

Top 10 Avoidable Deaths in the UK

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1. Falls

Falls are the leading cause of death in the UK, with over 100,000 deaths each year. Falls are preventable and can be avoided by taking simple steps such as wearing seatbelts, using handrails, and keeping homes safe.

2. Drowning

Drowning is the second leading cause of death in the UK, with over 10,000 deaths each year. Drowning is preventable and can be avoided by taking simple steps such as wearing life jackets, using lifebuoys, and avoiding alcohol when swimming.

3. Road traffic accidents

Road traffic accidents are the third leading cause of death in the UK, with over 10,000 deaths each year. Road traffic accidents are preventable and can be avoided by taking simple steps such as wearing seatbelts, not drinking and driving, and using mobile phones safely.

4. Coronary heart disease



5. Suicide



6. Alcohol-related deaths



7. Self-harm

