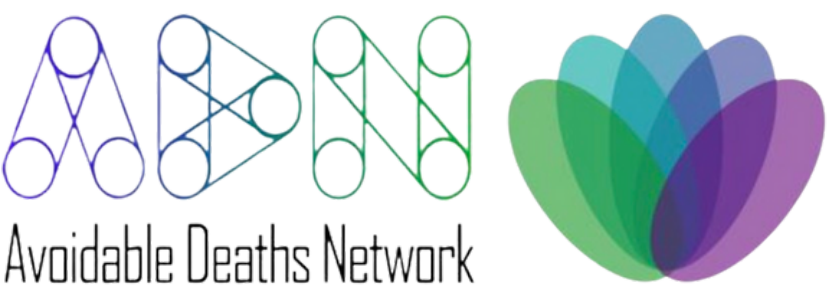


Top 10 Avoidable Deaths in the UK

Supervisor: Dr. Winifred Ekezie (Director Centre For Health And Society)

Beauty Igein, Olalekan Adeyeye, Jomon Varughese, Dr. Vidhyashree Srinivasan, Hadiza Dahiru, Zainab Dahiru, Shamama Alam, Neha, Rajadurai Kirubakaran



INTRODUCTION

Avoidable deaths caused by factors; that can be treated or prevented through primary prevention and public health interventions(1). Recently, it was observed that the life expectancy at birth was 82.6 years for women and 78.6 years for men in 2020-2022. This is a 38-week decrease from 83.0 years for women in 2017-2019(1). It has been suggested that the increase in life expectancy could contribute to shorten life expectancy(2). There is evidence that a reduction in avoidable death can contribute to life expectancy as it can increase by more than 50%(3). It is believed that with a reduction in avoidable deaths, the life expectancy in the UK will increase. In order to raise awareness about the impact of reducing avoidable deaths on life expectancy, this poster shows the top ten causes of avoidable mortality in the UK, the burden of these conditions and the relatable modifiable (controllable) factors.

METHODS

We searched PUBMED, Google Scholar and Web of Science in February 2024 for the top avoidable mortality in the UK over the past ten years to understand patterns and trends related to the causes identified. Students from the Centre for Health & Society carried out this search and two people reviewed the information for the poster development. Peer-reviewed articles, grey literature and reports for organizations were used.

COLLABORATORS

Maryam Sharifi
Salomey Birago Osei
Soodabeh Homayooni
Alexeyena Varghese

RESULTS

Road Traffic Accident

- 130,000 Casualties in 2022
- CAR > PEDESTRIAN > MOTORCYCLISTS > PEDAL CYCLISTS
- Modifiable factors:



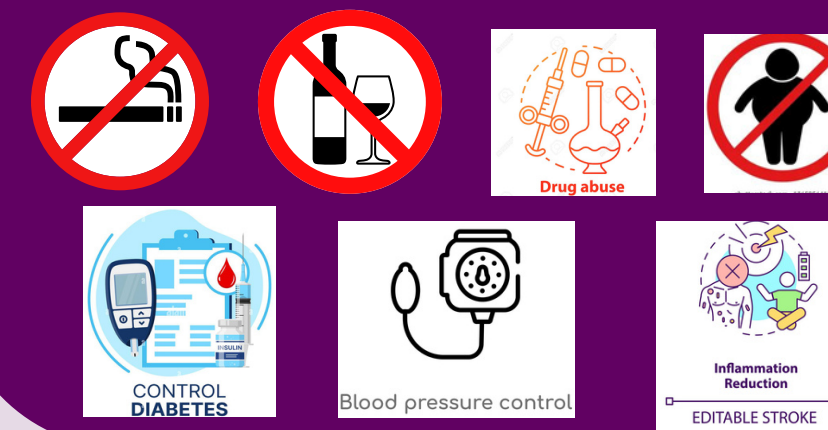
Cancers

- 1,460 deaths each day
- Lung cancer > bowel cancer > breast cancer and melanoma skin cancer
- Modifiable factors:



Stroke

- Once every 5 minutes, 35,000 deaths per year.
- High risk
- Modifiable factors:



Chronic Obstructive Pulmonary Disease

- 21,701 deaths in 2021
- More in age group 75-79 years
- Modifiable factors:



Substance misuse/abuse

- 53.9 per million in 2022
- High risk
- Modifiable factors:



1 Mortality

2 Prevalence

3 Modifiable Factors

COVID-19

- 232,112 deaths, as of 2024.
- Everyone is susceptible.
- Modifiable factors:



Alcohol-related disorders

- 38.4 per 100,000 in 2021
- High risk
- Modifiable factors:



