

SCIENCE NEWS IN NUMBERS



11 million deaths

A new global study published in *The Lancet* says that **poor diet is a factor in one in five deaths** around the world.



3m

The dangerous diets are those containing:
Too much salt - three million deaths
Too few whole grains - three million deaths
Too little fruit - two million deaths.

Low levels of nuts, seeds, vegetables, omega-3 from seafood, and fibre are the other major killers. About **10 million** out of the **11 million** diet-related deaths are due to cardiovascular disease.



550

The Pint of Science festival involves **550 scientific talks** taking place in UK pubs.

Nearly **400 cities** in **24 countries** around the world are taking place. In London, there will be **35 talks** held at **six pubs**, including one dedicated to biology, medicine and health. The festival takes place on **20-22 May**.

For more information visit: pintofscience.co.uk



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Up to 21 young victims a day are treated in hospital after being wounded in knife or weapon attacks, according to new data.

The figures, released under Freedom of Information laws, show nearly **8000 people** aged **11 to 25 years old** attended hospitals with injuries gained after assaults with weapons.

500,000

UK and Chinese researchers, who followed **500,000 Chinese people** for **10 years**, say that having one drink a day increases stroke risk. They found that one to two drinks a day increased **stroke risk by 10-15%** and four drinks a day **increased the risk by 35%**. Roughly **16 in 100 men** and **20 in 100 women** will have a stroke in their lifetime in the UK.



Three minutes

New figures show there's a **diabetes diagnosis in England and Wales every three minutes**.

Diabetes UK released its research that shows in 2017 **202,665 people** were diagnosed with diabetes across England and Wales – the equivalent to **23 people an hour**.

