



## JANUARY<sup>i</sup>



### Births and Deaths

Circulatory disease deaths are predicted to be higher in January – the month with the coldest average temperatures – than in any other month of the year. The first few weeks of the year are likely to have exceptionally high numbers of deaths from circulatory disease, which will remain high throughout the whole of the winter period. Deaths from respiratory disease are also likely to be higher throughout January, with more deaths likely to occur in the first half of the month than in any other equivalent period of the year.



### Poor Health and Illness

Illness from chronic lung disease is expected to be exceptionally high during a short period of the year – the first half of January as well as the very end of December.

The incidence of heart failure will also be high throughout the month, and will continue to be high throughout the remainder of winter and early spring. In addition, the number of diabetes cases is likely to be very high during virtually the whole first quarter of the year, with the middle of January having particularly high numbers of cases.



### Injury and Violence

Injuries and violence will be unusually high in the first week of the year. For instance, self-harm will be exceptionally high during this first week, but this is not typical for other weeks during the winter, all of which have much lower levels of self-harm.

A huge increase in violence will also be observed in the first week of January, building on already-high levels in the last couple of weeks of December. This is predominately due to the New Year's Day effect – usually the worst day of the year for admissions to hospital for violence related injuries (many of which will have happened on New Year's Eve). However, after the first week of January violence will steeply decline (by around one-third) to more normal levels.

The level of falls amongst 35 to 64 year olds will be particularly high around the start of the year, continuing from a predicted peak at the end of December. However, later in this month, the number of falls will sharply drop – by over 20% - and high levels will not be seen again until the end of the year. A large number of falls is also expected amongst the over 65s at the beginning of January, continuing a sustained peak first seen around mid-November. Like falls amongst the 35 to 64 year old age group, the number of falls amid over 65 year olds will drop after the start of the month, with no sizeable increase expected again until much later in the year.



### Gastro-intestinal Infections

Reported infections of norovirus will be high during the month of January, particularly during the earlier part, continuing from the predicted rise in the last few weeks of the previous year. Norovirus occurs more often in the late autumn and winter months than at other times of the year, whereas most gastro-intestinal infections tend to be more prevalent during the summer and early autumn months.

<sup>i</sup> Definitions and data sources for all conditions - [www.nwpho.org.uk/healthcalendar/docs/about.pdf](http://www.nwpho.org.uk/healthcalendar/docs/about.pdf)