

# 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.

## In the adult population

Have a diagnosis

Around 290,000



This means about **1 in 5** have a CHS diagnosis

+

Undiagnosed

110,000?



Many more people are undiagnosed. We think at least 110,000

=

Living with a CHS condition

At least 400,000



This means at least **1 in 4** live with CHS conditions, but it could be much more



### #1 cause of death

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



### 17 deaths per day

(6,233 each year) are caused by chest, heart and stroke conditions combined



### 36.2% of all adult deaths

in 2023/24 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)



## Circulatory Conditions

Any conditions that affect your heart or blood vessels.



**185,554 people** are living with circulatory conditions



**11 deaths every day** (4,168 in 2023/24)



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

**10 people** every day are admitted to hospital because of heart attacks

**780 people died** from heart attacks in 23/24

**75,265 people** are living with Coronary Heart Disease

**21,701 people** are living with Heart Failure

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

**239 calls a day** are received by the ambulance service for people who have a cardiac arrest (OHCA). Most of these people died.

## Women and Heart Disease



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

**2x**

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



Nearly twice as many women **died from Coronary Heart Disease than breast cancer** in 2023-24

**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)



**293,503 people** or **20% of the adult population** have high blood pressure



**Around 120,000** have undiagnosed high blood pressure... maybe more



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.



**41,487 people**  
are living with a stroke or TIA



**2 deaths every day**  
(888 in 2023/24)



**9 people had a stroke every day**  
(3,379 people in 2023/24)

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

**38%** of those who had a stroke in 2023/24 were <69

**1 in 5** had a prior stroke

**Almost half** had hypertension before their stroke

**About 1 in 5** had AF before their stroke

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

## Respiratory Conditions

Any disease that affects the lungs and airways.



**176,912 people**  
are living with respiratory conditions



**6 deaths every day**  
(2065 in 2023/24)



**83 hospital admissions every day**  
(30,239 in 2023/24)

**43,390 people** are living with COPD  
**It killed 833 people** in 2023/24

**133,522 people** are living with asthma  
**It killed 47 people** in 2023/24

## Air Pollution

**About 300-350**  
cardiovascular deaths  
across NI each year can  
be linked to air pollution



Chest  
Heart &  
Stroke

## Atrial Fibrillation

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



**47,101 people**  
have Atrial Fibrillation  
(AF)



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



**8 hospital admissions every day**  
(Almost 3,000 hospital admissions in 2023/24)



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

## Health and Lifestyle



### SMOKING

**Smoking is the single greatest cause of preventable illness and premature death in Northern Ireland, killing around 2,200 people in 2023/24.**

- 13%** of people currently smoke
- 1 in 8** women smoke during pregnancy
- 2%** of 11-16 year olds currently smoke
- 16%** 16-34 year olds currently smoke

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



### ALCOHOL

**356 deaths** in 2023/24 due to alcohol consumption



### DIET

**59%** of adults don't get 5+ portions of fruit and veg a day



### E-CIGS

- 10%** of people currently use e-cigs
- 21.3%** of 11–16 year olds have tried an e-cigarette



### OBESITY

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

**65% of adults**  
**38% of 11-15 year olds and 1 in 3 2-10 year olds** are overweight or obese



### ACTIVITY

**45%** of adults are not getting the recommended amount of 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






- 3 in 10 11-16 year olds (32%)** spent 10+ hours watching screens in the previous week
- 24%** had gamed for more than 10+ hours

# Thank you

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21 Dublin Road, Belfast BT2 7HB

t. 028 9032 0184

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