

# Public Health Annual Scientific Conference

## Wednesday 10 June 2015

### Making Life Better: Improving Health and Care for Adults

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Director of Public Health



# Overview

Why Adults?

Key features of adult health in NI

How are PHA and partners working to improve the health of adults?

# Further Information

PHA website

<http://www.publichealth.hscni.net/>

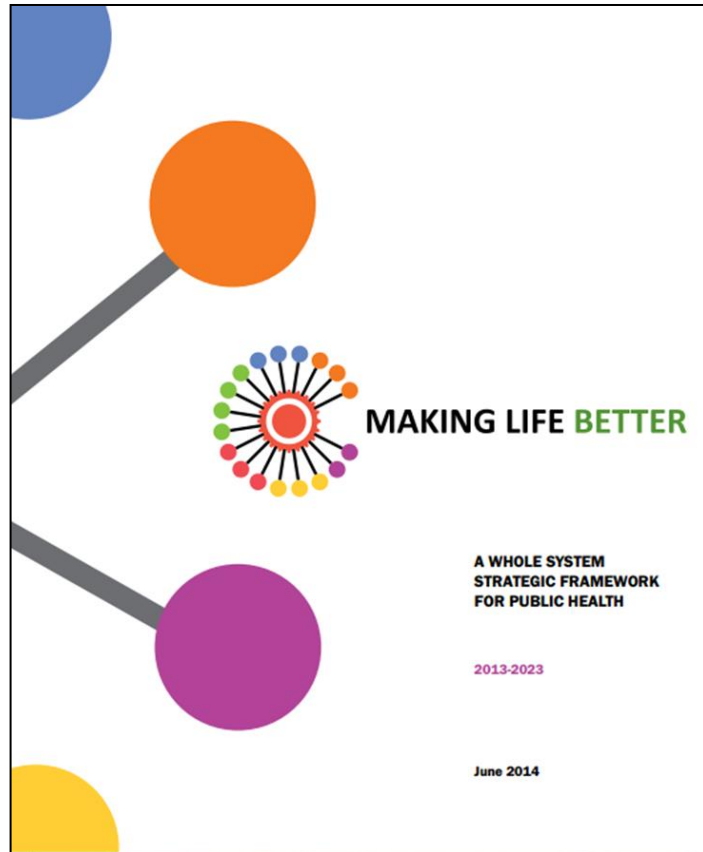
Report

Core Tables

Detailed statistical report on Adults



# Making Life Better



1. Giving Every Child the Best Start
2. Equipped Throughout Life
3. Empowering Healthy Living
4. Creating the Conditions
5. Empowering Communities
6. Developing Collaboration

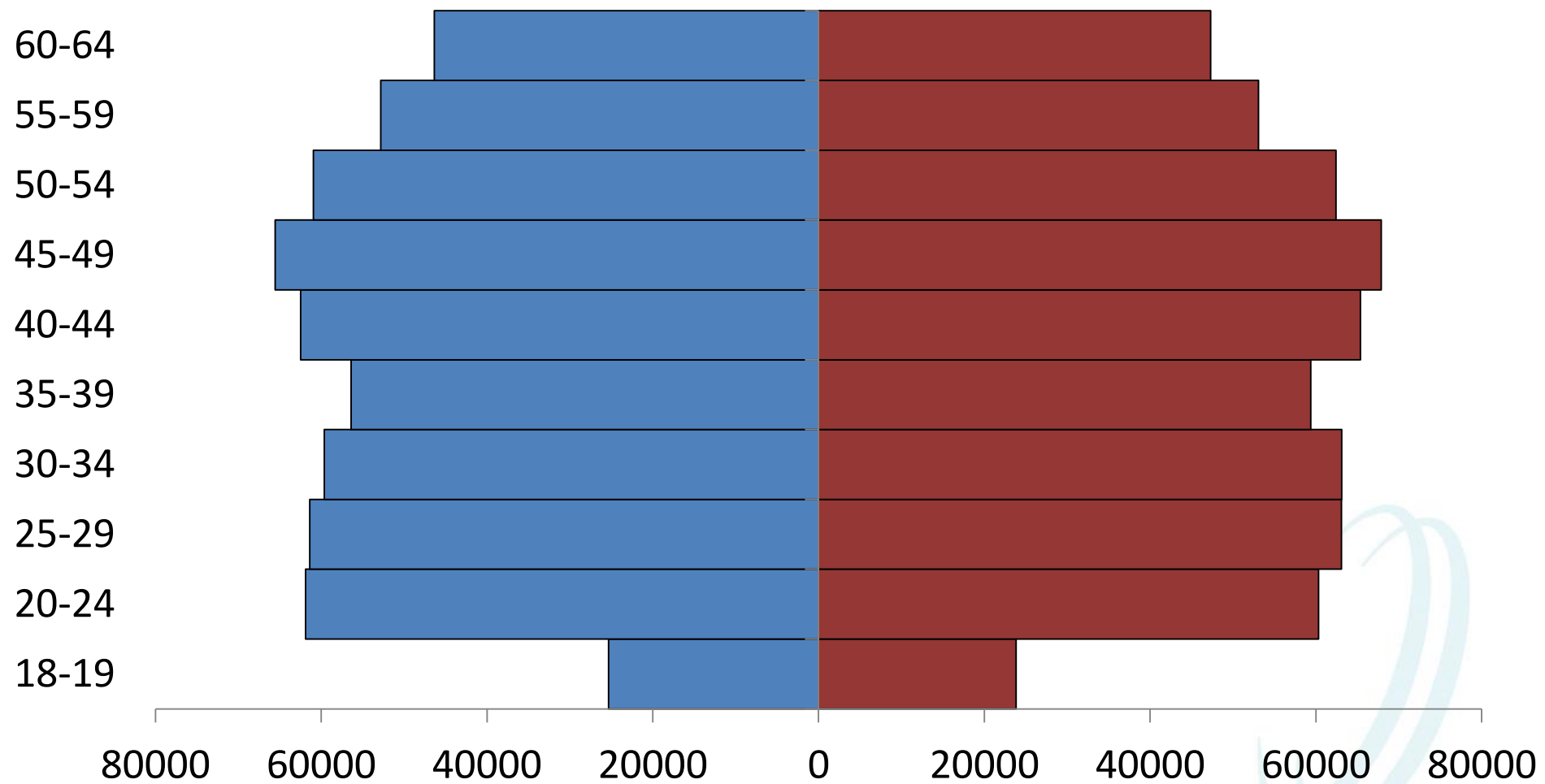
# WHY ADULTS?





# 2013

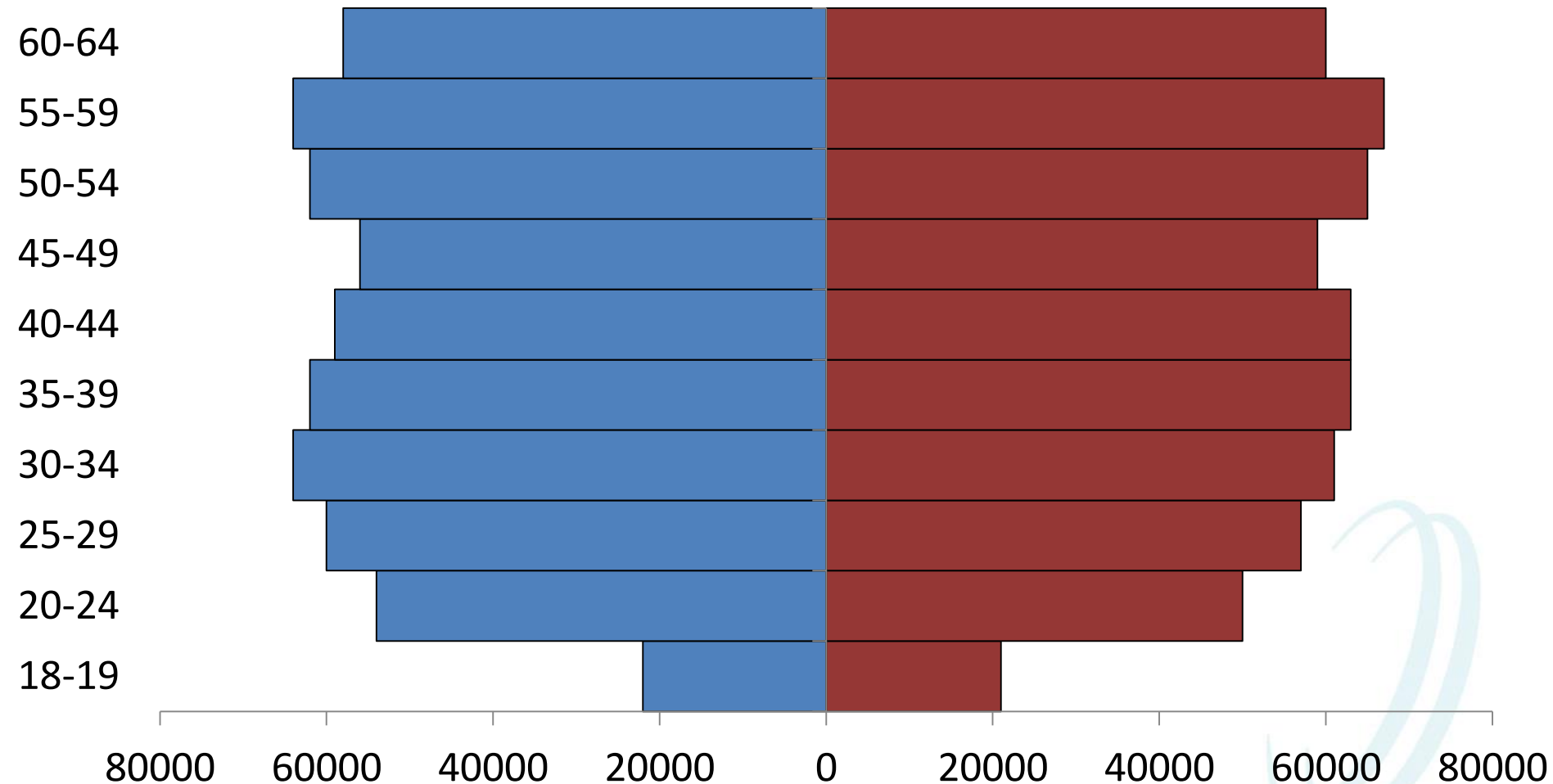
Male Female



Source: NISRA, 2013 mid year estimates of population and 2012 based population projections

