



Hyndburn

Health & Well-being Infograph 2024-2025



Active
Lancashire



Lancashire
Healthier Places



Total population
(from 2021 census)
82,200

Adults
61,700

0-19 years
20,500



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



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.



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



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



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.



MSK
24% of people have a long-term musculoskeletal problem such as back and neck pain.



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.