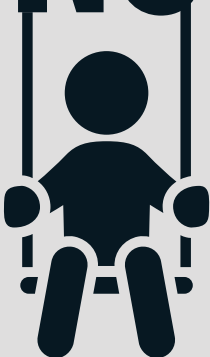


SCIENCE NEWS

IN NUMBERS

8



At **age 8** experts might know how our brains will age.

Research published in the journal *Neurology* suggests that the ground for strong thinking and memory skills among older adults might have been laid decades earlier.

The UK has

2.8

doctors and

7.8

nurses per **1000** people, which compares with the Organisation for Economic Co-operation and Development (OECD) international averages of **3.5** and **8.8**, respectively. The findings chime with warnings from union and NHS bosses about high vacancy rates in the UK.

3000 is the current number of nursing vacancies that exist in Northern Ireland. Nurses there recently voted to strike over staffing numbers and pay disputes.



Men who regularly walk at **least 30 minutes** a day after having a heart attack live longer than those who **don't stay as active**.

The biggest survival advantage is found in men who had a high level of physical activity prior to a heart attack and continued the same high level after a heart attack.

30 MINS

165

new antibiotic resistant infections emerge every day in England.

Public Health England revealed there were an estimated **61,000** resistant infections in England during 2018 – a **9% rise** from 2017.

10-14 YEARS OLD

Children who are between **10 and 14 years old** are more likely to have **good cardiovascular health** if their mothers had good heart health during pregnancy, according to new research from Northwestern University in Chicago. Children are more likely to become overweight by the **age of 4** if their mothers ate mostly fast foods during the second trimester.