# 2023

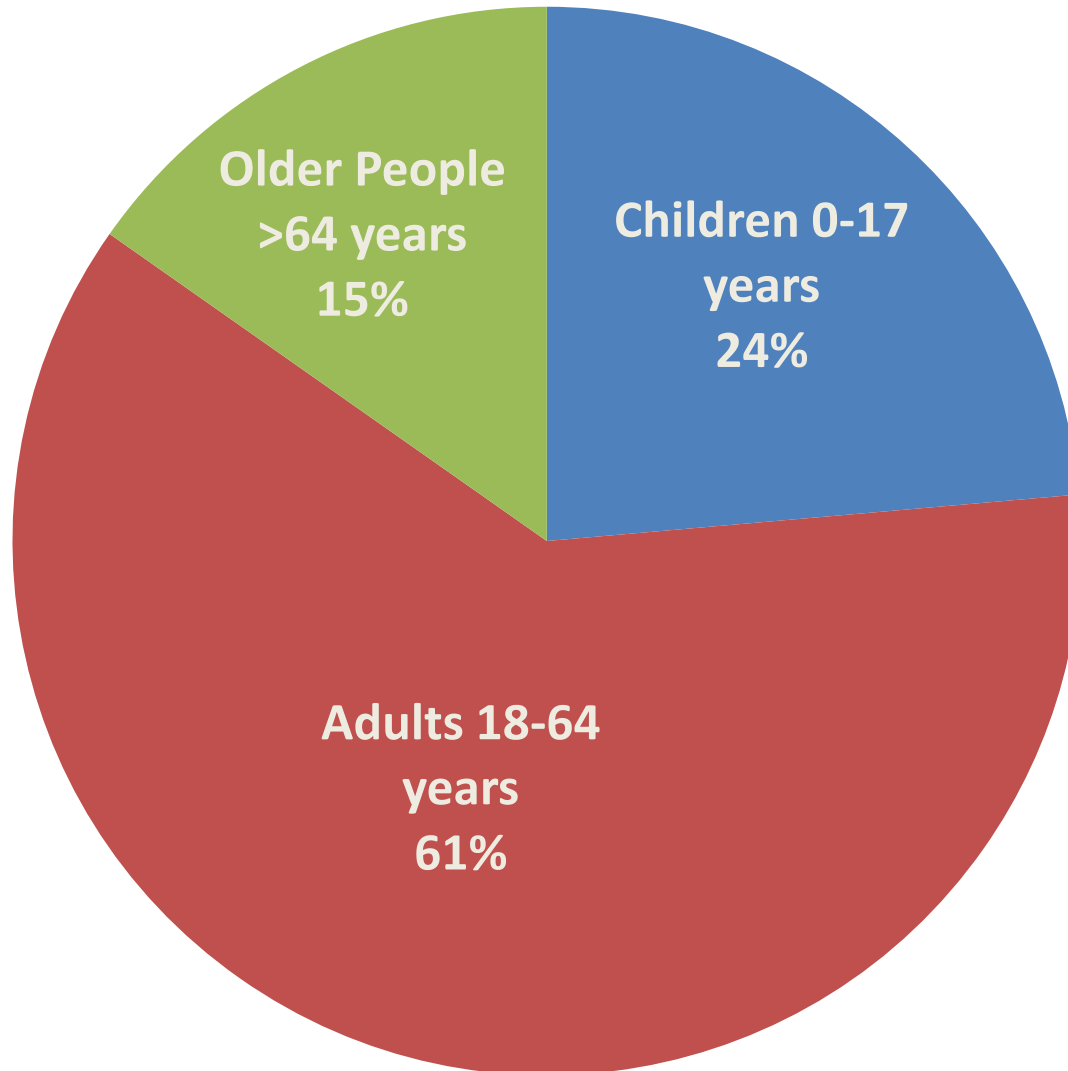
Male Female



Source: NISRA, 2013 mid year estimates of population and 2012 based population projections

