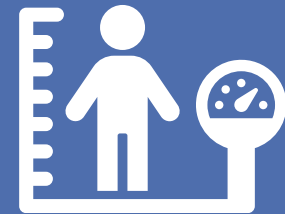


Hyndburn

Health and Wellbeing Infographic 2026-27



Total Population
82,234



Overweight & Obesity

Adults

69.1% of adults are overweight

0 - 4 Years

26.4% of children aged 0-4 are overweight

10 - 11 Years

40.8% of children aged 10-11 are overweight



Physical Activity

Adults

25.1% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week.

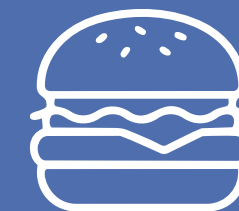
Children

27.1% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week.



Nutrition

24.4% of adults eat the recommended 5 portions of fruit and vegetables per day.



Fast Food

There are 112.1 takeaways per 100,000. This is higher than the national average of 115.9



Alcohol

Every 46.2 deaths per 100,000 are linked to alcohol



Smoking

13% of adults smoke



Child Poverty

27% of children live in poverty, this is higher than the national average of 31%



Dental Health

43.9% of 5-year-old children have visible tooth decay



Mortality

27.7% of adults under 75 passed away from a preventable cardiovascular disease between 2022-24.



Active Commuting

9% of adults walk or cycle to work



MSK

22.1% of adults report having long term MSK problems.



Health

5.8% of adults self-reported having 'bad' or 'very bad' health



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