

Estimating excess winter mortality in England and Wales

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INTRODUCTION

England and Wales, in common with other European countries, experiences higher levels of mortality in the winter than in the summer. A measure of this increase is provided, on an annual basis, in the form of the excess winter mortality figure. This figure is a simple way to assess mortality levels over the winter as a whole and can be used as a basis for comparison with previous years. The EWM index (excess winter deaths divided by the average non-winter deaths expressed as a percentage) can be used as a comparison with other countries. There is evidence that EWM is to some extent preventable. Recent research that aimed to identify measures that could reduce excess winter mortality levels in England and Wales has focused on indoor temperature (adequate home heating)¹ and measures to reduce outdoor cold stress (keeping warm while outdoors).²

Lower temperatures in winter are responsible for some deaths. The Eurowinter Group³ in their study of winter mortality in Europe found that mortality increased, in a broadly linear way, with each fall in mean daily temperature below 18°C. Mortality during winter increases more in England and Wales than other European countries with colder climates.^{3,4} This finding suggests that factors, other than temperature alone, contributed to higher levels of excess winter mortality in England and Wales.

The Eurowinter Group³ looked at possible explanations for greater increases in mortality, for a given fall in temperature, in regions with warm winters (for example, England and Wales) compared with other European countries with colder winters. Findings were that regions with warm winters had cooler homes and took fewer protective measures against the cold, such as wearing warm clothing when outdoors. Indoor

During the winter months, mortality in England and Wales reaches higher levels than during the summer months. The aim of calculating an excess winter mortality figure is to measure this annual increase. For each winter, excess winter mortality (EWM) is calculated in the same way, using an arbitrarily defined winter period. Over the last 50 years, in December to March mortality levels have remained above average and in May to October mortality has been consistently below average. There has been a steady log-linear decline in EWM. Although year-on-year variability, which is most pronounced in the winter months, remains. In general, the current ONS method of estimating EWM gives similar results to other methods of calculating EWM over the last 50 years. However, due to the year-on-year variability seen in seasonal mortality, mortality can also be above average in the autumn or spring. Where these periods are included in the comparison period for excess winter mortality calculations, as with the current ONS method, this has the effect of decreasing the EWM estimate.

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