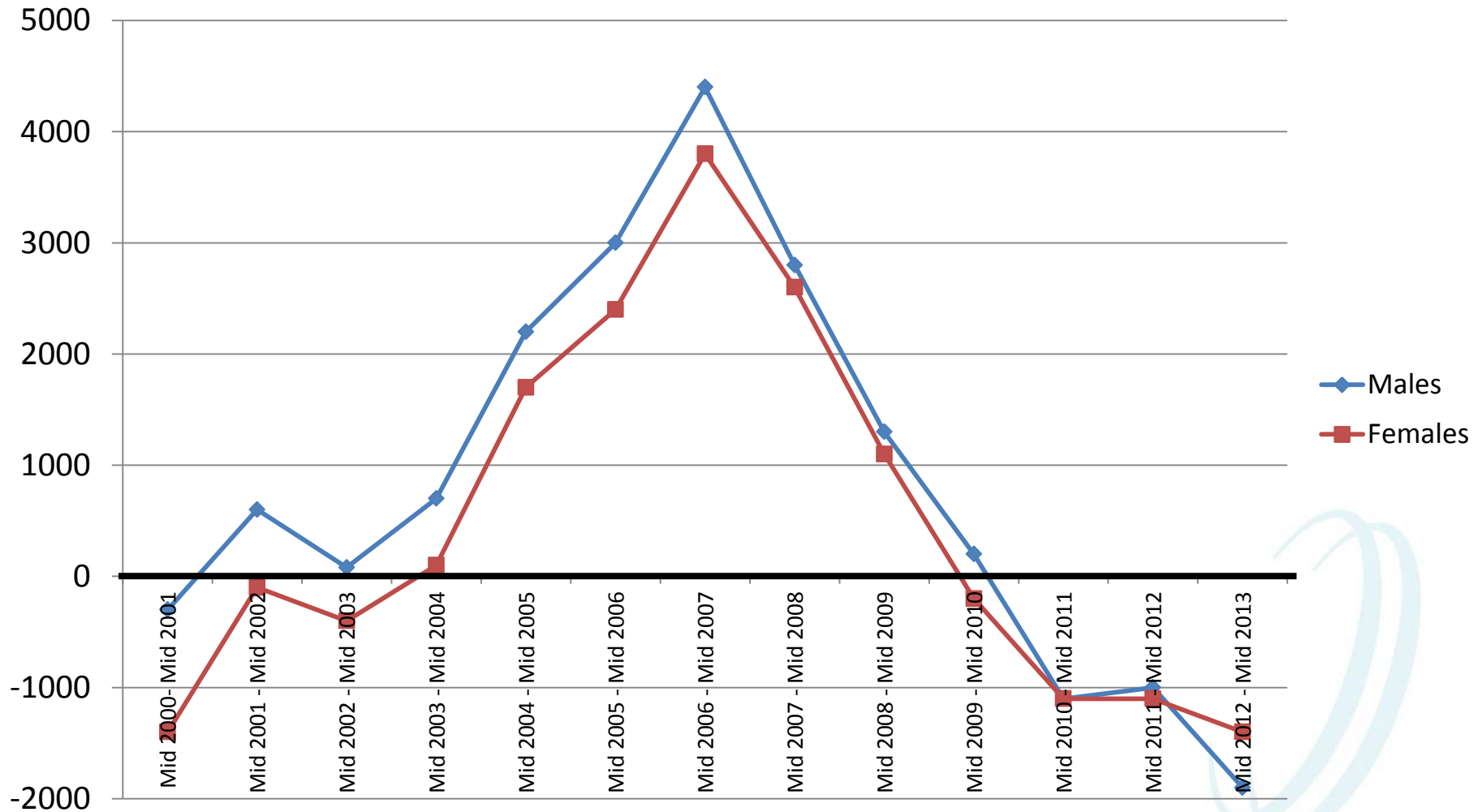


# Northern Ireland Population (2013) by Age Group



# KEY FEATURES OF ADULT HEALTH IN NI

# Estimated Net Migration by gender, Northern Ireland, mid 2000 - mid 2013



# Marriages, Divorces and Civil Partnerships 2013

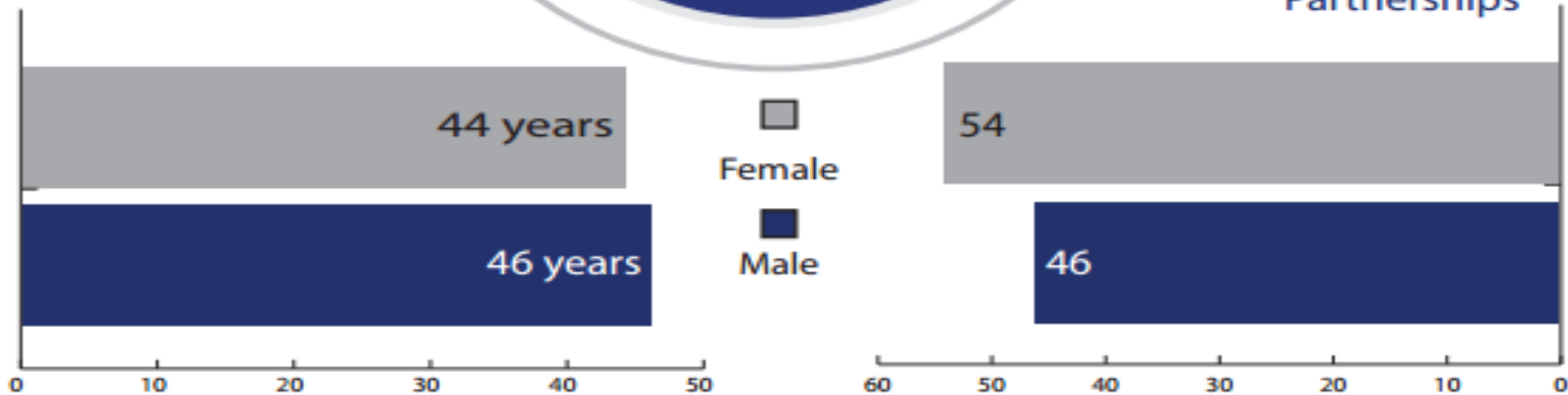
2,403  
Divorces

100  
Civil  
Partnerships

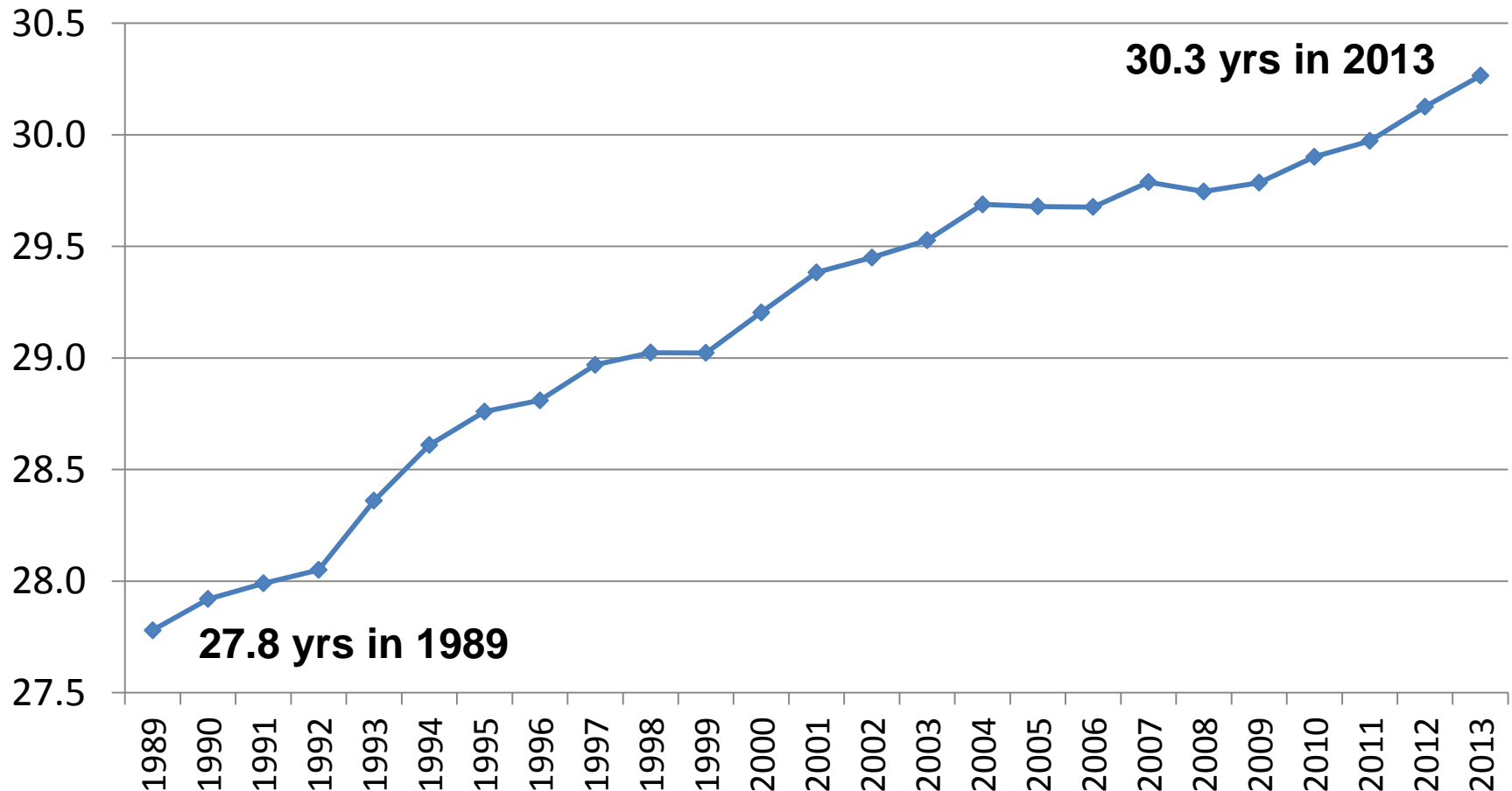
8,126  
Marriages

Average age at Divorce

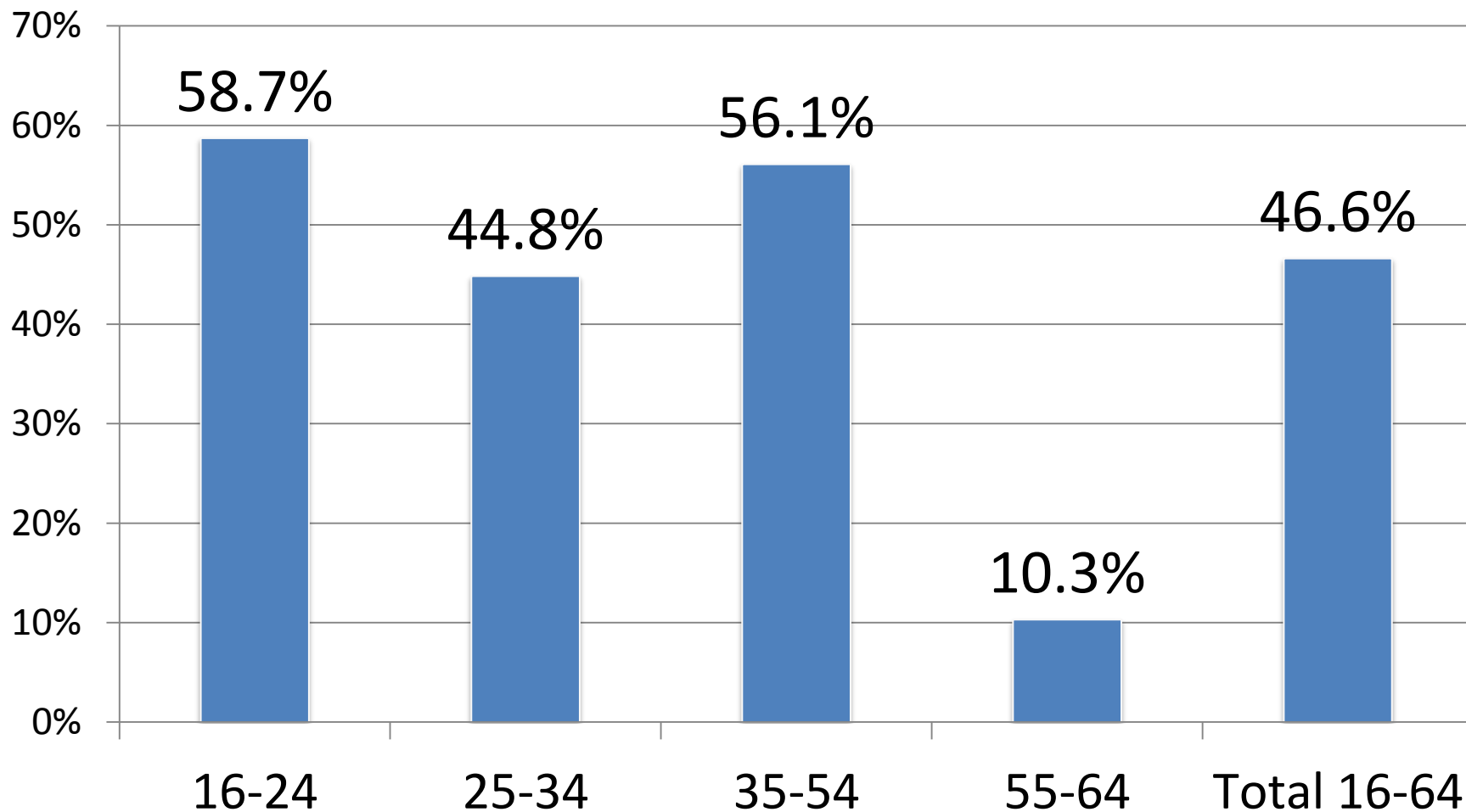
Gender of 100 Civil Partnerships



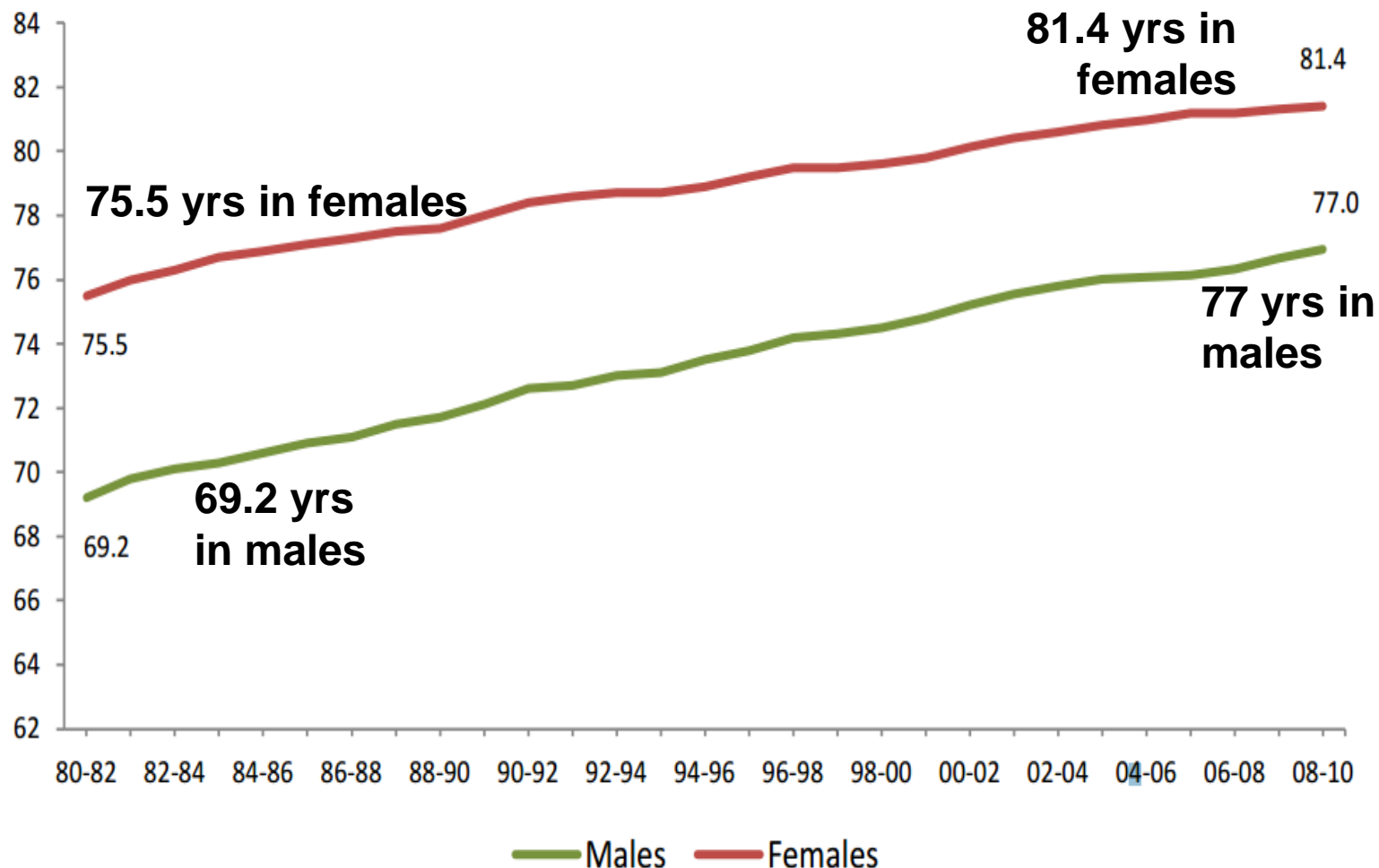
## Average age (yrs) of mother at birth, Northern Ireland, 1989 - 2013 (non zero axis)



