Hyndburn

Health and Wellbeing Infographic 2026-27

Total Population
86,908

Adults
67,570

0 - 17 Years
19,338

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
32.4% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week

Children
33% 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

Alcohol
Every 46.2 deaths per 100,000 are linked to alcohol

Fast Food
There are 172.1 takeaways per 100,000. This is higher than the national average of 115.9

Smoking
13% of adults smoke

Child Poverty
43% 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
51.4 per 100,000 adults under 75 that passed away from a cardiovascular disease was considered preventable

Active Commuting
9% of adults walk or cycle to work

MSK
25.6% of adults report having long term MSK problems

Health
7% of adults self-reported having 'bad' or 'very bad' health

Active Lancashire

Together an Active Future

Lancashire Healthier Places