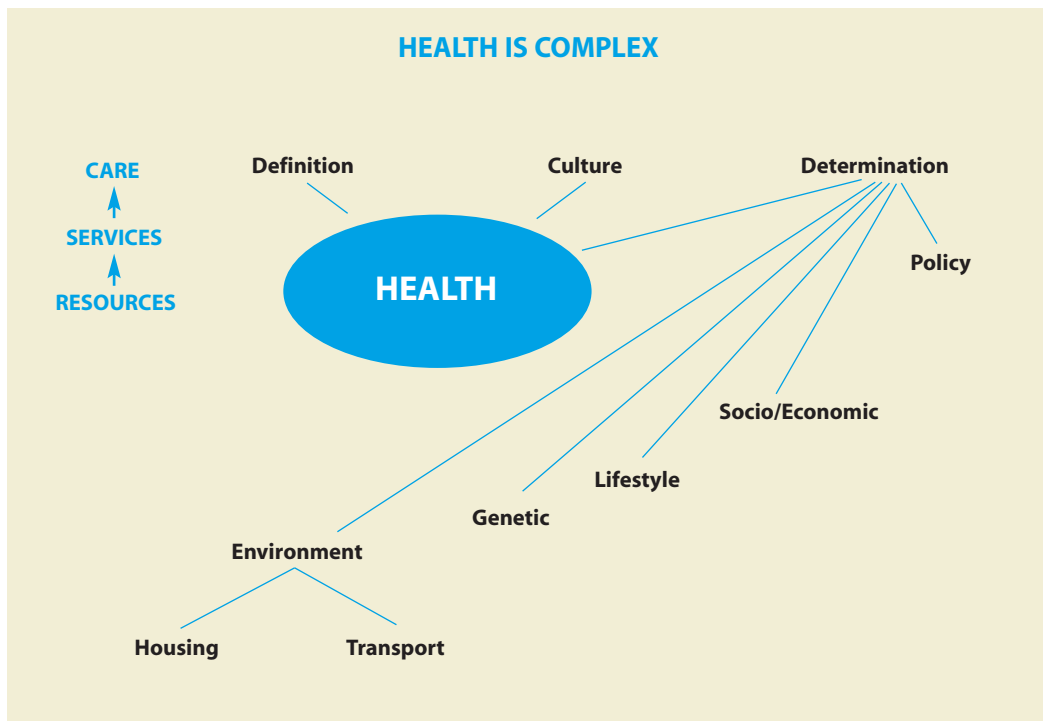


## 2(A) Health

*Health is 'a state of complete physical, mental and social well being and not merely the absence of disease or infirmity' (WHO 1946)*

Health is an intangible concept, therefore difficult to define and even more difficult to measure. Ill-health is even more difficult to measure, measurements rely on death



Source Dr. Elizabeth Keane (S.H.B) Figure 2.1

Intrinsic to the health status and health needs of the people of Kerry is an understanding of the population make-up. The trends in births and deaths in addition to the age, sex and social structure provides a profile of our population, from this it is possible to identify groups at special risk.

### Population of Kerry

In 1996 there were 126,130, 63,801 Males and 62,329 Females

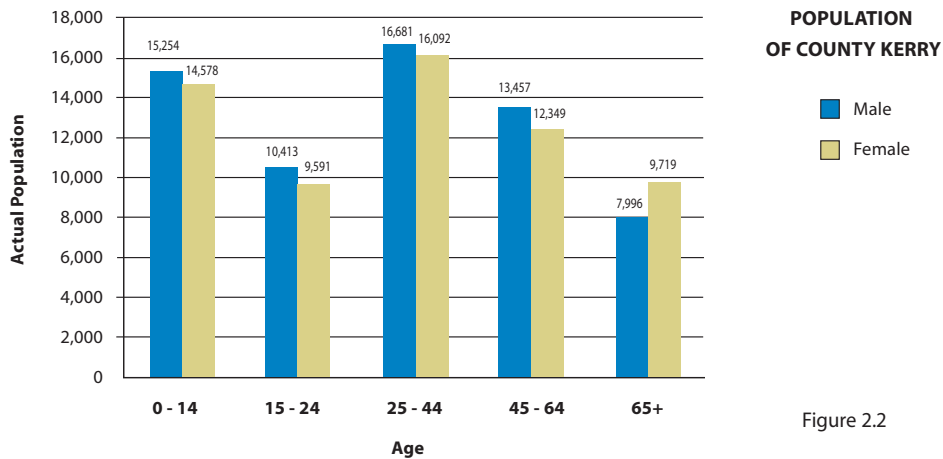


Figure 2.2

- Dependency**

The most vulnerable of any population are the very young and the old. The dependency ratio for the Southern Health Board at .55 is similar to the national ratio (0.54). However, the ratio for Kerry at 0.60 is higher.