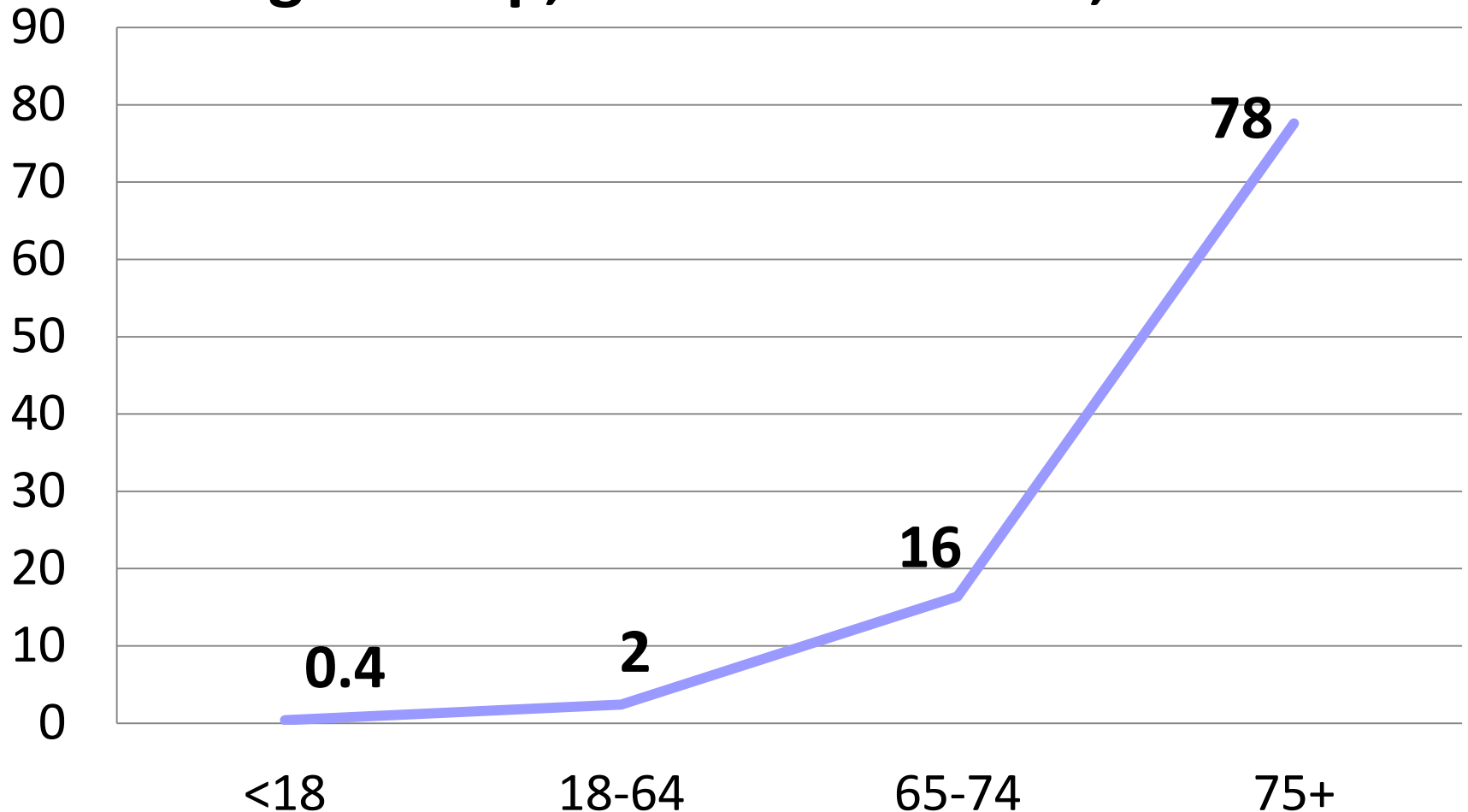
## Percentage residents with dependent children by age group, Northern Ireland, 2011



# Life Expectancy at Birth 1980-82 to 2008-2010



# Death Rate per 1000 Population by Age Group, Northern Ireland, 2013





# Top 3 Causes of Death

## Adults 20-64 Years Old

1. Cancer
2. Respiratory Disease
3. Disease of digestive system

## Whole Population

1. Cancer
2. Respiratory Disease
3. Cardiovascular Disease

Source: NISRA, Births and Deaths Reports

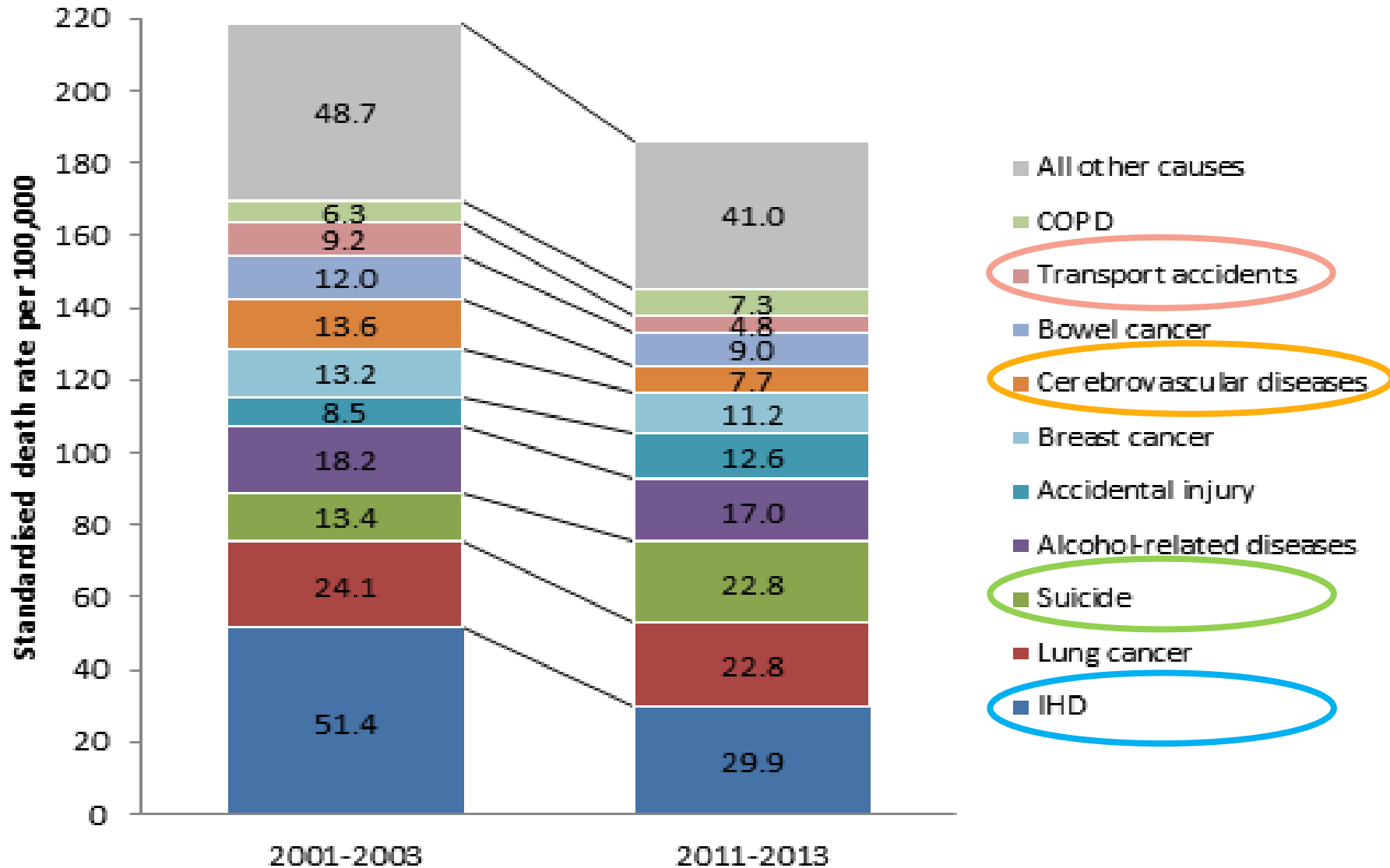
# Accidents & Suicide as a Cause of Death

Cause	% of Deaths	
	20-64 year olds	Whole NI population
Suicide	10%	2%
Accidents	7%	5%

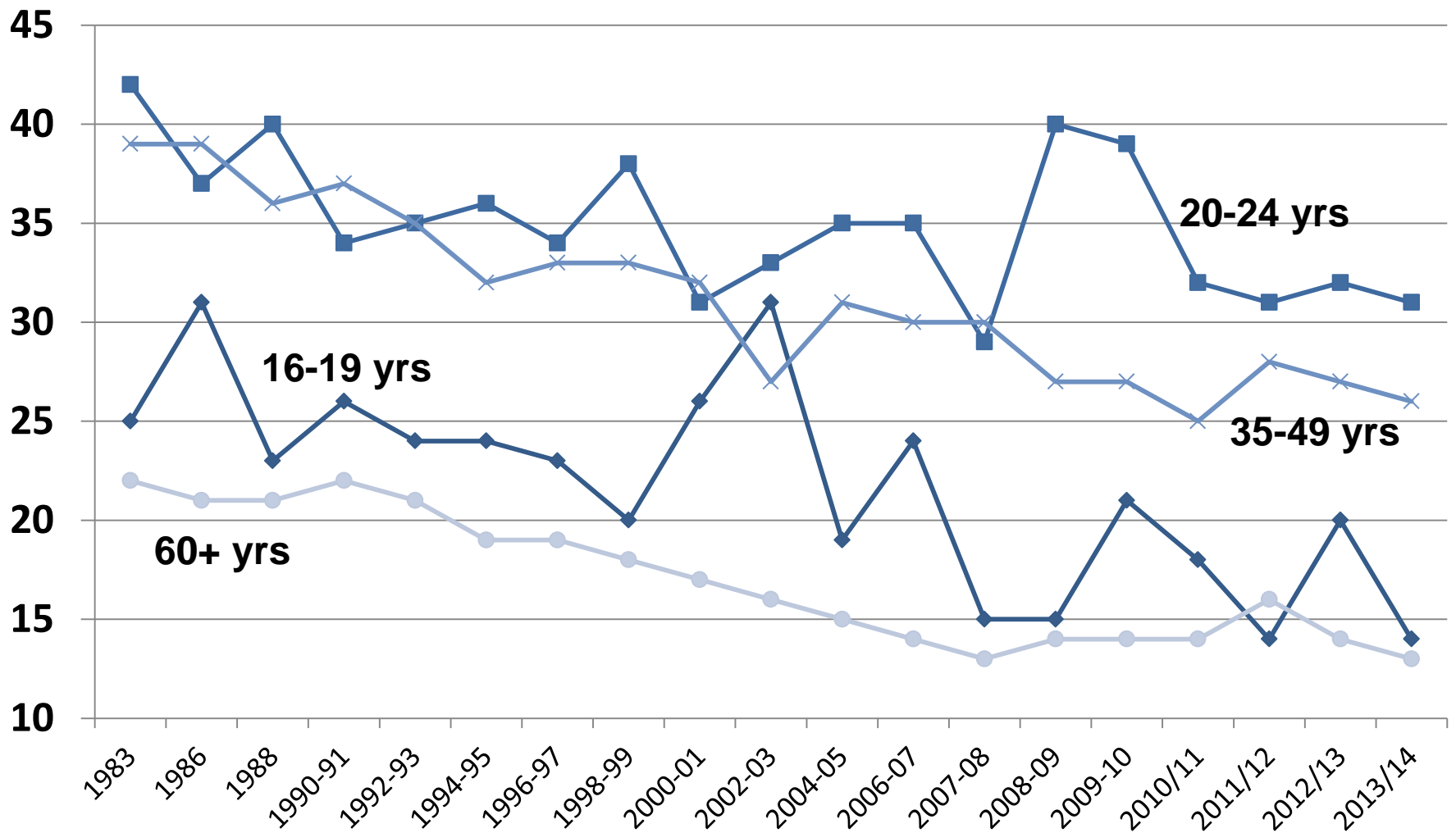
Source: NISRA, Births and Deaths Reports

