Together an Active Future



Health & Well-being Infograph 2024-2025







Total population (from 2021 census)

Adults 61,700

82.200

0-19 years 20,500



Dental Health 35% of 5-year-old children have signs of visible tooth decay.



Every **56** deaths per 100,000 are linked to alcohol consumption.



Fast Food Density There are **137** takeaways in Hyndburn. This is more than the average local authority in the UK.



Smoking 19% of adults smoke.



Overweight & Obesity 72% of adults, 26% of children aged 4-5 years and 39% of children aged 10-11 years are living with overweight and obesity.



16% of adults have high blood pressure.



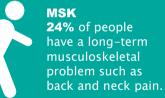
Healthy Diet Less than a third (**26**%) of adults eat the recommended 5 portions of fruit and vegetables per day.



39% 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 **35%** 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.





Commuting 9% of people use active modes of travel to journey to work.



19% of people aged over 16 are affected by mental health problems.