If one follows the Roland Pressat - *Pressat 1978 Pg. 13*, in defining the Dependency Ratio as these aged under 15 plus those 65 and over divided by the group aged 15 - 64. This emphasises the burden placed on the middle age group.

The burden is greater than appears as many in the 15 - 64 age group are students, disabled, at home or unemployed.

- Population Distribution**

Over two thirds of the population of Kerry is rural compared with 42% nationally.

- Population Projections** for the Southern Health Board region indicate a rise in the number of older people of 8.5% by 2006 and of 20.6% by 2011 on 1996 figures. Most notable is the considerable projected rise in females, single and widowed in the 80+ age group.

- Vulnerable Ages**

Dependency Ratios for each county/county borough, SHB and Ireland (1996)

	0-14 years (% of total)	15-64 years (% of total)	65+ years (% of total)	Dependency Ratio	Total Population
<b>Cork County</b>	72,439 (24.7)	187,476 (63.9)	33,408 (11.4)	0.56	293,323
<b>Cork City</b>	25,735 (20.2)	86,448 (68.0)	15,004 (11.8)	0.47	127,187
<b>KERRY</b>	<b>29,832 (23.6)</b>	<b>78,583 (62.3)</b>	<b>17,715 (14.0)</b>	<b>0.60</b>	<b>126,130</b>
<b>SHB</b>	128,006(23.4)	352,507 (64.5)	66,127 (12.1)	0.55	546,640
<b>Ireland</b>	859,424 (23.7)	2,352,781 (64.9)	413,882 (11.4)	0.54	3,626,087

Source: Dr. E. Keane, SHB. Figure 2.3

• **Older Person**

In County Kerry there are 17,715 in the 65 - 85+ age band and 1,481 of these are over 85. The aforementioned age band (65 - 85+) represents 14% of Kerry's population. The same age group represents 11% of the National population and 12% of SHB population.

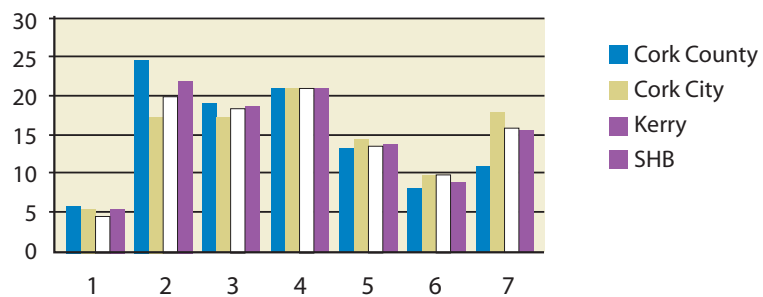
Most older people want to live in their own homes, '30% of people over 70 live alone in SHB region' - (SHB) 1999, in Co. Kerry. There were 1,873 old age contributory pensions and 5,579 old age non-contributory pensions and 2,025 retirement pensions in 1999. (DSCFA statistics 1999).

50% die from Circulatory Disease, 21% Cancer. Out of a total of 55 reported suicides in the Southern Health Board area in 1995, five were in people over 65 (4 males 1 female).

In the Southern Health Board Region, Kerry has already the highest dependency ratio and the lowest support ratio. The falling birth rates, and other factors such as female employment rates, will result in fewer people to care for older persons at home.

