



HEALTH IN REVIEW: A CHECK-UP ON BERMUDA'S HEALTH

Health in Review is a snapshot of Bermuda's health indicators compared to other developed countries in the Organisation for Economic Co-operation and Development (OECD).

The purpose of *Health in Review* is to provide objective data on the status of Bermuda's health for policy makers, our public health partners, stakeholders and the public. Using global, standardized indicators we can benchmark Bermuda's health outcomes to see how we're really doing, and how we've changed since 2011 when the first *Health in Review* was published.

For example, in Bermuda, the average life expectancy at birth for females remains greater than males and this

is a consistent finding among OECD countries. In 2011, Bermuda's gender gap was 5.4 years, slightly narrower than the OECD average of 5.6 years at that time. However, the gender gap in 2017 is 7.6 years for Bermuda, much wider than the OECD average of 5.3 years.

This is due to several factors including but not limited to socioeconomic status, healthcare access, health-related behaviours, obesity rates, and premature deaths from road traffic accidents and homicides. Information like this can drive local health initiatives and policies, in order to target factors that contribute to premature death in men, for example. Knowing the facts and trends enables us to look for causes and, ideally, for solutions.



Health in Review provides an opportunity for Bermuda to understand health data in a global context. Publication of this information encourages local health system stakeholders and the public to engage in discussions about the implications of the findings, and allows us to take appropriate actions to address areas of concern. It also facilitates learning from other countries who are tackling the same issues and have had success, leading to wider adoption of evidence-based policies and initiatives.

FLU SHOT: SHOULD I GET IT?

The answer is a resounding: 'Yes!' Influenza is a respiratory infection that can cause serious complications, most notably in children, seniors, and people with certain medical problems. Flu shots are one of the most effective ways to prevent influenza. Remember to cover your cough and wash your hands often with soap and warm water to help stop the spread of germs!

SLOW DOWN AND BE SAFE, BERMUDA!

Health in Review shows that accident rates among males are nearly three times the OECD average while female accident rates are the lowest overall. The holidays are fast approaching and this is the perfect time to reflect and commit to safe and responsible driving.

BERMUDA'S CHILD CARE STANDARDS 2017

Child Care Standards were released last month as a best practice guide for child care providers, parents, and organisations who deal with children. The guidance focuses on strategies to assist with appropriate activities that will be beneficial to infants and children during critical brain development from birth to 3 years of age. The standards include information about provider skill sets, professional development, supervision, protection, health and safety, as well as ideas for support and development activities. They are not meant to replace but rather compliment the Children Act 1998 and Day Care Centre Regulations 1999. The standards will be reviewed regularly to ensure up-to-date information. You can find the standards at www.gov.bm/child-care-information-parents.

COMMIT TO CHANGE: HALT THE RISE IN OBESITY AND DIABETES



Join the Department of Health for a two-day conference for Community Stakeholders on the 15th

and 16th of January, and the General Public on the evening of 16th January 2018. Jane Deville-Almond, Chair of the British Obesity Society, will be the guest speaker.

The Symposium seeks to raise knowledge of evidence-based solutions that can be deployed by all sectors of Bermuda society to prevent obesity and diabetes. It will also examine factors that have made people in Bermuda so prone to obesity and type 2 diabetes, and explore the changes that

need to be made to improve the health of our population.

Attendees will bring commitments on behalf of themselves, their communities and their organizations to contribute towards a draft strategy that will lay out Bermuda's plan to halt the rise in obesity and diabetes locally. Additionally, participants will make recommendations for the creation of a committee charged with the oversight of the implementation of the plan.



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