

# Issue Brief: Health in Review Report 2<sup>nd</sup> Edition

16 November 2017

## ABOUT HEALTH IN REVIEW

This is the Second Edition of Health in Review, the first was published in 2011. The report is an international analysis of Bermuda's health system indicators, compared to high-income countries, namely the 35 member countries of the Organisation for Economic Co-operation and Development (OECD) and 9 additional partner countries. It includes comparisons to the US, Canada, Portugal, Switzerland and Singapore. The Report also documents trends in areas such as health status, social determinants of health, health workforce, healthcare activities, quality and access.

## TRENDS

- It is estimated that in 2016 **17.1% of the population would be 65+**.
- Fertility rates have not met replacement levels (2.1) in the past decade. With a fertility rate of **1.44 in 2015, Bermuda is below OECD average of 1.68.**
- The **population decreased** between 2010 and 2016—from 64,129 to 61,695. There are more women than men.
- **Bermuda's men are generally dying more from certain diseases than women:**
  - Bermuda's female life expectancy at birth is 84.9 years vs. male life expectancy at birth is 77.3 years.
  - Men have higher incidence of, and die from, cancer more than women.
  - Men die more often than women from heart disease and stroke.
  - Male deaths from diabetes is double the OECD average 50 per 100,000 vs. 26 per 100,000 for the OECD.



## POSITIVE FINDINGS

- Average **life expectancy** in Bermuda is **81.1 years**, which is higher than the US, Germany, and the UK. The OECD average is 80.6 years.
- Bermuda's **smoking rates** are among the lowest in the OECD, with only **10%** of the population smoking daily.
- **Transport accident rates for women** are the lowest in the OECD.
- Death from **heart disease and stroke** is decreasing in Bermuda. Our heart disease mortality is slightly lower than the OECD average, while stroke is higher than the average.
- Length of stay in the hospital post heart attack is 5 days, down from a high of 10 in 2007.
- Overall the rate of **diabetes and high cholesterol** has remained relatively stable.

## AREAS TO BE IMPROVED

- Average **life expectancy** in Bermuda is lower than Canada, France and Portugal.
- **Transport accident rates among males** are nearly **three times the OECD average.**
- Bermuda has the highest **obesity and overweight** percentage in the OECD—**75% of population is overweight & obese** (3 out of 4 adults). 70% of women and 79% of men are overweight or obese.
- **Cancer** is the **second leading cause** of mortality in Bermuda and in many OECD countries, accounting for around **25% of all deaths**. At 19.5%, lung cancer is the leading cancer causing death in Bermuda, followed by colorectal at 13.3% and Pancreatic and Prostate both at 7.8%
- **Less than 25% adults consume** three or more servings of **vegetables** a day, though it is increasing (21% in 2014 vs. 19% in 2011)
- **Alcohol** consumption among adults increased in 2014 (**50% in 2011 to 64% in 2014**).