

Appendix B

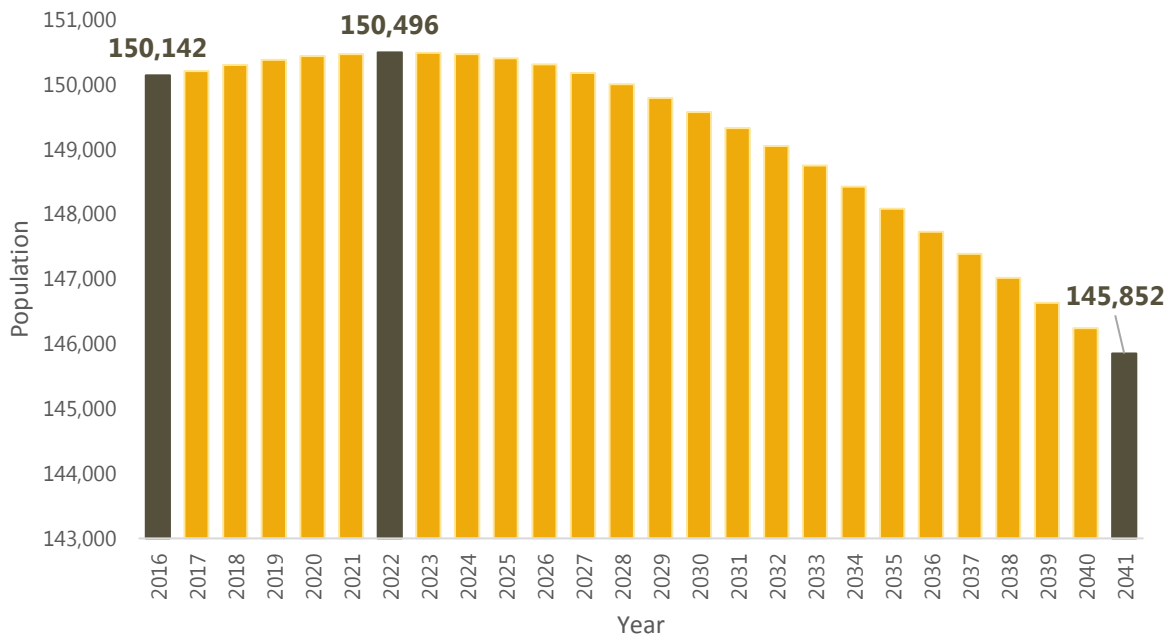
DCSDC Health Service Plan

Statistical update

February 2019

- **Projected population growth**

Projected DCSDC population, 2016 to 2041



Source: NISRA, Population Projections (2016 based)

- ❖ By 2022 the DCSDC population is projected to increase slightly to 150,496 before dropping back to 145,852 by 2041.

- **Age profile**

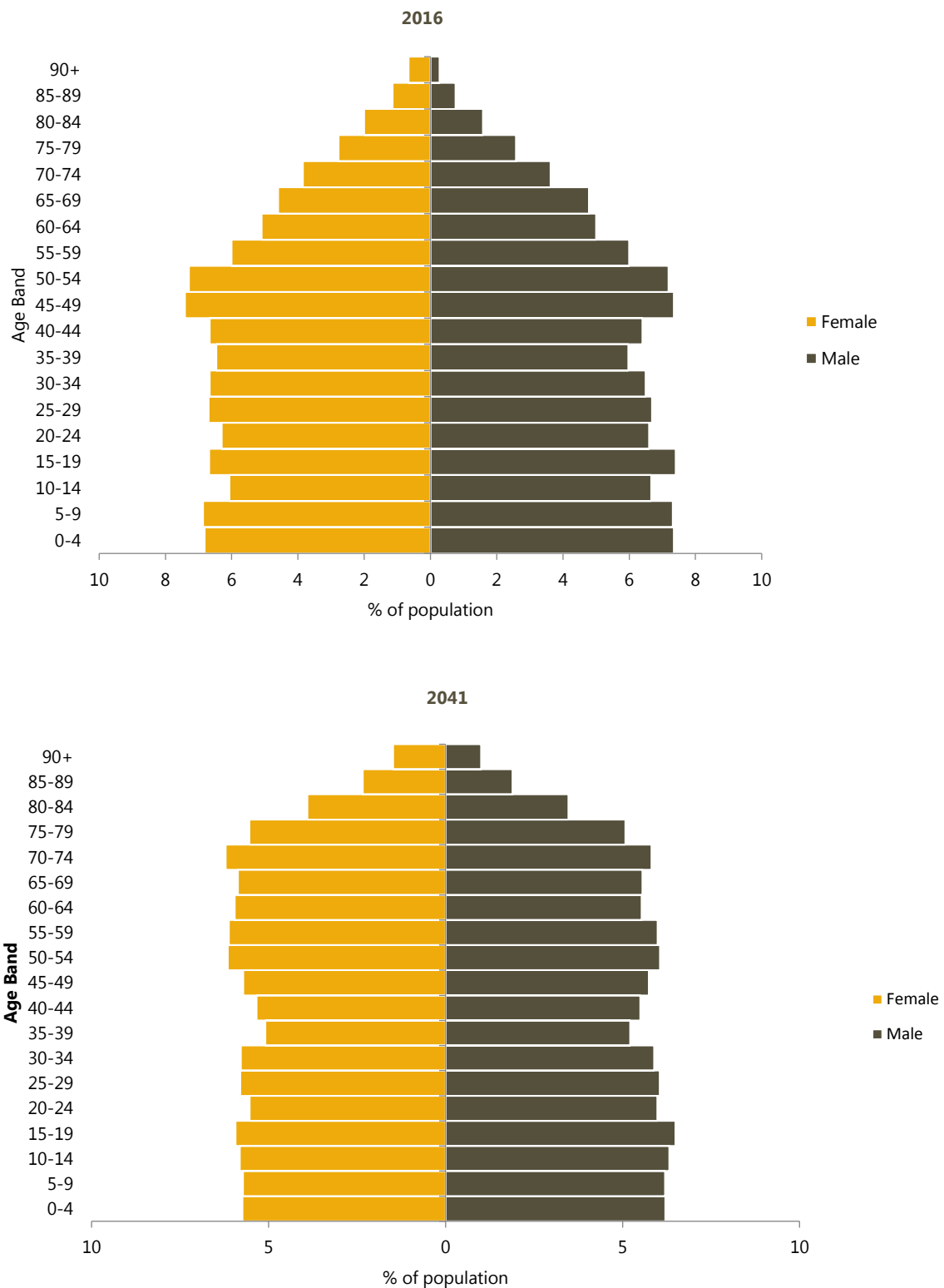
Projected age profile of DCSDC and NI population, 2028 and 2041