# Potentially avoidable deaths in N.I.

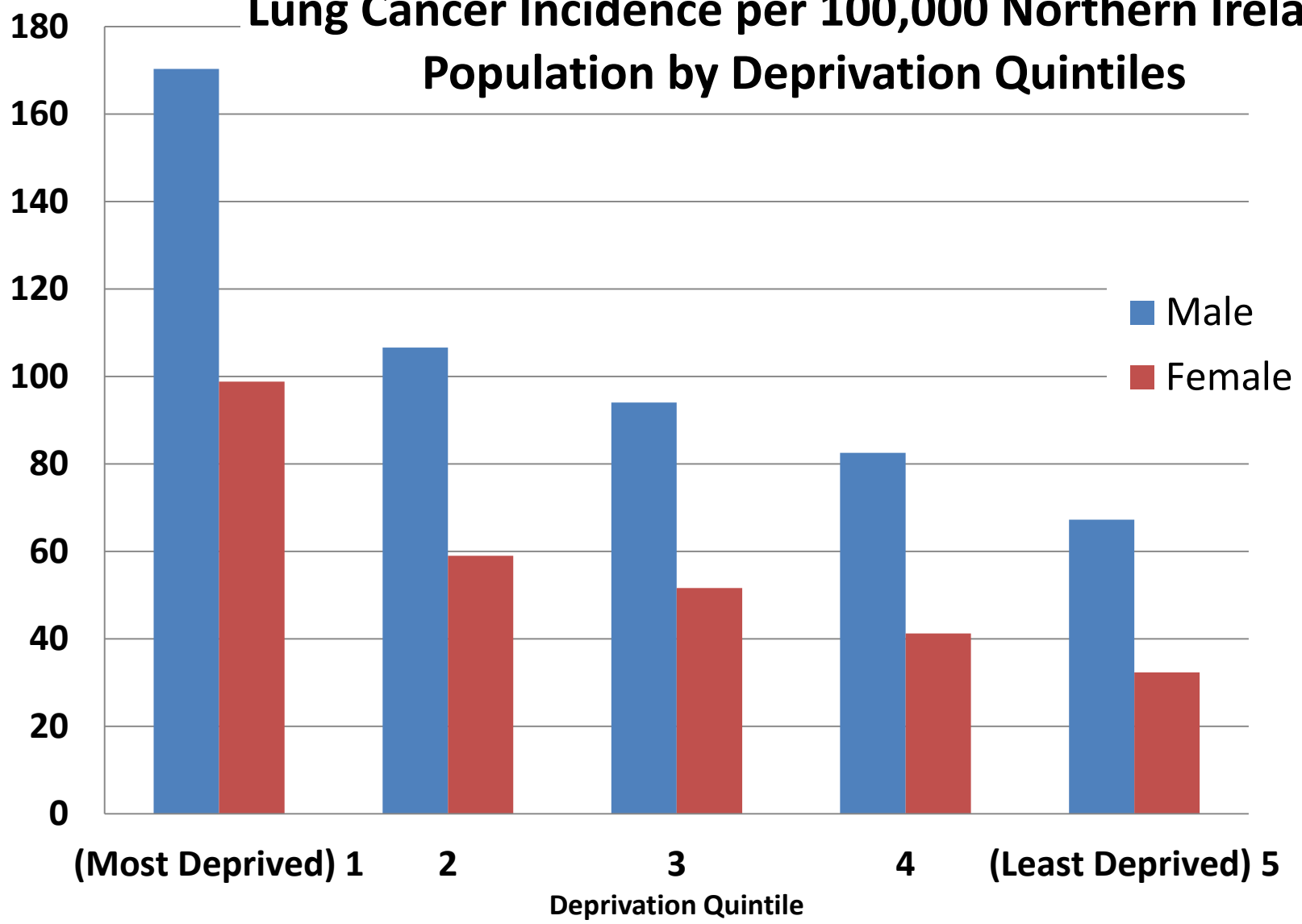
Age-standardised death rates (18-64yrs): 2001-03 vs 2011-13



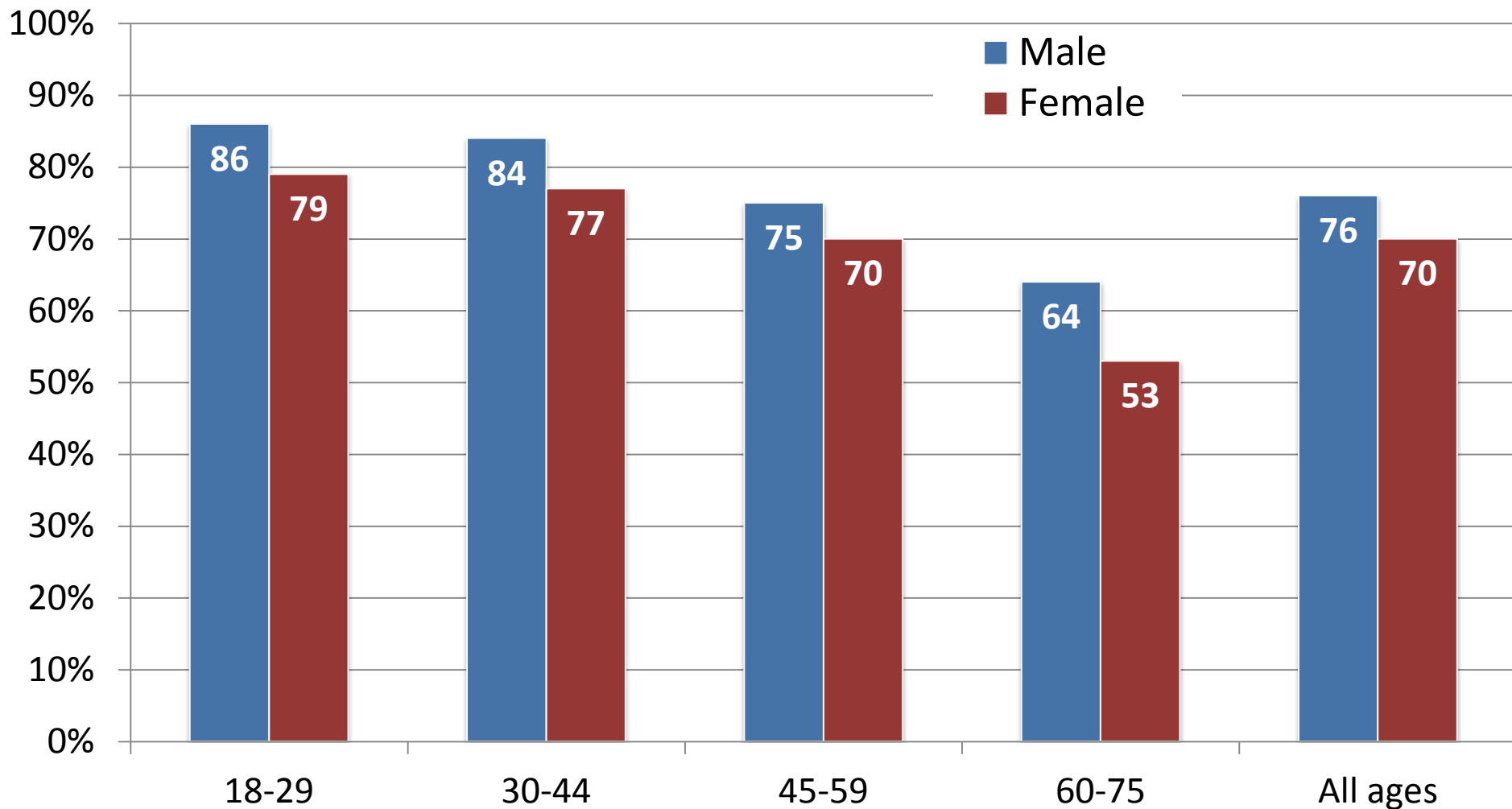
# Prevalence of smoking (%) by selected age group, Northern Ireland, 1983 - 2013/14 (non zero axis)



