

Hyndburn

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.
27% of young people do less than 30 minutes of activity per day.



Only **48%** 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
26% of reception children are overweight or obese.



Obesity
39% of Year 6 children are overweight or obese.



42% of young people can swim 25m unaided.



Dental Health
39.5% of children have visible dental decay.



Total population (from 2021 census)
82,200

Adults
61,700

0-19 years
20,500



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



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

- 11 parks
- 14.8km of canals
- 234km of Public Rights of Way
- 26 play areas
- 5 playing fields
- 22 allotment sites = 850 plots
- 3 nature reserves

* National data