

The Big Picture on Good Health and Wellbeing

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**Mid & East
Antrim**
Borough Council

Deprivation

- Of the 65 Super Output Areas making up the Mid & East Antrim LGD, 10 (15%) are classed as being in the 20% most deprived areas in NI and just over a quarter of areas (17) are among the least deprived.



- Health outcomes are worse in the most deprived areas in Mid and East Antrim across all 26 indicators.
- When comparing the LGD as a whole with NI, the majority of differences across health outcomes were small but typically better in Mid and East Antrim than in NI.

Deprivation (cont.)

- In terms of health, Northland, Ballee, Ballyloran and Sunnylands are the 4 most deprived areas in Mid and East Antrim.
- Galgorm 2, Bluefield 1, Ballyloughan and Knockagh are the 4 least deprived areas in Mid and East Antrim.

Self-Reported Health

Results from the 2011 Census show that in Mid and East Antrim:

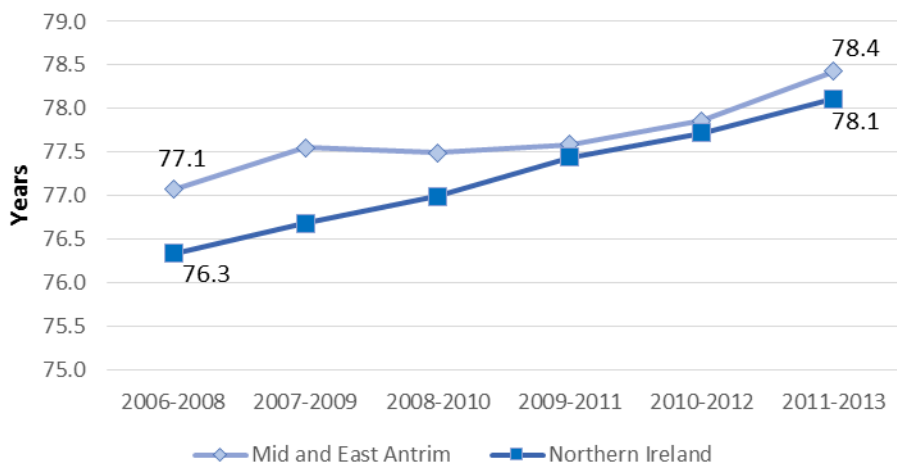
- 80.2% of people stated their general health was either good or very good (79.5% NI).
- 19.3% of people had a long-term health problem or disability that limited their day-to-day activities (20.1% NI).
- 11.9% of people stated that they provided unpaid care to family, friends, neighbours or others (11.8% NI). *This relates only to long-term physical or mental ill-health/disability or problems due to old age.*

GP List Size

- At 1st April 2016 there were 93 General Practitioners working within 27 Practices in Mid and East Antrim.
- The average GP list size (1,520) was higher than NI as a whole (1,417).
- The council was ranked 5th lowest out of the 11 councils.

Life Expectancy

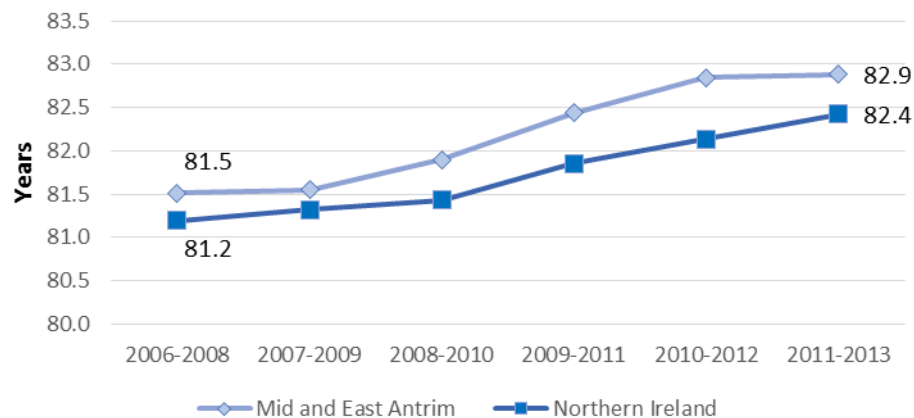
Male Life Expectancy (2006 - 2013)



Life expectancy for both males and females has steadily increased and remained higher in Mid and East Antrim than NI as a whole.

