

Blackburn with Darwen

Health and Wellbeing Infographic 2026-27



Total Population

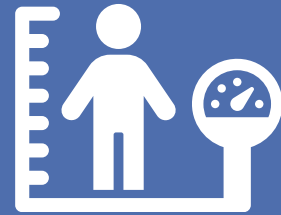
165,000

Adults

127,000

0 - 17 Years

38,000



Overweight & Obesity

Adults

67% of adults are overweight

0 - 4 Years

21.6% of children aged 0-4 are overweight

10 - 11 Years

38.6% of children aged 10-11 are overweight



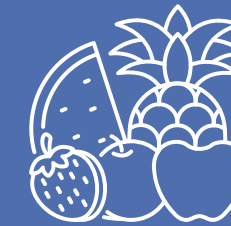
Physical Activity

Adults

32.5% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week.

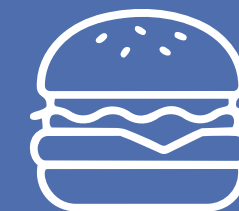
Children

29.6% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week.



Nutrition

23.8% of adults eat the recommended 5 portions of fruit and vegetables per day.



Fast Food

There are 161 takeaways per 100,000. This is higher than the national average of 115.9



Alcohol

Every 41.7 deaths per 100,000 are linked to alcohol



Smoking

12.6% of adults smoke



Child Poverty

43% of children live in poverty, this is higher than the national average of 31%



Dental Health

41.7% of 5-year-old children have visible tooth decay



Mortality

47.2% of adults under 75 passed away from a preventable cardiovascular disease between 2022-24.



Active Commuting

10% of adults walk or cycle to work



MSK

17.7% of adults report having long term MSK problems.



Health

6.7% of adults self-reported having 'bad' or 'very bad' health



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