# Lung Cancer Incidence per 100,000 Northern Ireland Population by Deprivation Quintiles



# Percentage of respondents who drink alcohol, by age group and gender, 2013



Source: Adult Drinking Patterns Survey, 2013

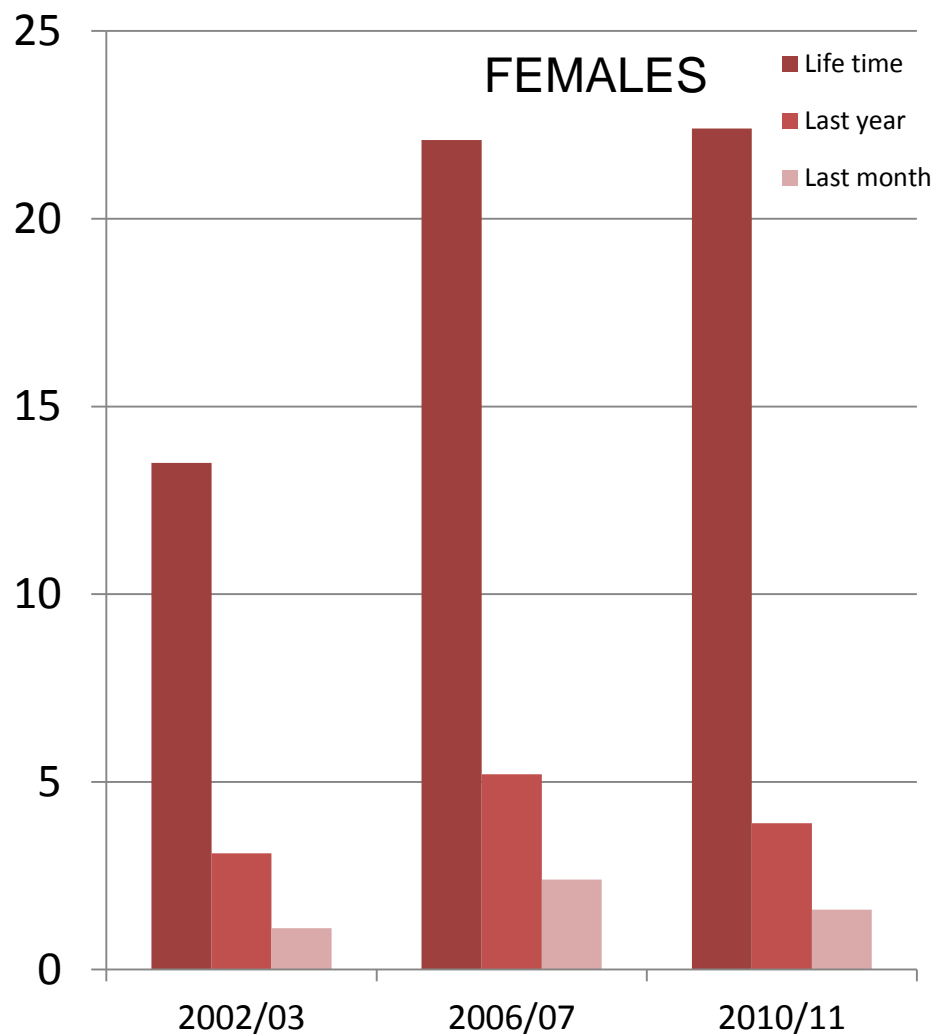
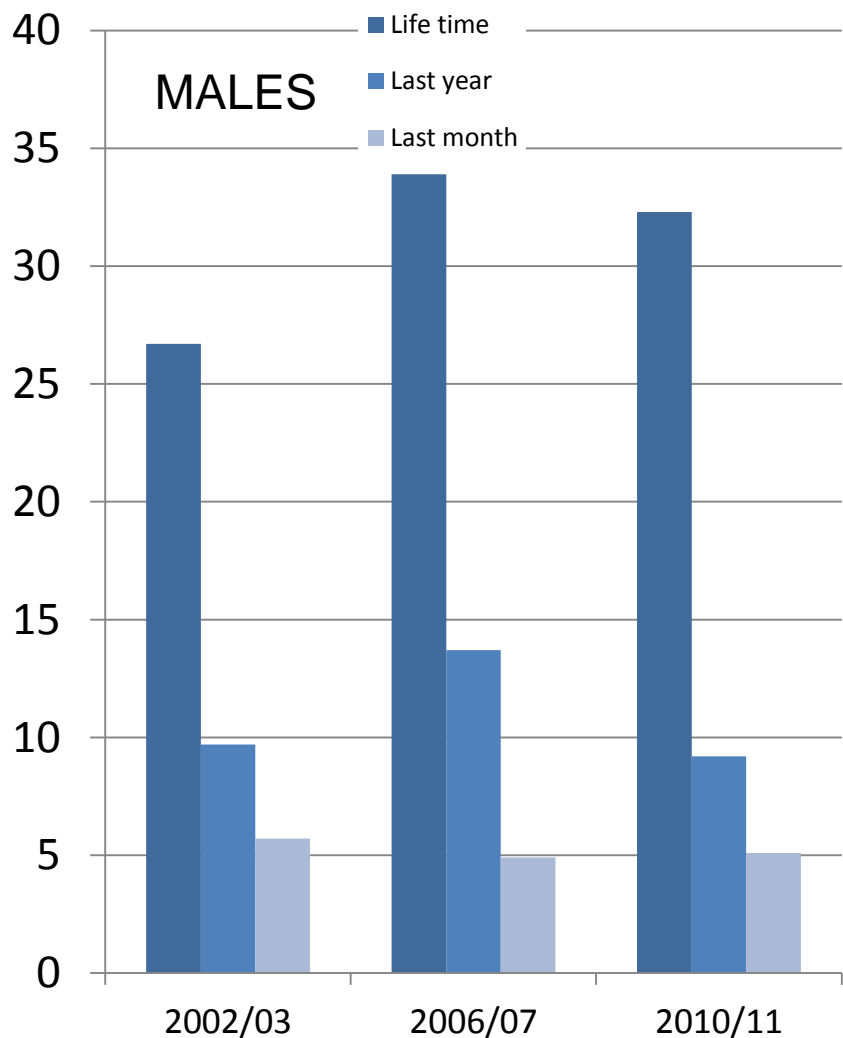
There are over 200 alcohol-related deaths each year in Northern Ireland, with the highest number among 45 to 54 year old adults

The most deprived in the region are more than five times as likely to have an alcohol-related admission compared with the least deprived

Binge drinking was more common among young adults aged 18-29 than older adults aged 60-75 years

DHSSPS, Adult Drinking Patterns in Northern Ireland 2013

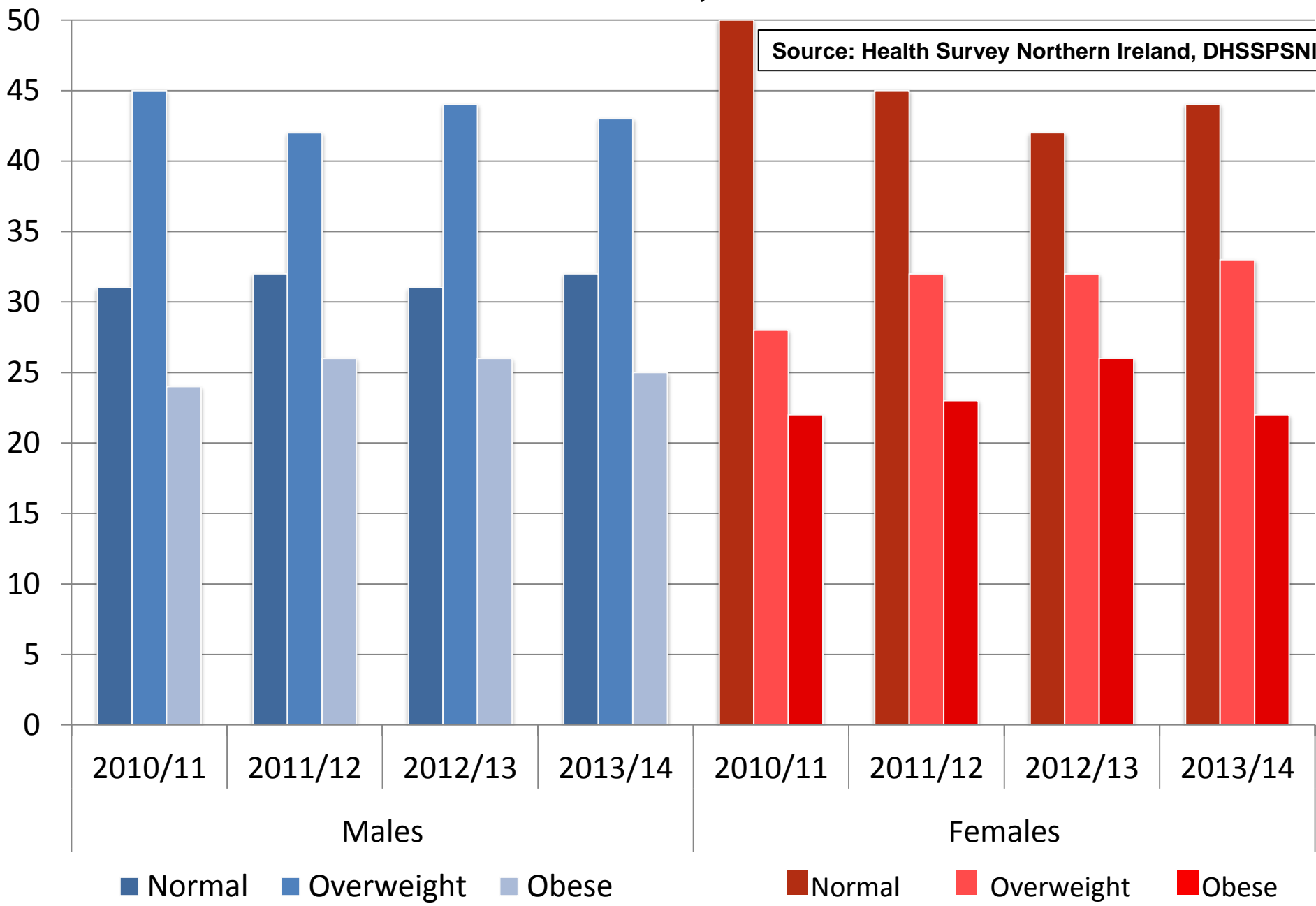
# Prevalence of drug use (%) (any illegal drug) by gender in those aged 15-64, Northern Ireland, 2002/03, 2006/07, 2010/11



