



Ribble Valley

Health & Well-being Infograph 2024-2025



Active
Lancashire



Lancashire
Healthier Places



Total population
(from 2021 census)
61,500

Adults
48,800

0-19 years
12,700



Every **34** deaths per
100,000 are linked to
alcohol consumption.



Smoking
9% of adults
smoke.



Overweight & Obesity
59% of adults, 23% of children
aged 4-5 years and 32% of
children aged 10-11 years are
living with overweight and obesity.



18% of adults
have high blood
pressure.



Dental Health
22% of 5-year-old children have
signs of visible tooth decay.



Fast Food Density
There are **68** takeaways in Ribble
Valley. This is more than the
average local authority in the UK.



Healthy Diet
Less than a third (**32%**) of adults
eat the recommended 5 portions of
fruit and vegetables per day.



12% of children live in
poverty. Growing up in
poverty can damage a
child's well-being and life
chances.



34% of children (Academic year
2023/24) and 18% 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
19% of people
have a long-term
musculoskeletal
problem such as
back and neck pain.



Commuting 4%
of people use
active modes of travel
to journey to work.



13% of people aged
over 16 are affected by
mental health problems.