Suicide

- 6,588 deaths registered.
- High risk
- Modifiable factors:



Coronary Heart Disease

- 68,000 deaths per year
- High risk
- Modifiable factors:

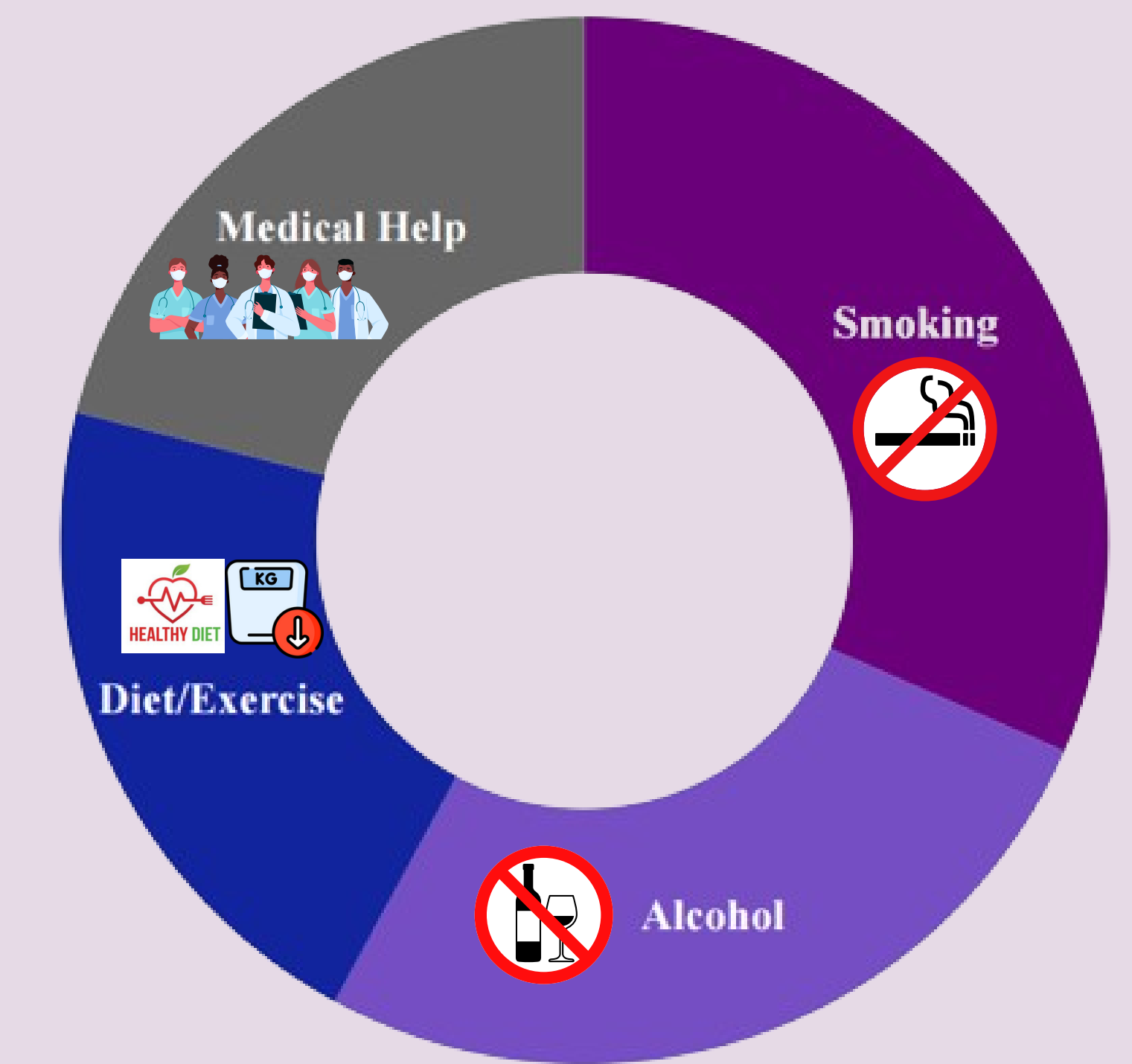


Pneumonia

- > 25,000 deaths per year
- High risk
- Modifiable factors:



GRAPHS



Common Modifiable Factors

CONCLUSION

Primary causes of the top 10 avoidable deaths are largely caused by controllable factors such as smoking, weight gain, and workplace conditions. Substantial evidence indicates that the identified top 10 groups of fatalities can be avoided through health and behaviour change initiatives. Increased intervention efforts can minimize the risks and death rate from the identified conditions.

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