Females born between 2011-13 in Mid and East Antrim have the 2nd highest life expectancy across the 11 councils while males have the 3rd lowest.

Female Life Expectancy (2006 - 2013)

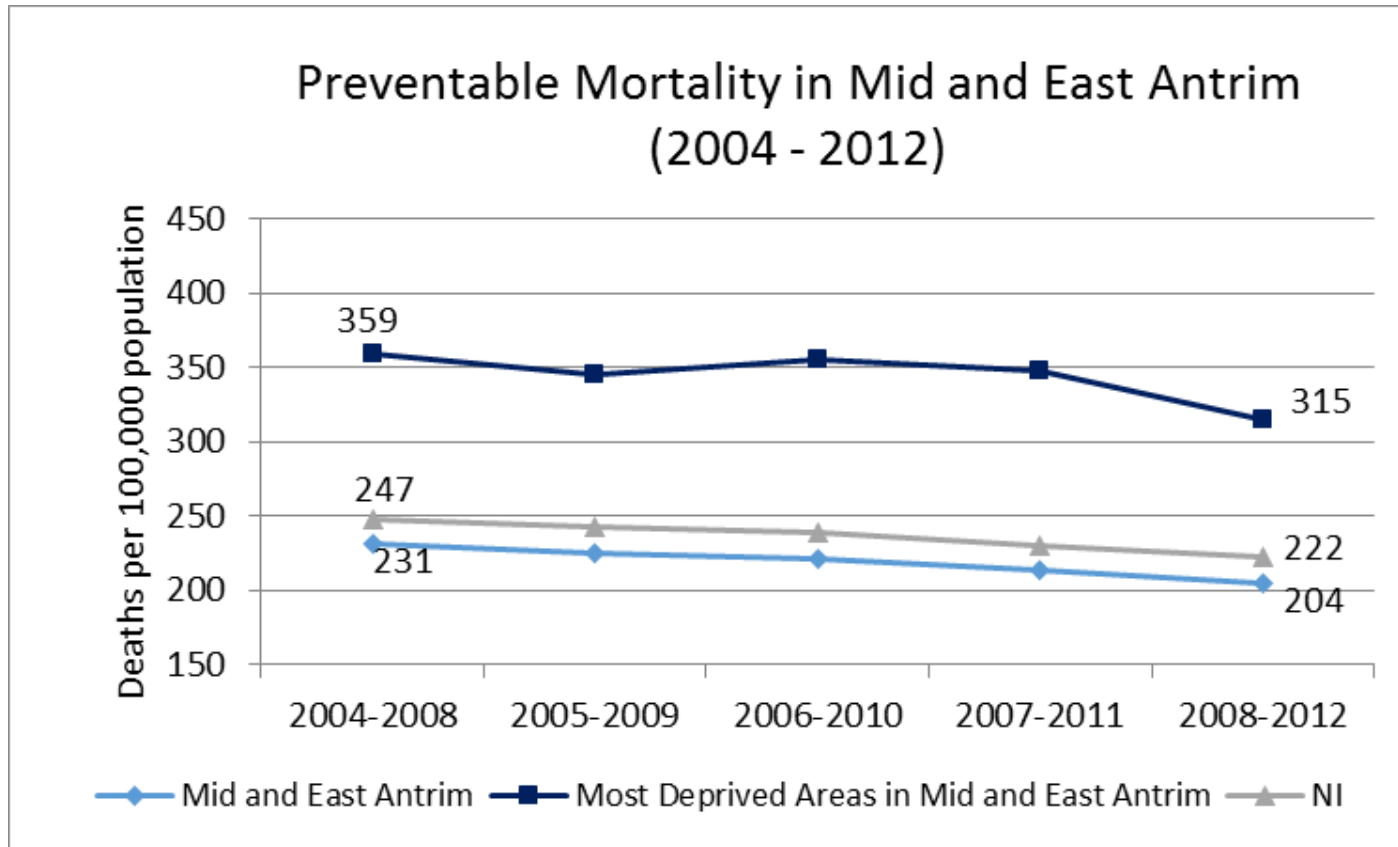


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Life Expectancy (cont.)