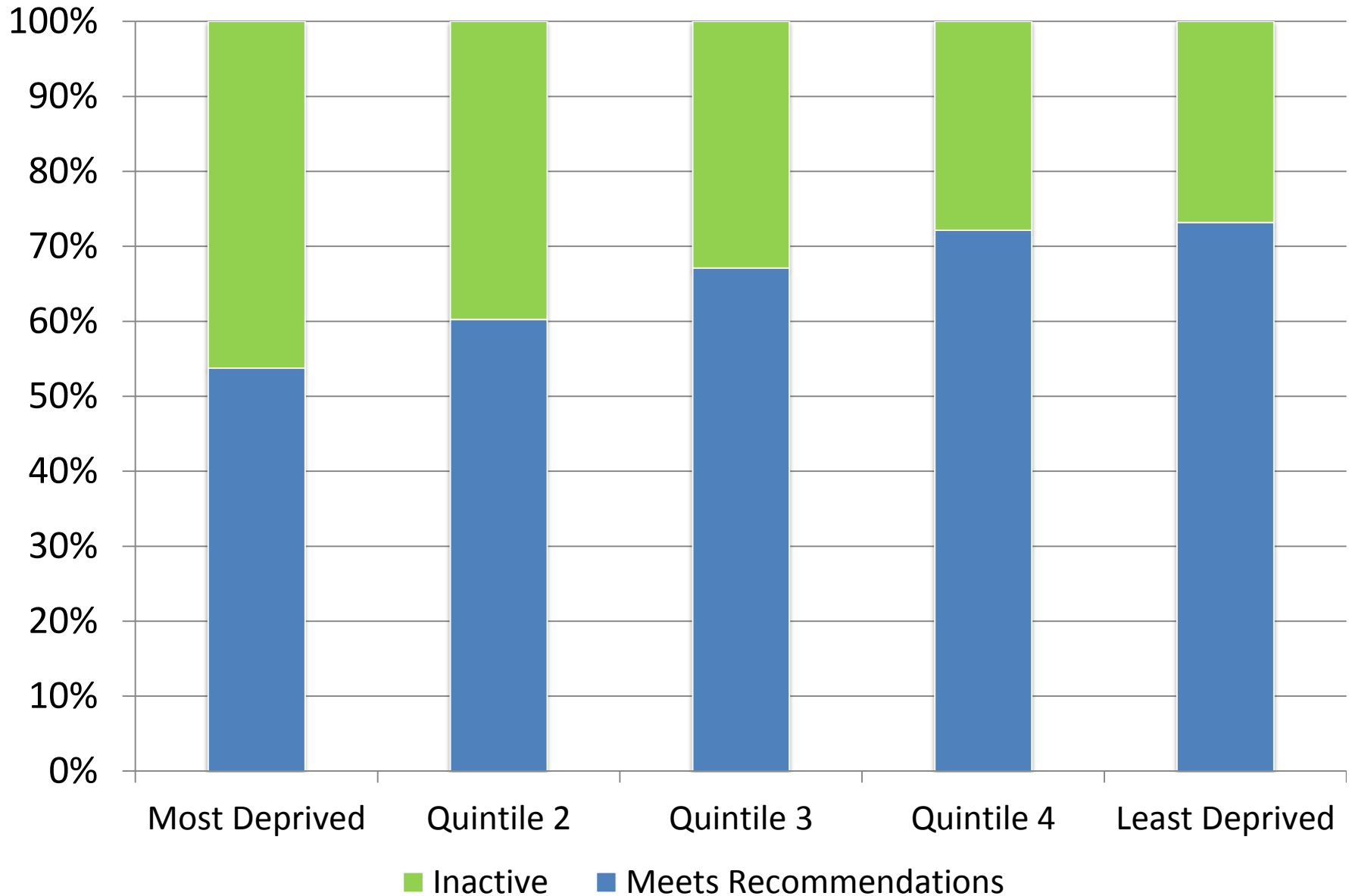


# Percentage respondents aged 18 - 64 by weight category by gender, Northern Ireland, 2010/11 - 2013/14

Source: Health Survey Northern Ireland, DHSSPSNI

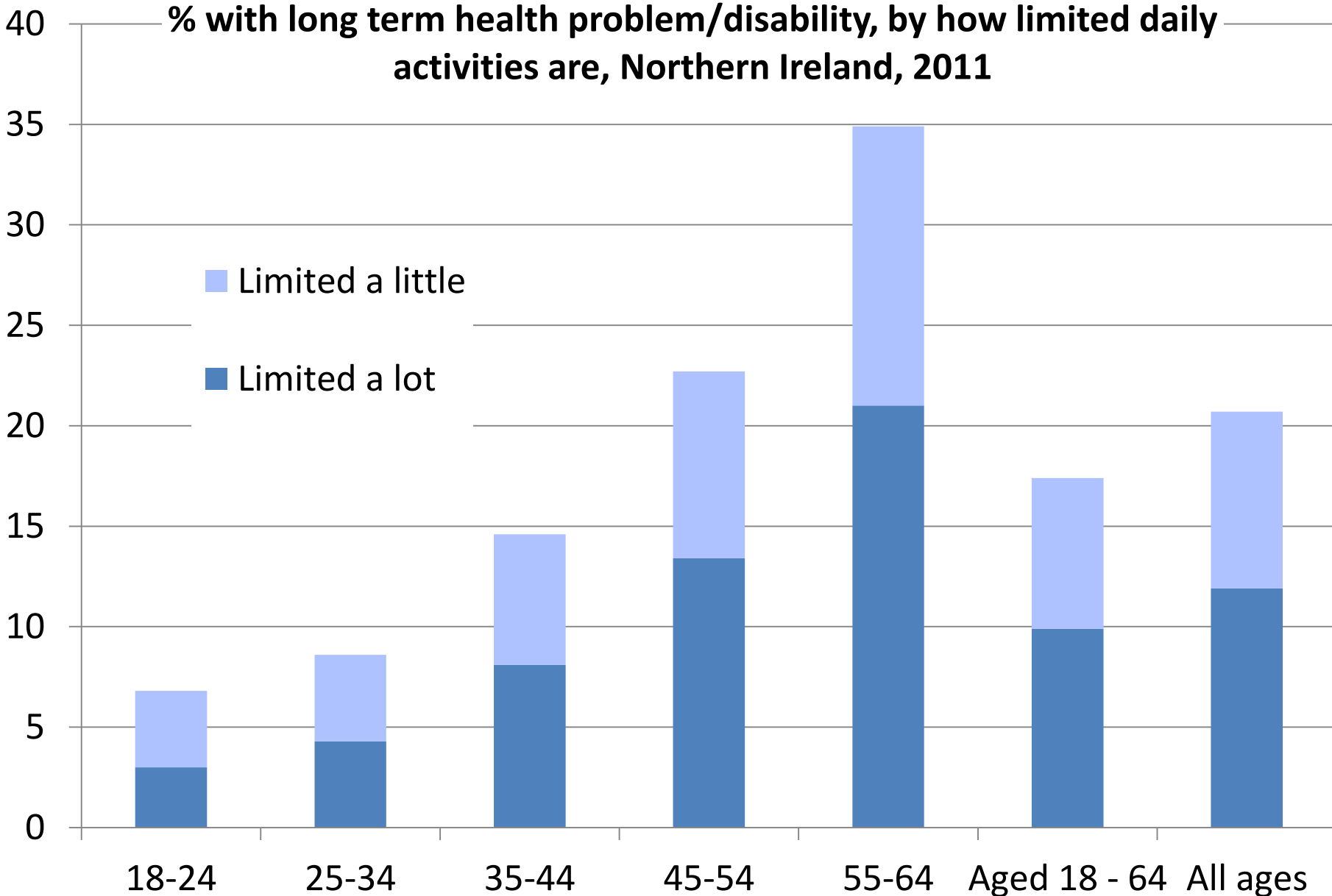


# Physical Activity among Adults by Deprivation

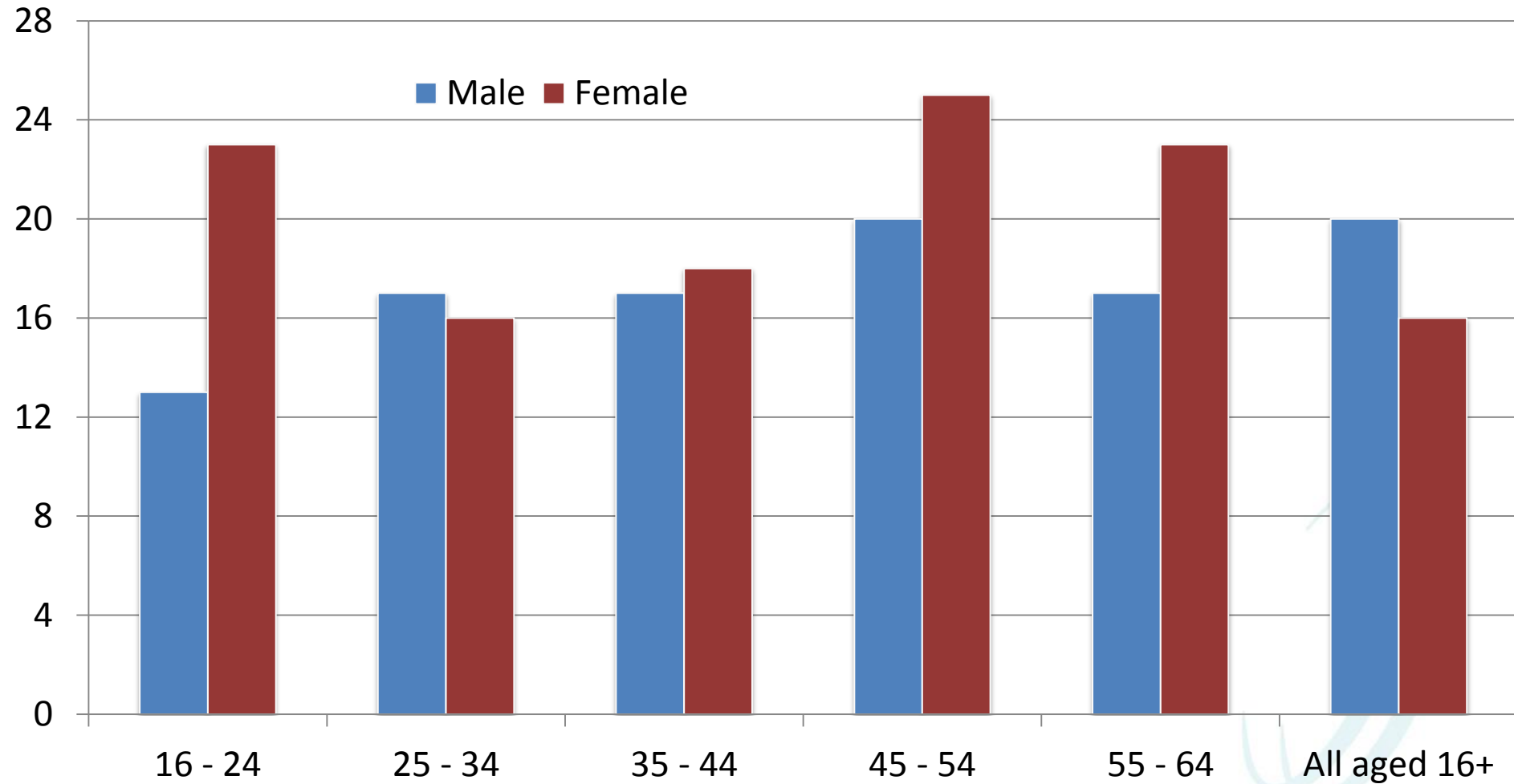


Source: Health Survey Northern Ireland: First Results 2013/14

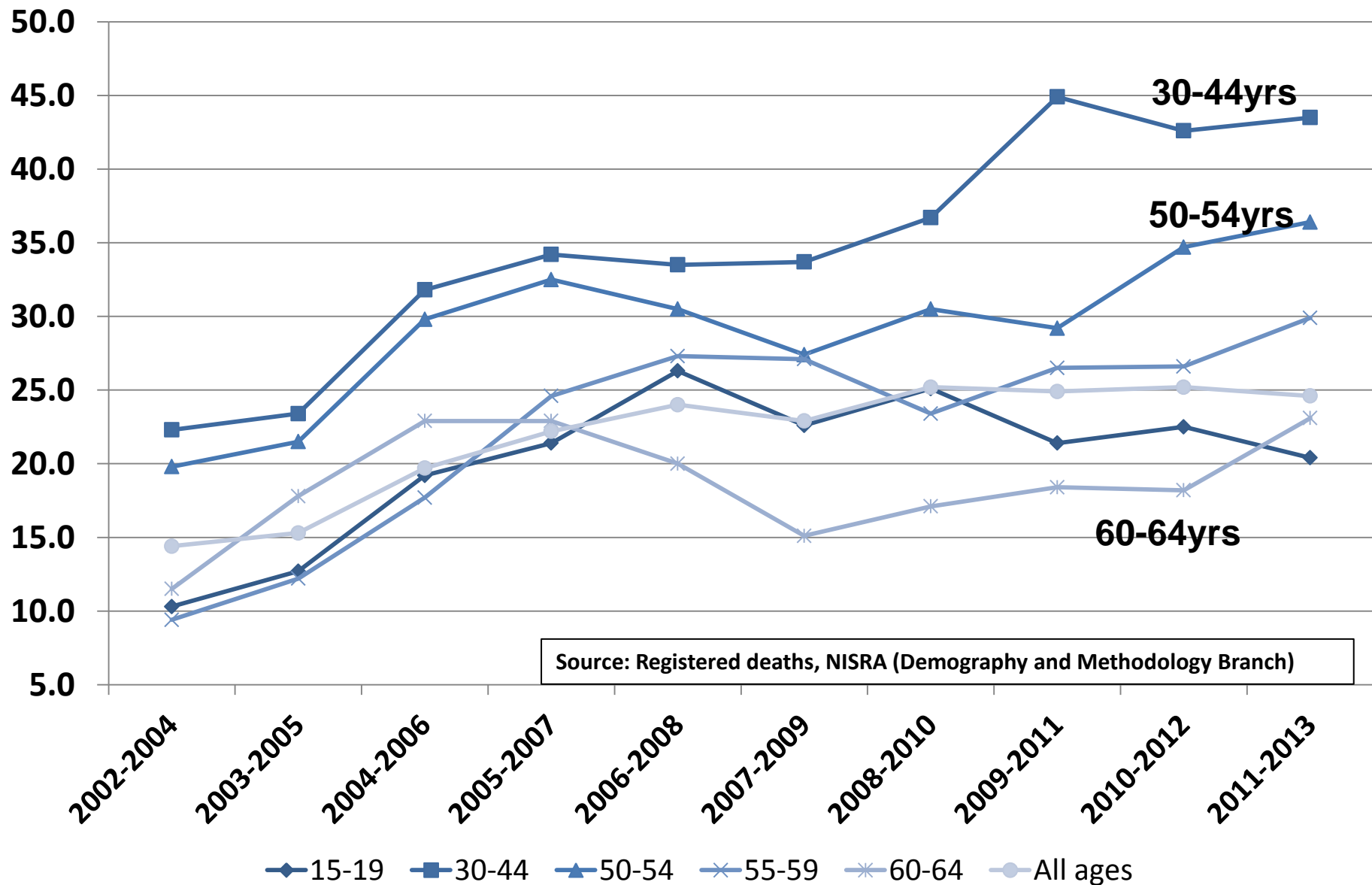
# % with long term health problem/disability, by how limited daily activities are, Northern Ireland, 2011



