



Blackburn with Darwen

Health & Wellbeing Infograph 2024-2025



Active
Lancashire



Total population

(from 2021 census)

154,800

Adults

110,900

0-19 years

43,900



Alcohol

Every 54 deaths per
100,000 are linked
to alcohol
consumption



Smoking

17% of adults
smoke



Overweight & Obesity

70% of adults, 21% of children
aged 4-5 years and 39% of
children aged 10-11 years are
living with excess weight or
obesity



Hypertension

14% of adults have high
blood pressure



Dental Health

35% of 5 year old
children have visible
signs of tooth decay



Fast Food Density

There is 1 takeaway outlet
for every 621 people in
Blackburn with Darwen. The
UK average is 1 per 952
people



Nutrition

Only around 19% of adults
eat the recommended 5
portions of fruit and
vegetables a day



Child Poverty

43% of children live in
relative poverty, after
housing costs



Physical Activity

30% of children (academic year
2023/24) do less than 30mins of
physical activity a day. 33% of adults
are classed as physically inactive,
doing less than 30mins per week



MSK

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



Active Commuting

10% of people use
active modes of
travel to get to work



Mental Wellbeing

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