



Blackburn with Darwen

Health & Well-being Infograph 2024-2025



Active
Lancashire



Lancashire
Healthier Places



Total population
(from 2021
census)
154, 800

Adults
110, 900

0-19 years
43, 900



Every **48** deaths per
100,000 are linked to
alcohol consumption.



Smoking
15% of adults
smoke.



Overweight & Obesity
61% of adults, **29%** of children
aged 4-5 years and **39%** of
children aged 10-11 years are
living with overweight and obesity.



14% of adults
have high blood
pressure.



Dental Health

40% of 5-year-old children have
signs of visible tooth decay.



Fast Food Density

There are **251** takeaways in Blackburn
with Darwen. This is more than the
average local authority in the UK.



Healthy Diet

Just **22%** of adults eat the
recommended 5 portions of fruit
and vegetables per day.



40% of children live in
poverty. Growing up in
poverty can damage a child's
well-being and life chances.



30% of children (Academic year
2023/24) and **31%** of adults are
physically inactive and do less than 30
minutes of activity per week. It is
recommended that people do 30 minutes
of exercise a day, 5 times a week.



MSK
18% of people
have a long-term
musculoskeletal
problem such as
back and neck pain.



Commuting

10% of people use
active modes of travel to
journey to work.



20% of people aged over
16 are affected by mental
health problems.