

Blackburn with Darwen

Health & Well-being for Children and Young People Infographics 2023



It is recommended that young people are active for 60 minutes every day. Ideally 30 mins should be during the school day.
36% of young people do less than 30 minutes of activity per day.



Only **44%** of young people are active for an average of 60 minutes per day.



25% of young people report that they do not get enough sleep.*



10% of children* are affected by mental health problems.



Obesity
22% of reception children are overweight or obese.



Obesity
37% of Year 6 children are overweight or obese.



60% of young people can swim 25m unaided.



Dental Health
50.9% of children have visible dental decay.



Total population (from 2021 census)
154,800

Adults
110,900

0-19 years
43,900



36% of children live in poverty.
Growing up in poverty can damage a child's well-being and life chances.



BwD has lots of great public spaces where people can be more active. These include...

- 5 parks
- 10km of canals
- 454km of Public Rights of Way
- 15 play spaces
- 9 allotment sites

* National data