- Males in the 20% most deprived areas in Mid and East Antrim could expect to live 4.3 years fewer than in the LGD as a whole. For females the life expectancy is 2.5 years less.
- Between 2006/08 and 2010/12 the male life expectancy inequality gap narrowed by 1.0 year while the female gap widened by 1.2 years.
- In 2014 the median age at death was 80 for Mid and East Antrim and also NI as a whole.

Preventable Mortality



A death is preventable if, in the light of understanding of the determinants of health at the time of death, all or most deaths from that cause (subject to age limits if appropriate) could be avoided by public health interventions in the broadest sense.



Deaths by Cause

Cause of Death	2012	2013	2014	
			Mid and East Antrim	<i>NI</i>
Malignant Neoplasms - cancer	27.49	28.66	27.85	<i>29.45</i>
Circulatory Diseases - heart disease, stroke, blood clots	28.95	27.13	26.65	<i>25.34</i>
Respiratory Diseases - pneumonia, asthma, bronchitis, influenza	12.37	13.52	15.08	<i>13.65</i>
External Causes - road traffic accidents, falls	4.81	4.62	4.80	<i>4.78</i>
Deaths from suicide and undetermined intent - fires, poisoning, assault	1.80	1.86	1.46	<i>1.83</i>
Other	24.57	24.21	24.16	<i>24.96</i>

The 3 main causes of deaths in the council in 2014 accounted for 70% of all deaths.