# Proportion (%) of respondents showing signs of a possible mental health problem (GHQ12), by age group and gender, Northern Ireland, 2013/14



# Males: Crude rates (per 100,000 population) of suicide, Northern Ireland by selected age group and gender, 3 yr moving average, 2002-04 to 2011-13



# Working Life of Adults

- Reduction in weekly earning by 2.2% in NI compared with growth of 0.6% rest of the UK (Northern Ireland Statistics and Research Agency. Labour Market. Statistics Bulletin. Northern Ireland Annual Survey of Hours and Earnings. March 2013 - April 2014)
- Fall in public sector jobs (1.7%) and rise in private sector jobs (3.8%) (Northern Ireland Statistics and Research Agency. Labour Market. Statistics Bulletin. Northern Ireland Annual Survey of Hours and Earnings. March 2013 - April 2014)
- The unemployment rate Jan-Mar 2015 for those aged >16 years was 6.2% (Labour Force Survey, DETINI)
- 50,000 people aged 16-64 years claiming JSA in NI (nomis. Official Labour Market Statistics. Dec 2014)

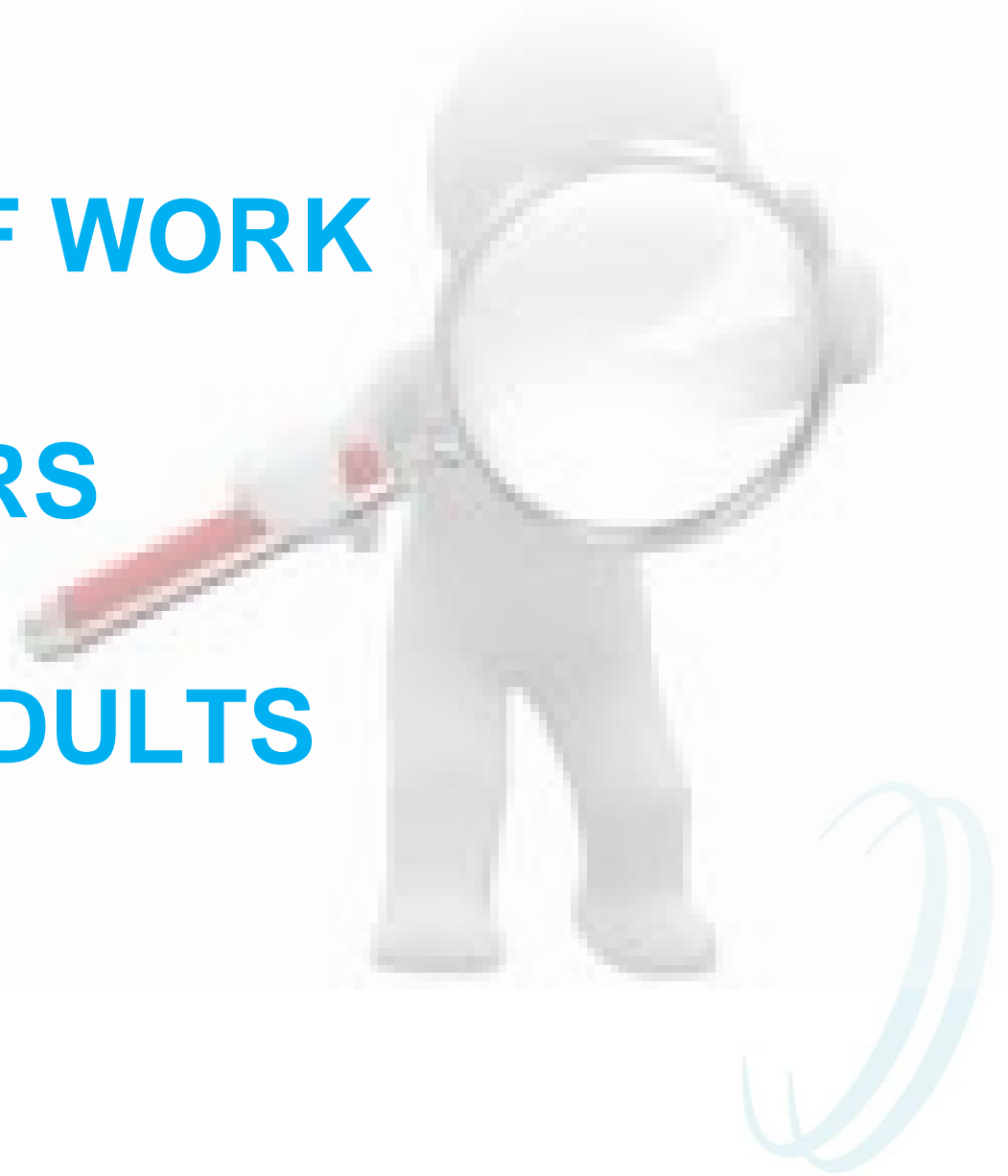
# Challenges for PHA and Partners in Improving Health of Adults

Societal Change

Health Inequalities

Wider Determinants of Health

# EXAMPLES OF WORK BY PHA AND PARTNERS TO IMPROVE HEALTH OF ADULTS

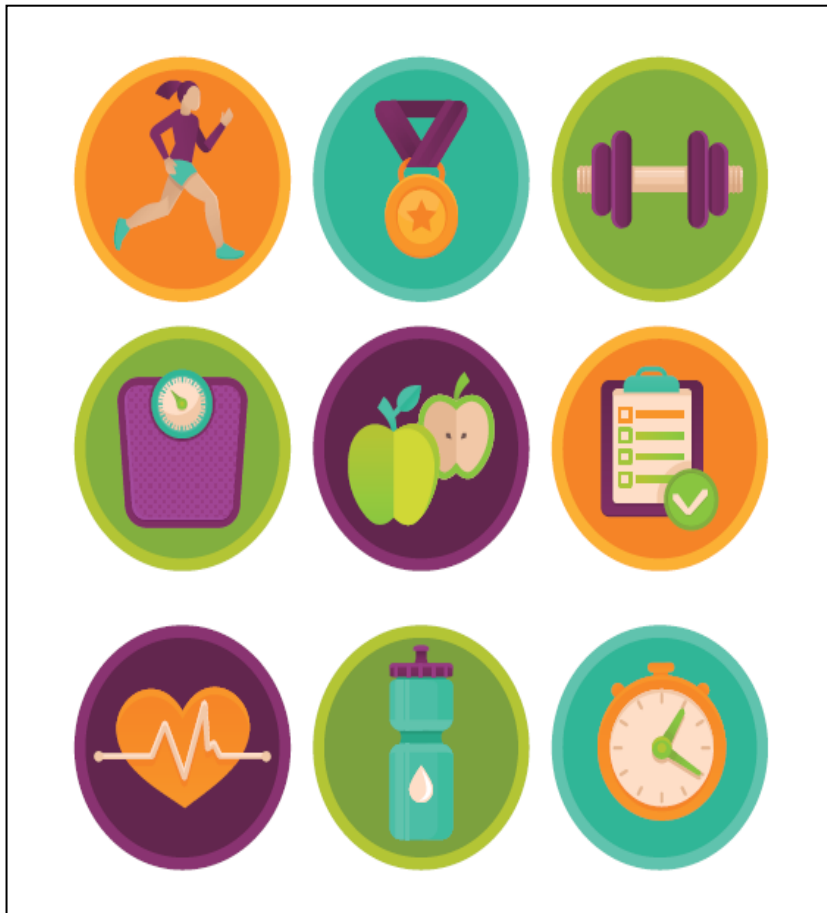




# Public Health Model

- Improving health and reducing inequalities
- Improving health through early detection
- Improving health through high quality services
- Improving health through research
- Protecting health

# Weight Loss Referral Scheme Pilot



- Funded GP referrals to commercial weight loss programmes
- $\frac{3}{4}$  people referred aged 18-60 years
- 38% participants lost at least 5% body weight
- Females more likely to be referred but males more likely to achieve 5% weight loss
- 33% participants from most deprived areas Vs 45% least deprived areas lost 5% weight

# Building Mental Health Awareness through Sport



- Sport and physical activity support physical and mental health
- PHA engaged with a range of sports organisations to develop health and wellbeing
- More than 100 clubs from different sports received a 'Mental Health Awareness Toolkit'
- More than 200 people from 30 different sports clubs have received mental health awareness training

# 'Be Cancer Aware' campaign promoting public awareness of cancer



- People with cancer will have better outcomes if they are diagnosed and treated as early as possible
- Unprompted awareness of cancer signs and symptoms is relatively low in Northern Ireland
- An evidence based campaign, developed with stakeholders, has been launched to improve public knowledge and awareness of cancer signs and symptoms

# Improving Quality and Safety during Birth



- Growing challenges among population of pregnant women
- HSC Safety Forum established a maternity quality improvement 'breakthrough collaborative'
- Learning events for frontline staff to share best practice and learning
- 'Birth choice' clinics for women who previously had C. section or difficult birth
- Integrated antenatal / postnatal early warning score

# Each Step Counts for People at Risk of Type 2 Diabetes



- Type 2 diabetes preceded by at risk stage (pre-diabetes)
- Physical activity recommendations to maintain healthy BMI
- Research project to develop an online tool to help people at risk of diabetes increase physical activity
- Website contains information, signposting and also a step counting tool to track physical activity
- Currently undertaking interviews to look at how it can be improved and moved into practice

# Ebola Preparedness across NI



You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles.
- Touching infected animals, their blood or other body fluids, or their meat.

**Ebola poses no significant threat to Northern Ireland**

 Public Health Agency

- Large outbreak in West Africa having devastating impact on countries and communities
- Direct risk to NI is low, however must be prepared for the possibility of a person with Ebola arriving in the country
- Multi-agency and multi-sectoral work in NI to share and test plans, including a half-day exercise in 2014
- Also working closely with colleagues in Public Health England
- Continue to plan as outbreak and evidence develop

# Acknowledgements

## Editorial Team

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## Partner organisations

## Public health practitioners & researchers