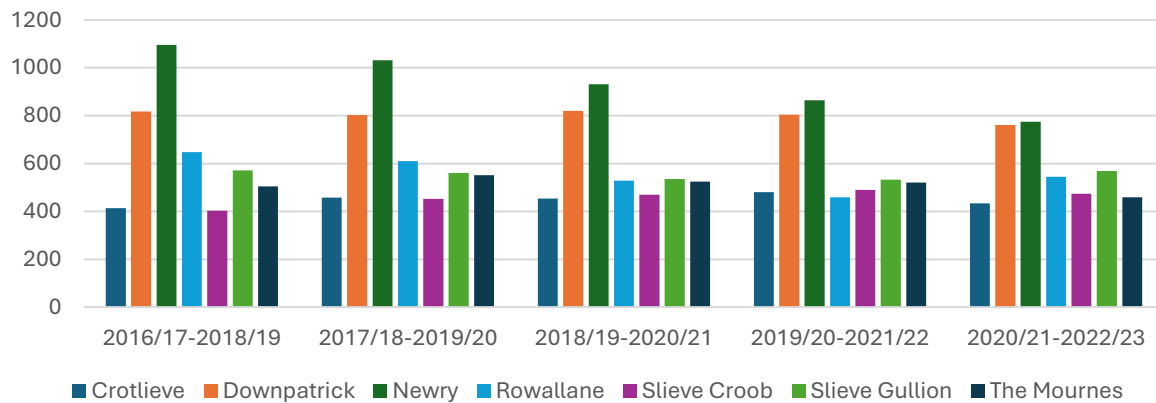


Although both alcohol and drug-related admissions have shown a slight decline, they remain concerningly high, particularly in areas facing social and economic challenges. Enhanced addiction support services and public health initiatives are essential to further reducing these rates.

### ADMISSIONS FOR ALCOHOL AND DRUGS CAUSES DEAS

**Newry** consistently shows higher admission rates for both drug and alcohol causes, indicating more severe substance-related health challenges compared to other DEAs like **Crotlieve** and **Slieve Croob**, which show relatively lower rates.

### Admissions for drug Alcohol causes DEAs



### Admissions for Drug causes DEAs