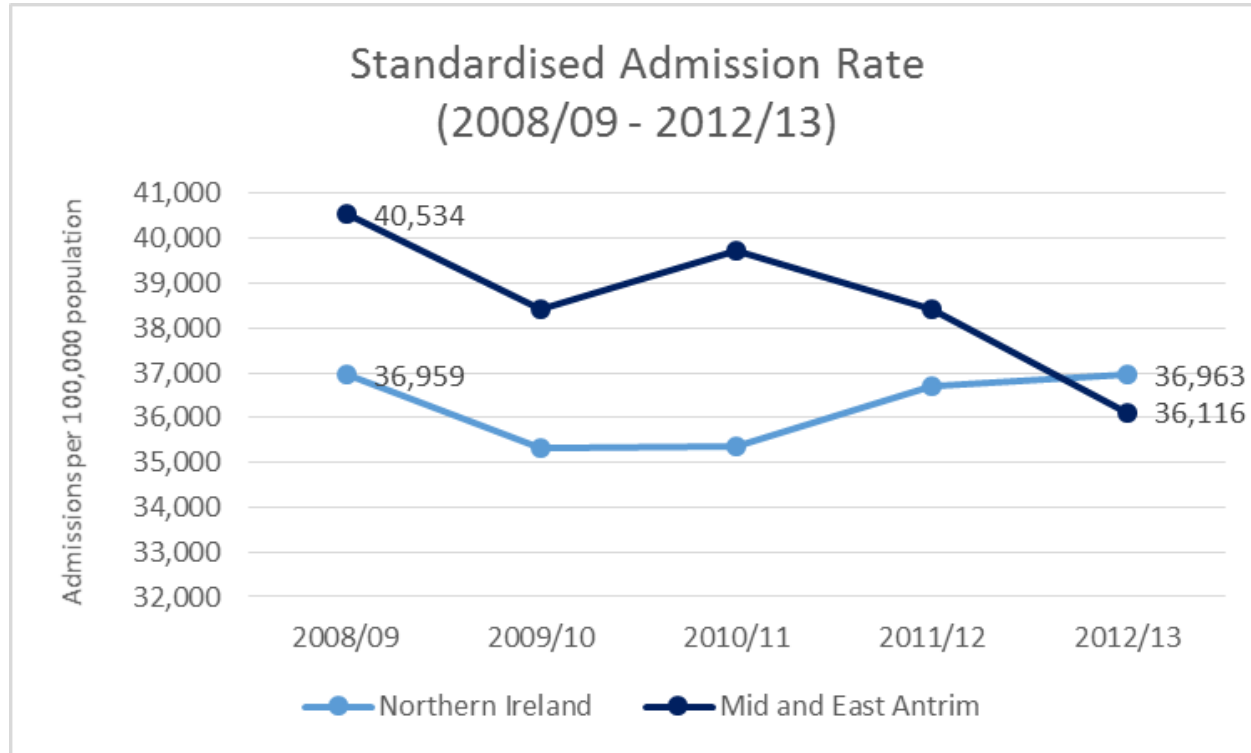
Disease Prevalence

The Most Commonly Recorded Medical Conditions (2014/15)

Condition	% of total registered patients in Mid and East Antrim	% of total registered patients in NI	Rank
High Blood Pressure	14.70	13.19	highest
Obesity	12.02	10.90	2nd highest
Diabetes	6.31	5.56	highest
Asthma	6.17	6.03	4th highest
Heart Disease	4.29	3.84	2nd highest
Cancer Register	2.06	2.04	6th highest



Admission Rates



Between 2008/09 and 2012/13, the overall standardised hospital admission rate in Mid and East Antrim fell by 11% from 40,534 per 100,000 population to 36,116.

Admission Rates (cont.)

- The admission rate for alcohol related causes in the council has fallen by 9% and remained lower than the NI average which has increased by 3% during this period.
- Between 2008/09 and 2012/13 the inequality gap in this admission rate widened from 115% to 127%. This was the result of a relatively larger improvement in the council as a whole (9%) than in the most deprived areas (4%).
- The admission rate for drug related causes has also fallen and remained lower than the NI average. In 2012/13 the inequality gap between the most deprived LGD areas and the LGD average was 126%.