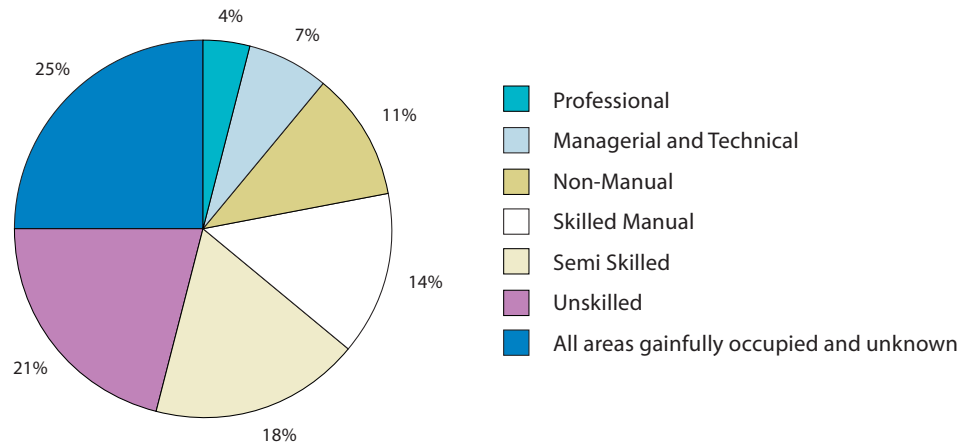
• **Social Class**

**Social Class Distribution**

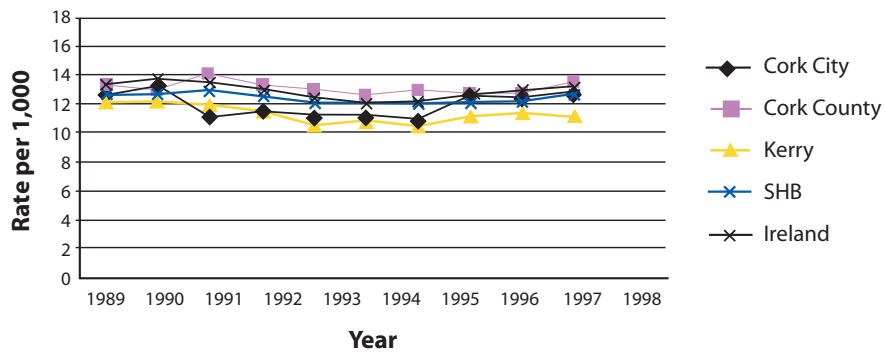


- SHB - Similar to National
- Cork City - more disadvantaged

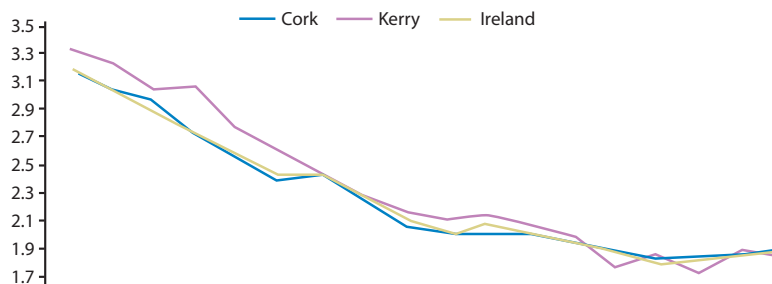
### Persons aged 15 years and over in Co. Kerry, classified by Social Class



### Birth Rate by County 1989 - 1998

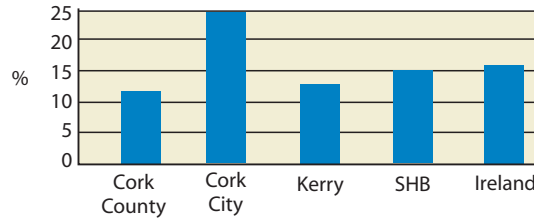


### Total Fertility Rate 1980 - 1997

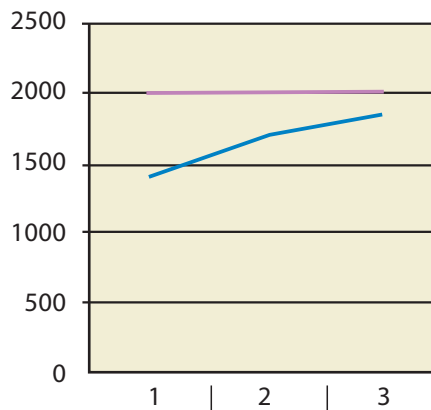


- TFR: replacement of population requires TFR: 2:1
- Dramatic fall x 20 years
- TFR < replacement rate

**LONE PARENTS AS % TOTAL FAMILY UNITS WITH CHILDREN**  
(all children are aged <15)



**ONE PARENT FAMILY PAYMENTS IN CO. KERRY**  
1997, 1999, 2001



	1	2	3
Series 1	<b>1997</b>	<b>1999</b>	<b>2000</b>
Series 2	1,403	1,692	1,855

1997 One Parent Family payment was introduced for all parents who are bringing up children on their own. Co. Kerry 1997 = 1,403. Lone parent recipients in 1999 = 1,692 - representing a 20.6% increase.