Age band	2028			2041		
	DCSDC	NI		DCSDC	NI	
0-15	31,050	20.7%	19.6%	28,040	19.2%	18.2%
16-24	17,000	11.3%	11.2%	15,640	10.7%	10.5%
25-44	35,300	23.5%	24.1%	32,550	22.3%	23.0%
45-64	38,360	25.6%	25.1%	34,480	23.6%	23.7%
65+	28,310	18.9%	20.1%	35,150	24.1%	24.5%
Total	150,010	100%	100%	145,850	100%	100%

Source: NISRA, Population Projections (2016 based)

- ❖ The population of DCSDC is projected to get older by 2028 and through to 2041.
- ❖ By 2041, it is projected that the number of those aged under 16 will fall to 28,040 (19.2%), down from 32,806 (21.8%) in 2016.
- ❖ The numbers of residents in the age bands, 25-44 and 45-64, are also projected to fall as well as making up proportionately less of the DCSDC population.
- ❖ By 2041, the number of people aged 65 and over is expected to increase to 35,150 resulting in this age category making up nearly a quarter (24.1%) of the DCSDC population.

Projected age profile of DCSDC population, 2016 and 2041



Source: NISRA, Population Projections (2016 based)

- **Nos of people in good health**

- Request sent to NI Labour Force Survey statisticians
- Data from NI Health Survey not available at LGD level

Data below are for NI and NI Trust areas:

General health (NI)

Health level	2017/18
Very good	33%
Good	38%
Fair	19%
Bad	8%
Very bad	2%
All	100%

Source: Health Survey Northern Ireland
Respondents aged 16+

Good or very good general health by Health & Social Care Trust

Trust region	2017/18
Belfast	66%
Northern	71%
South Eastern	71%
Southern	74%
Western	67%
Total	70%

Source: Health Survey Northern Ireland
Respondents aged 16+

- **Nos of people with L/T health problems and disability**

- Request sent to NI Labour Force Survey statisticians to see if additional data are available
- Data from NI Health Survey not available at LGD level

Data below are for NI and NI Trust areas:

Longstanding illness (NI)

All	2017/18
Yes	43%
No	57%
All	100%

Source: Health Survey Northern Ireland
Respondents aged 16+

Longstanding illness by Health & Social Care Trust

Trust region	2017/18
Belfast	47%
Northern	44%
South Eastern	46%
Southern	35%
Western	43%
Total	43%

Source: Health Survey Northern Ireland
Respondents aged 16+

Limiting longstanding illness (NI)

All	2017/18
Limiting longstanding illness	32%
Non-limiting longstanding illness	11%
No longstanding illness	57%
All	100%

Source: Health Survey Northern Ireland
Respondents aged 16+

Limiting longstanding illness by Health & Social Care Trust

Trust region	2017/18
Belfast	36%
Northern	30%
South Eastern	35%
Southern	27%
Western	33%
Total	32%

Source: Health Survey Northern Ireland
Respondents aged 16+

- **Level of mental health/isolation**

— Data from NI Health Survey not available at LGD level

Data below are for NI and NI Trust areas:

GHQ12 Score (NI)

All	2017/18
0	54%
1 - 3	29%
4+	18%
Total	100%

Source: Health Survey Northern Ireland
Respondents aged 16+

High GHQ12 score by Health & Social Care Trust

Trust region	2017/18
Belfast	20%
Northern	17%
South Eastern	19%
Southern	18%
Western	14%
Total	18%

Source: Health Survey Northern Ireland
Respondents aged 16+

The General Health Questionnaire (GHQ) is a screening tool designed to detect the possibility of psychiatric morbidity in the general population. The questionnaire contains 12 questions about recent general levels of happiness, depression, anxiety and sleep disturbance. An overall score of between zero and twelve is constructed, with a score of 4 or more being classified as a respondent with a possible psychiatric disorder, and referred to as a 'high GHQ12 score'.

