


Working towards a world free from the fear of heart and circulatory diseases.

 Around **225,000** people are living with heart and circulatory diseases in Northern Ireland

 We are the **BIGGEST** independent funder of heart and circulatory disease research in Northern Ireland

 Heart and circulatory diseases kill **1 in 4** people in Northern Ireland

 Every **135 minutes** someone in Northern Ireland is admitted to hospital due to a heart attack

Drawing on over 60 years of experience, we are breaking new ground in science every single day, from AI technology that has the power to predict heart attacks, to pioneering techniques that mean more children are able to receive a heart transplant – but there's still much more for us to do.

We won't stop until we've put an end to heart attacks and strokes that strike without warning. Until we've cured heart failure and found a way to prevent sudden death from cardiac arrest.

Heart and circulatory diseases are the world's biggest killers. Together with our supporters, we are backing the brightest minds with the biggest ambitions to stop these diseases in their tracks.

We work hard to protect heart health and secure better services for heart patients across Northern Ireland, working in partnership with key decision makers, individuals and organisations.

With your help, we can do more.

Get in touch with BHF Northern Ireland to find out how together we can beat heartbreak for your community.

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**British Heart
Foundation
Northern Ireland**

2023 Local Government Election Manifesto



British Heart
Foundation
Northern Ireland

Creating a council of lifesavers

- 1 Ensure all defibrillators funded by the council or located on council property are registered on *The Circuit*.**

Many defibrillators are never used because emergency services don't know where they are or how to access them.

Registering a defib takes less than 10 minutes but could mean the difference between life and death.

- 2 Make CPR training mandatory for all councillors and council staff.**

Survival rates from out-of-hospital cardiac arrests are higher in places where more people are trained to perform CPR and are willing to intervene.

For more information visit: www.thecircuit.uk and www.bhf.org.uk/CPR

Acting on air pollution

- 3 Commit to the World Health Organization (WHO) 2021 Air Quality Guideline level for fine particulate matter (PM_{2.5}) air pollution.**

According to the WHO there is no safe level of air pollution. Everyone is at risk. However, they have set targets which could minimise harm to health.

Reducing PM_{2.5} levels to an annual average of 5.0 µg/m³ would help to better protect public health.

- 4 Seek increased and improved monitoring of PM_{2.5} air pollution.**

Increased and improved monitoring of PM_{2.5} would enable more accurate measurement of progress against air quality targets and allow for better provision of information to vulnerable groups on the risks to their health from air pollution in their area.

For more information visit: www.bhf.org.uk/AirPollutionNI

Preventing Non-Communicable Diseases (NCDs)

- 5 Make all council property, land and facilities smokefree.**

Tobacco is the single greatest cause of preventable illness and premature death in Northern Ireland – around 2,300 deaths every year.

Northern Ireland's 2021/22 Health Survey estimated that 17% of adults smoked cigarettes.

Creating more smokefree places will help to discourage smoking and better protect the public from exposure to second-hand (passive) smoke.

- 6 Promote a healthy environment in your council area to support prevention of NCDs.**

NCDs such as heart disease are the leading causes of death and disability in Northern Ireland, and disproportionately affect the most deprived in our communities, widening health inequalities.

Many of these deaths and lost years of healthy life could be prevented through public health action to address NCD risk factors, such as, reducing rates of smoking, harmful alcohol consumption, and overweight and obesity.

For more information visit: www.bhf.org.uk/what-we-do/in-your-area/northern-ireland/campaigning-and-influencing-in-northern-ireland/ncd-prevention-report