## Deaths

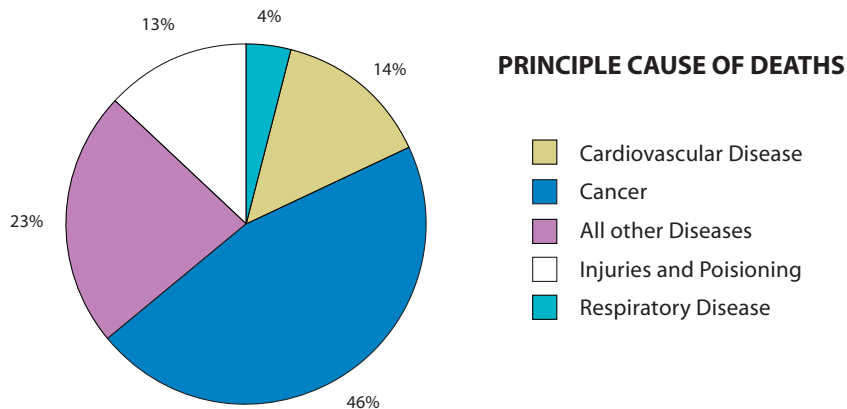
Births and Deaths in the SHB and Ireland: Numbers and Crude Rates per 100,000 for 1997

	CORK CITY		CORK COUNTY		KERRY		SHB		IRELAND	
	No.	Rate	No.	Rate	No.	Rate	No.	Rate	No.	Rate
<b>Births</b>	1743	13.7	4096	14	<b>1576</b>	<b>12.5</b>	7415	13.6	52311	14.3
<b>Deaths Total</b>	1357	10.7	2436	8.3	<b>1426</b>	<b>11.3</b>	5219	9.5	31605	8.6
<b>Male</b>	359	1283			<b>755</b>		2697		16461	
<b>Female</b>	698	1153			<b>671</b>		2522		15144	
<b>Premature Deaths Total</b>	303	492			<b>222</b>		1017		6512	

Source: Public Health Information System, Version 3

### Principal cause of Death 1993-1997 Southern Health Board - all ages

The major causes of death for males and females in Cork and Kerry are Circulatory Diseases (46%) (including heart attacks and strokes), Cancer (23%), respiratory disease (14%) and injury and poisoning (4%). This is very similar to the national pattern.



### Cancer

In 1997 there were 1,201 deaths in SHB region attributed to cancer (23% of all deaths)

Males suffer from - Lung, Colorectal, Prostrate

Female - Breast, Lung, Colorectal

### Respiratory Disease

Ireland is the 5th worst death rate - 48 European Countries

### Injuries and Poisonings

- Between '93 and '97 an average of 230 died annually in SHB
- 68% under 65
- Majority Male
- Ireland rate in keeping with European rate
- SHB slightly higher than expected
  - Cork as expected
  - Kerry higher than expected

### Suicide

Suicide is the leading cause of death for young men in Cork and Kerry. Psychiatric admissions in the region are on the increase. (SHB 2001)

Male Female ration = 3:1 Three times more males commit suicide than females.

One third of all premature deaths classified in category of injury and poisoning are due to suicide.

Suicide and Motor Vehicle Accident 1997 per 100,000 Population						
Cause	Ireland		SHB		Kerry	
	Male	Female	Male	Female	Male	Female
<b>Suicide</b>	17.6	4.6	21.4	5.5	22	8.3
<b>Motor Vehicle Accident</b>	16.3	5.9	14.1	5.0	19	3.3

Suicide rates for the Southern Health Board region increased considerably between 1987 and 1997 and are consistently higher than the national average. The suicide rate for the region in 1998 (19.9 per 100,000 population) is much higher than the national rate of 13.9. In 1998 there were 109 suicide deaths of which 83% were male and 17% female.

### Infant Mortality

A total of 30 babies died in the Southern Health Board region in 1997. 5.2% of babies born in County Kerry (mean % was 4), were Low Birth Weight. which is a major determinant of infant death. 4 weeks to 1yr sudden infant death is major killer at 46% SHB '97 in age band

(1-14 yrs) there were 32 deaths in Cork and Kerry main cause injury and poisoning.