

Health and Wellbeing information

Being Active

The benefits of physical activity include improving your mood, increasing energy levels, strengthening your heart, muscles, and bones, and helping you sleep better. Being active can also reduce stress and lower the risk of long-term illnesses like heart disease and diabetes. In Newry Mourne and Down District Council and Down ***17% of residents reported that they do not engage in any physical activity during a typical week.***

Coming Together

Bringing communities, families, and individuals together can improve wellbeing by reducing feelings of loneliness, creating support networks, and encouraging a sense of belonging. When people feel connected, they are more likely to stay active, feel valued, and support each other. In Newry Mourne and Down District Council and Down ***83% of residents indicated that they do not regularly participate in any local groups or community activities***

Get Informed

Projects that share clear and useful information help people make better choices for their physical and mental wellbeing. Projects may promote address health issues that you feel are important in your local area. When we understand how our lifestyle affects us, we feel more confident in making positive changes and taking care of ourselves and others. ***Across Northern Ireland, 21% of individuals reported finding it difficult to make decisions that would improve their health and wellbeing.***

Health and Wellbeing in Newry, Mourne and Down facts and figures

- **Life Expectancy:** 82.6 years
- **Total Annual Hospital Admissions:** Approximately 36,500
- **Total Annual Dental Extractions:** Approximately 15,000
- **Smoking-Attributable Deaths (Annually):** Approximately 360
- **Total Admissions for Self-Harm (Annually):** Approximately 130
- **Residents Receiving Mood and Anxiety Prescriptions:** Approximately 40,000



- **Self-Rated General Health:** 82% of residents describe their health as "Good" or "Very Good"
- **Self-Rated Physical Health:** 83% of residents rate their physical health at 7 out of 10 or better
- **Self-Rated Mental Health:** 85% of residents rate their mental health at 7 out of 10 or better