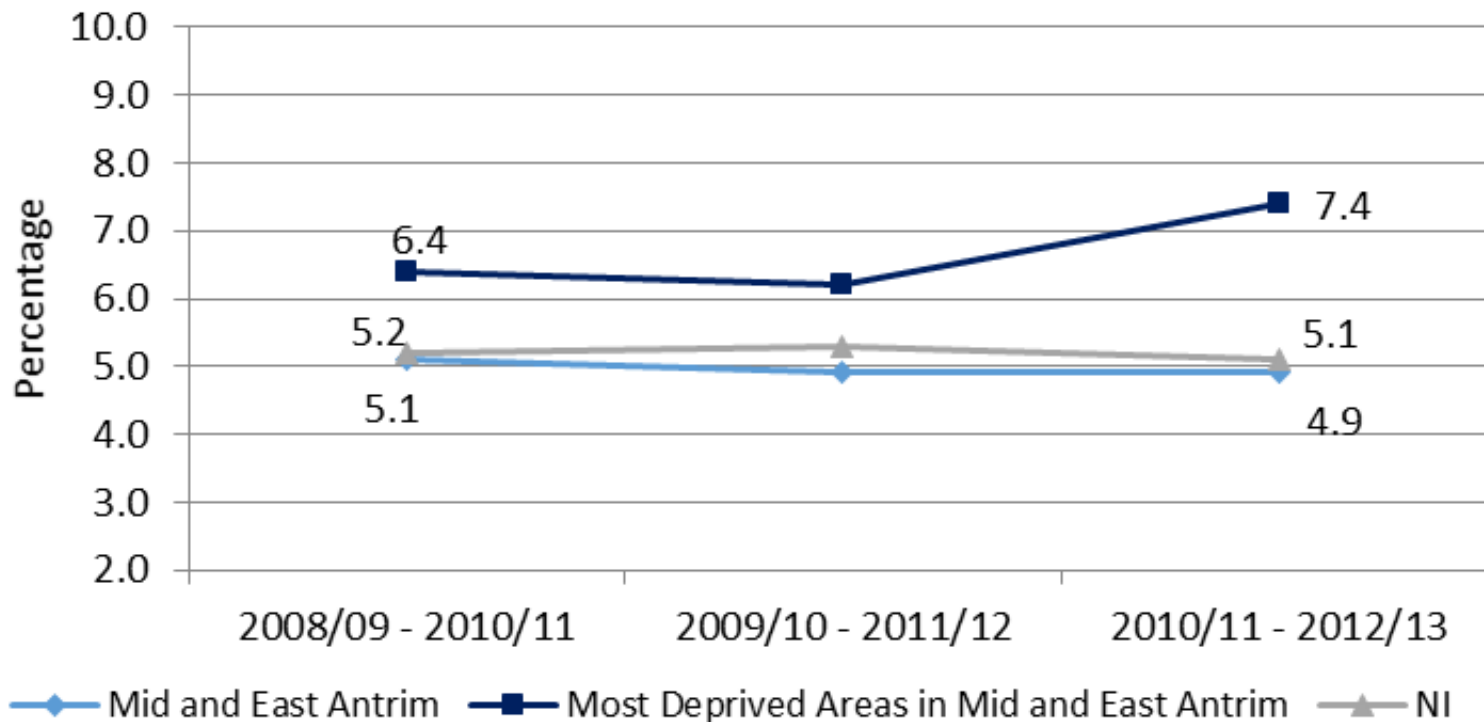


Infant Related Health

- The under 17 teenage birth rate has decreased from 2.83 per 1,000 females in 2008 to 1.99 in 2012. In the most recent year, Mid and East Antrim had the 5th lowest rate across the councils.
- In the most deprived areas within the LGD the teenage birth rate was 72% higher than the council as a whole.
- Regarding breastfeeding on discharge, in 2013 45% of mothers were breastfeeding on discharge in Mid and East Antrim which was slightly lower than NI as a whole (46%).

Infant Related Health (cont.)

Childhood Obesity Rate of P1 Pupils
(2008/09 - 2012/13)



Mental Health

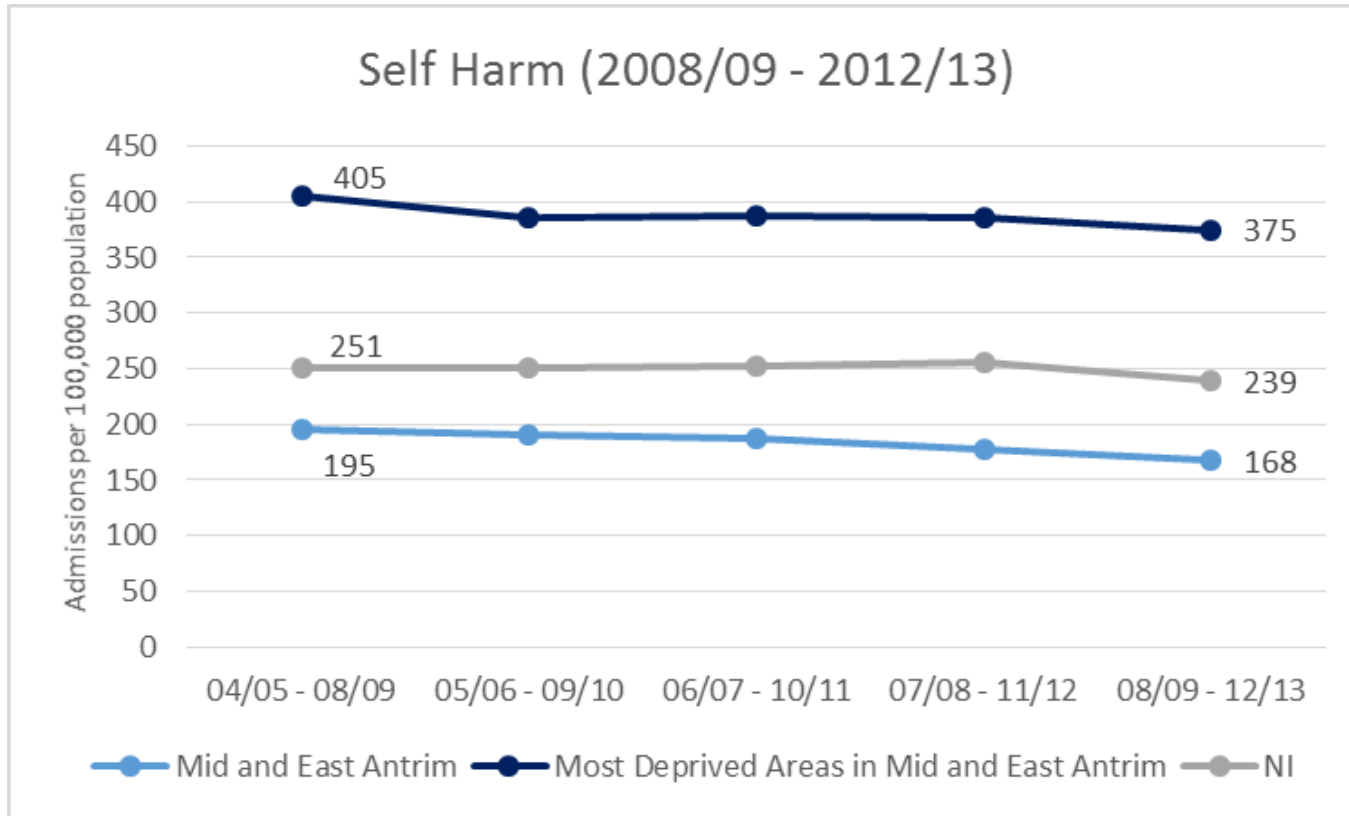
- In Mid and East Antrim the standardised prescription rate for mood and anxiety medication has increased by 12% from 156 per 1,000 population in 2009 to 174 in 2012. However, it has remained lower than the NI average and 4th lowest across the councils.
- In 2015/16, 0.71% of registered patients in the council were on the mental health register. This was the lowest across all 11 councils. However this has increased steadily from 0.67% in 2013/14.