WEMWBS (NI)

All	2017/18
Mean Score	51.4

Source: Health Survey Northern Ireland

Respondents aged 16+

WEMWBS by Health & Social Care Trust (mean score)

Trust region	2017/18
Belfast	50.5
Northern	51.8
South Eastern	50.9
Southern	51.8
Western	52.1
Total	51.4

Source: Health Survey Northern Ireland

Respondents aged 16+

The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) contains 12 positively worded statements, such as feeling optimistic, feeling relaxed, thinking clearly, feeling confident and feeling cheerful. Respondents are asked to indicate how often they have agreed with each statement on a scale ranging from '1 - none of the time' to '5 - all of the time'. A score is then assigned to each respondent with a minimum score of 14 and a maximum score of 70. The higher a person's score is the better their level of mental well-being. The scale was not designed with a view to categorising the population according to level of mental well-being (thus no cut-off points have been developed), but rather as a tool for monitoring the mental well-being of groups of people over time or differences between groups.

- **Adult and childhood obesity figure**

— Data from NI Health Survey not available at LGD level

Data below are for NI and NI Trust areas:

BMI - adults (NI)

All	2017/18
Normal weight (including underweight)	36%
Overweight	37%
Obese	27%
Total	100%

Source: Health Survey Northern Ireland
Respondents aged 16+

Overweight by Health & Social Care Trust (adults)

Trust region	2017/18
Belfast	32%
Northern	40%
South Eastern	38%
Southern	35%
Western	40%
Total	37%

Source: Health Survey Northern Ireland
Respondents aged 16+

Obese by Health & Social Care Trust (adults)

Trust region	2017/18
Belfast	32%
Northern	28%
South Eastern	27%
Southern	25%
Western	20%
Total	27%

Source: Health Survey Northern Ireland
Respondents aged 16+

Body Mass Index (BMI) is a widely used indicator of body fat levels that is calculated from a person's height and weight. BMI is calculated by dividing weight (kilograms) by the square of height (metres). As part of the health survey, height and weight measurements are sought from individuals at participating households.

BMI – children (NI)

All	2017/18
Normal weight (including underweight)	74%
Overweight	18%
Obese	9%
Total	100%

Source: Health Survey Northern Ireland
Respondents aged 2-15

The classification of Body Mass Index in children (aged 2-15 years) depends on the age and sex of the child as well as their height and weight. The findings in the Health Survey use International Obesity Task Force (IOTF) cut-off points of the BMI percentiles for children

- **No of school children who participate in physical activity 3 times per week**

— Request sent to Dept. Health statisticians to see if additional data available

Data below are for NI and sourced from Young Persons Behaviour and Attitude Survey:

Over the last 7 days, on how many days have you played any sport, done any physical activity, or played actively that made you out of breath or hot and sweaty for a total of at least 60 minutes each day?

All	2016
No days	7.6%
1 day	9.3%
2 days	14.3%
3 days	17.1%
4 days	16.0%
5 days	14.5%
6 days	8.6%
7 days	12.7%
Total	100%

Source: Young Persons Behaviour and Attitude Survey
Respondents aged 11-16

- **No of people achieving CMO guidance of 150mins of physical activity per week**

— Data from NI Health Survey not available at LGD level

Data below are for NI and NI Trust areas:

Physical activity status

All	2016/17
Meets recommendations	55%
Some activity	13%
Low activity	6%
Inactive	26%
Total	100%

Source: Health Survey Northern Ireland
Respondents aged 19+

Respondents meeting physical activity guidelines by Health & Social Care Trust

All	2016/17
Belfast	53%
Northern	55%
South Eastern	60%
Southern	56%
Western	49%
Total	55%

Source: Health Survey Northern Ireland
Respondents aged 19+

*It is recommended that adults aged 19 and over should try to be active daily and should do:
At least **150 minutes of moderate aerobic activity** such as cycling or brisk walking **every week**,
OR **75 minutes of vigorous aerobic activity**, such as running or a game of singles tennis every week,
OR a mix of moderate and vigorous aerobic activity equating to 150 minutes of moderate aerobic activity.*

Meets recommendations	Reported 150 minutes per week of moderate activity, 75 minutes per week of vigorous activity, or an equivalent combination of the two.
Some activity	Reported 60-149 minutes per week of moderate activity, 30-74 minutes per week of vigorous activity, or an equivalent combination of these.
Low activity	Reported 30-59 minutes per week of moderate activity, 15-29 minutes per week of vigorous activity, or an equivalent combination of these.
Inactive	Reported less than 30 minutes per week of moderate activity, less than 15 minutes per week of vigorous activity, or an equivalent combination of these.

% of adult population who visit a leisure centre

— Request sent to NISRA statisticians to see if data available