



### Total population

(from 2021 census)

61,500

### Adults

48,800

### 0-19 years

12,700



### Alcohol

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



### Smoking

8% of adults  
smoke



### Overweight & Obesity

63% of adults, 23% of children  
aged 4-5 years and 32% of  
children aged 10-11 years are  
living with excess weight or  
obesity



### Hypertension

18% of adults have high  
blood pressure



### Dental Health

16% of 5 year old  
children have visible  
signs of tooth decay



### Fast Food Density

There is 1 takeaway outlet  
for every 1031 people in  
Ribble Valley. The UK  
average is 1 per 952 people



### Nutrition

Only around 36% of adults  
eat the recommended 5  
portions of fruit and  
vegetables a day



### Child Poverty

20% of children live in  
relative poverty, after  
housing costs



### Physical Activity

34% of children (academic year  
2023/24) do less than 30mins of  
physical activity a day. 21% of adults  
are classed as physically inactive,  
doing less than 30mins per week



### MSK

19% of people  
have a long-term  
musculoskeletal  
problem such as  
neck and back  
pain



### Active Commuting

4% of people use  
active modes of  
travel to get to work



### Mental Wellbeing

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