

# NEWS IN NUMBERS

# 13

deaths and 6 cases of heart disease would be prevented if 1000 people moved from a low-fibre to a high-fibre diet. Low fibre is defined as less than 15g and high as 25g to 29g each day



# 1 in 10 men

are affected by postnatal depression during the first year after birth in Scotland, and are to be helped in a new initiative, **How Are You, Dad?**



Mental health patients who miss 2 or more GP appointments within the space of a year are

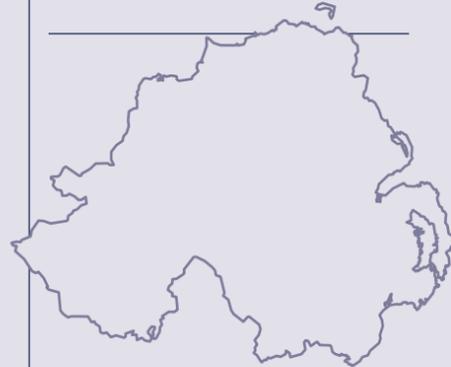
# 8x

more likely to die than those who miss none

Of those who missed appointments in Scotland,

# 32.1%

were addicted to alcohol and drugs. Among those who subsequently died, the average age of death was 49



# £30m

a year is needed to meet the demand for medical students in Northern Ireland. A report found that at least 100 more medical students are needed a year to meet the demand for doctors



# 1.8m

prescriptions for antibiotics were written in Northern Ireland last year. That is about 1 per person living in the province – the highest rates in the UK. Antibiotic resistance could lead to 10 million people dying each year around the world

# £7.1m

additional funding is to be made available to improve the mental health of children and young people in Wales. £1.4m is also being invested in mental health in-reach support for schools



Cutting the speed limit to

# 20 mph

in all urban areas could help counter Scotland's obesity epidemic, by encouraging more families to get outdoors with their youngsters and take part in physical activities, says the RCPCH

# 26%

of Scottish youngsters aged 2 to 15 are at risk of being overweight



# 70%

of all food and drink products in prominent locations in the supermarket (such as aisle ends) contribute significantly to children's sugar and calorie intake



Find links to relevant reports and surveys highlighted in the news stories at [bit.ly/CP\\_news\\_in\\_numbers](https://bit.ly/CP_news_in_numbers)