Suicide

- The crude suicide rate for the 3 year rolling average between 2010 and 2012 was 13.34 per 100,000 population (16.17 NI) and 3rd lowest across the 11 councils.
- Between 2004/08 and 2008/12 this has increased by 11% in the council compared to 17% in NI as a whole.
- In the most deprived areas within Mid and East Antrim the crude suicide rate was 79% higher than the council as a whole.

Self-Harm



In 2012/13 there were 168 admissions for self-harm related causes per 100,000 population in the council compared to 239 in NI. This was the 3rd lowest across the 11 councils.

Wellbeing

ONS Personal Wellbeing Measure (2014/15)

Personal Wellbeing Measures	Mid and East Antrim	NI	Rank
Life Satisfaction	8.17	7.90	4th most satisfied
Worthwhile	8.28	8.10	4th most worthwhile
Happiness	8.03	7.75	3rd happiest
Anxiety	2.33	2.78	3rd least anxious

CHS Satisfaction Measures (2014/15)

Satisfaction Measures	Mid and East Antrim	NI	Rank
Level of satisfaction with family life	8.57	8.56	4th most satisfied
Level of satisfaction with social life	7.43	7.25	2nd most satisfied

Measured from 0-10, where 10 is most positive and 0 is least positive.

Housing Quality

	Mid and East Antrim	<i>Northern Ireland</i>	Rank
Unfit Dwellings (%)	4	<i>2.4</i>	2nd highest
Defective Dwellings (%)	6.9	<i>2.9</i>	2nd highest
Acceptable Dwellings (%)	41.9	<i>28.8</i>	2nd lowest
Satisfactory Dwellings (%)	47.2	<i>65.9</i>	2nd lowest

Summary

Positives

- The council is in the top quartile in NI for:
childhood obesity
suicide
self-harm.
- Lowest hospital admission rate across the councils.
- Lowest percentage of patients on the mental health register.
- Wellbeing is generally good compared to NI as a whole.

Summary (cont.)

Issues

- Large health inequality gaps in alcohol, drugs and self-harm admissions. Also, in suicide and teenage birth rate.
- Main causes of deaths are cancer, heart disease and respiratory disease. These account for 70% of all deaths.
- Above the NI average for the most common medical conditions. In particular Mid and East Antrim has the highest prevalence rates for diabetes, high blood pressure, obesity and heart disease.
- Quality of housing is poor and rated second worst across the councils.

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Questions