

SCIENCE NEWS IN NUMBERS

5%
increase
in deaths

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The Office for National Statistics data for England shows a “statistically significant increase” in the death rate in the first quarter of 2018 – the highest for that period since 2009.

1,187

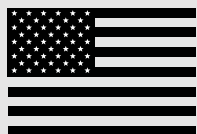
There were **1,187** deaths per 100,000 of population in England between January and March, up 5% on the same months in 2017.

Scientists have stated that just **5 minutes** in high temperatures is as good for the body as physical exercise, such as a brisk walk.

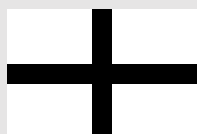
70

Researchers reviewed **70 studies** on the health outcomes of Finnish sauna baths to establish the health benefits.

OPIOIDS



US: In 2016, 11.5 million people misused prescription opioids. There were 42,249 deaths from overdoses.

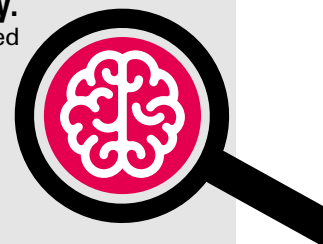


England: GPs prescribed 23.8 million opioid-based painkillers in 2017. There were more than 2,000 opioid-related deaths, but these were largely related to heroin, rather than prescription opioids.



“Middle-aged drinking may reduce dementia risk”
Those who are teetotal in middle age are around 50% more likely to develop the degenerative condition, compared with those who drink moderately.

Researchers examined data of **9,087 British civil servants** who were between the ages of 35 and 55 when the study began in the mid-1980s.



£10 million

The Department of Health and Social Care has announced a **£10m research competition** to fund innovations to tackle **antimicrobial resistance (AMR) in humans**.

The competition follows the **Global AMR Innovation Fund’s** announcement of **£30m** for research and development projects.

