

SCIENCE NEWS

IN NUMBERS

8,303

The total number of emergency calls made by the five most prolific UK callers last year.

Ambulances and emergency response vehicles were deployed more than 1,500 times to the five patients.

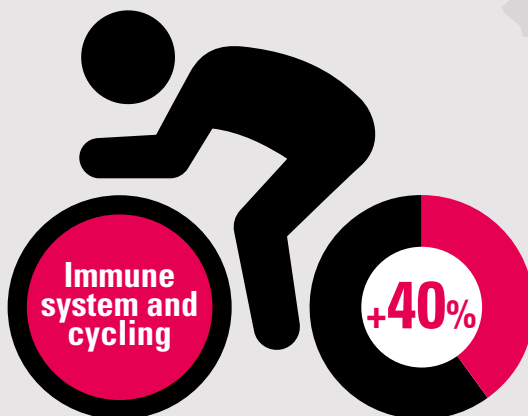


The highest number by a single patient was 3,594 calls made to London's ambulance service. An NHS spokesman said the calls were often related to mental health, chronic pain and alcohol or drug dependence.



Counting calories
A new government campaign aims to reduce calorie content of certain "popular foods" by 20% by 2024.

It says that overweight boys and girls consume 500 and 290 calories more a day, respectively, than required. If the 20% target is hit in five years, then 35,000 deaths could be prevented and around £9bn in NHS healthcare and social care saved over a 25-year period.



Scientists studying 125 long-distance cyclists – aged 55 to 79 – found that some had the immune systems of 20-year-olds. The findings, outlined in the journal *Aging Cell*, showed that the cyclists preserved muscle mass and strength with age while maintaining stable levels of body fat and cholesterol. A study published in the *BMJ* last year found regular cycling cut the risk of death from all causes by +40%.

Life expectancy by area:
Women Top three:

83

Blackheath and Wonsersh, Surrey

79.8

Newnham, Cambridge

79.1

Chesham Bois & Weedon Hill, Chiltern, Bucks

Bottom three:

Middlehaven, Middlesbrough: 47.6

Danesholme, Burnley: 48.4

Manningham, Bradford: 48.5

Men Top three:

79.1

Knightsbridge and Belgravia, Westminster:

77.3

North Oxford:

77.2

Warfield Harvest Ride, Bracknell, Berks:

Bottom three:

Bloomfield, Blackpool: 47.1

Rhyl West, Denbighshire: 47.2

Middlehaven, Middlesbrough: 47.3