

## Health and Lifestyle



### SMOKING

Smoking is the single greatest cause of preventable illness and premature death in Northern Ireland, killing around **2,300** people each year.

**17%** of people currently smoke  
**1 in 8** women smoke during pregnancy  
**4%** of 11-16 year olds currently smoke  
**About 1 in 4** 16-34 year olds currently smoke

Smoking robs **10 –15 years** of healthy life.



### E-CIGS

**7%** of people currently use e-cigs



### DIET

**56%** of adults don't get 5+ portions of fruit and veg a day



### ALCOHOL

**350 deaths** per year due to alcohol consumption  
**54%** of people in NI drink at least once a week



### OBESITY

**1 in 4 P1 children** are overweight or obese

**65% of adults**  
**40% of 11-15 year olds and**  
**1 in 3 2-10 year olds**  
are overweight or obese



### ACTIVITY

**45%** of adults are not doing enough physical activity  
Primary school children are **sedentary 5 hrs a day** and post-primary students **7 hrs a day**

**Children in NI have the lowest** physical activity levels in the UK

# Thank you

**Almost 90%** of our care and prevention services and research are funded exclusively by public donations.

Find out how you can support us at [www.nichs.org.uk](http://www.nichs.org.uk)

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INVESTORS IN PEOPLE  
We invest in people Gold

Chest  
Heart &  
Stroke

Statistics correct at the time of printing.

## Northern Ireland Chest Heart & Stroke

# Why We're Here: The Health of Northern Ireland in Numbers

This breakdown of the most up-to-date available statistics on chest, heart and stroke conditions in Northern Ireland demonstrates just why our care, prevention, research and campaigning work is so vital.



**641,644 people**  
are on registers for chest, heart and stroke conditions (including hypertension)

### In the adult population

#### Have a diagnosis



(around 290,000)  
about **1 in 5** have a CHS diagnosis

#### Living with a CHS condition



(around 380,000) (about 470,000)  
at least **1 in 4** live with CHS conditions... maybe as many as **1 in 3**



**#1 cause of death**  
Deaths due to chest, heart and stroke conditions, when combined, are the #1 cause of death



**14 deaths per day**  
(5,268 each year) are caused by chest, heart and stroke conditions combined



**30% of all adult deaths**  
in 2021 were caused by chest, heart or stroke conditions

For references and more info, visit [www.nichs.org.uk/statistics](http://www.nichs.org.uk/statistics)

Chest  
Heart &  
Stroke

**Circulatory Conditions** Any conditions that affect your heart or blood vessels.



**180,335 people**  
are living with circulatory  
conditions



**10 deaths per day**  
(3,713 each year)



**112 hospital  
admissions every day**  
(40,864 each year)

**Coronary Heart Disease**

When your arteries carrying blood  
to the heart become narrow or  
blocked by fatty material.

**74,549** people,  
**1,571** deaths per year,  
**12,458** hospital admissions per year



**Heart Failure**

When your heart can't  
pump enough blood for your  
body's needs.

**20,231** people,  
**161** deaths per year,  
**6,391** hospital admissions per year

**16 people**  
have a heart attack  
every day in NI



Coronary Heart Disease is the  
**biggest single cause of premature deaths**  
(in people younger than 75) across NI

**Women and Heart Disease**



**1,680 females**  
were admitted to  
hospital for heart  
attacks in 2021



**4 in 10**  
heart attack  
deaths are  
females

**2x**

Heart disease kills nearly  
**twice as many** women in NI  
as cervix, uterus, ovary and  
breast cancer combined



More women  
**died from a heart  
attack than breast  
cancer** in 2021-22

**During and after menopause**, a woman's body gradually produces less oestrogen.  
This increases the risk of the coronary arteries narrowing, and this increases your risk of  
developing Coronary Heart Disease, or a circulatory condition such as stroke.

**Hypertension (High Blood Pressure)**



**286,603 people**  
or **20% of the adult  
population** have high  
blood pressure



**Up to 120,000**  
have undiagnosed  
high blood  
pressure



When those diagnosed and  
undiagnosed are combined,  
**up to 1/3 of the adult  
population** have high  
blood pressure



Hypertension  
is the **#1 cause  
of stroke**

**Stroke & TIA** When the blood supply to part of the brain is cut off.

**A transient ischaemic attack (TIA)** or "mini stroke" is caused by a  
temporary disruption in the blood supply to part of the brain.



**40,348 people**  
are living with a stroke or TIA



**2 deaths per day**  
(845 each year)



**8 hospital admissions  
every day** (2,910 each year)

**50%** of stroke survivors are <75

**88%** had a history of heart attack

**Almost a quarter** had a prior stroke

**Almost 6 in 10 people** who had a  
stroke in 2021-22 were diagnosed with  
hypertension before their stroke

**Over 1 in 5** were diagnosed with type 2  
diabetes

**Respiratory Conditions** Any disease that affects the lungs and airways.



**174,706 people**  
are living with respiratory  
conditions



**4 deaths per day**  
(1,555 each year)



**111 hospital  
admissions every day**  
(40,441 each year)

**COPD**

A group of diseases that cause  
airflow blockage and breathing-  
related problems.

**42,757** people, **744** deaths per year,  
**8,937** hospital admissions per year



**Asthma**

A chronic disease that causes  
the airways in the lungs to become  
narrowed, making it difficult to breathe.

**131,949** people, **35** deaths per year,  
**1,824** hospital admissions per year

**Atrial Fibrillation**

A type of irregular heartbeat which can increase your risk of stroke by up to five times.



**45,207 people**  
have Atrial Fibrillation  
(AF)



**Around  
10,000 people**  
may have undetected AF



**12 hospital  
admissions every day**  
(4,395 each year)



People with AF are at  
**greater risk of stroke** and  
their stroke is **more likely  
to be severe**



**20% - 30%**  
of all strokes are  
attributed to AF



**30% - 40%**  
of people will not know  
that they have AF until they  
have a stroke

**Deprivation and Inequality**

Cardiovascular disease (CVD) is one of the conditions most strongly associated with  
health inequalities. **In NI, people living in the most deprived areas (compared to  
the least deprived) are...**



**More likely to smoke**, use  
**e-cigarettes**, **drink alcohol more  
frequently**, and be **overweight  
or obese**. They are **less likely  
to be physically active**, and to  
**get their 5 a day**.



Have a **lower**  
"healthy" and  
"disability free"  
**life expectancy**



**Are more likely  
to be taking medication**  
for high blood pressure



**You're up to 30% more likely to  
die early** from CVD depending on  
where you live



**Preventable deaths** in the most  
deprived areas are **three times higher**  
than the least deprived areas