



Total population
(from 2021 census)
95,800

Adults
70,700

0-19 years
25,100



Every **44** deaths per 100,000 are linked to alcohol consumption.



Smoking
18% of adults smoke.



Overweight & Obesity
73% of adults, **24%** of children aged 4-5 years and **39%** of children aged 10-11 years are living with overweight and obesity.



14% of adults have high blood pressure.



Dental Health
42% of 5-year-old children have signs of visible tooth decay.



Fast Food Density
There are **125** takeaways in Pendle. This is more than the average local authority in the UK.



Healthy Diet
Less than a third (**26%**) of adults eat the recommended 5 portions of fruit and vegetables per day.



43% of children live in poverty. Growing up in poverty can damage a child's well-being and life chances.



42% of children (Academic year 2023/24) and **29%** of adults are physically inactive and do less than 30 minutes of activity per week. It is recommended that people do 30 minutes of exercise a day, 5 times a week.



MSK
19% of people have a long-term musculoskeletal problem such as back and neck pain.



Commuting
12% of people use active modes of travel to journey to work.



19% of people aged over 16 are affected by mental health problems.



Total population
(from 2021 census)
94,700

Adults
70,900

0-19 years
23,800



Every **56** deaths per 100,000 are linked to alcohol consumption.



Smoking
20% of adults smoke.



Overweight & Obesity
64% of adults, **24%** of children aged 4-5 years and **41%** of children aged 10-11 years are living with overweight and obesity.



15% of adults have high blood pressure.



Dental Health
29% of 5-year-old children have signs of visible tooth decay.



Fast Food Density
There are **148** takeaways in Burnley. This is more than the average local authority in the UK.



Healthy Diet
Less than a third (**23%**) of adults eat the recommended 5 portions of fruit and vegetables per day.



38% of children live in poverty. Growing up in poverty can damage a child's well-being and life chances.



41% of children (Academic year 2023/24) and **35%** of adults are physically inactive and do less than 30 minutes of activity per week. It is recommended that people do 30 minutes of exercise a day, 5 times a week.



MSK
21% of people have a long-term musculoskeletal problem such as back and neck pain.



Commuting
12% of people use active modes of travel to journey to work.



20% of people aged over 16 are affected by mental health problems.



Blackburn with Darwen

Health & Well-being Infograph 2024-2025



Active
Lancashire



Total population
(from 2021
census)
154, 800

Adults
110, 900

0-19 years
43, 900



Every **48** deaths per
100,000 are linked to
alcohol consumption.



Smoking
15% of adults
smoke.



Overweight & Obesity
61% of adults, **29%** of children
aged 4-5 years and **39%** of
children aged 10-11 years are
living with overweight and obesity.



14% of adults
have high blood
pressure.



Dental Health
40% of 5-year-old children have
signs of visible tooth decay.



Fast Food Density
There are **251** takeaways in Blackburn
with Darwen. This is more than the
average local authority in the UK.



Healthy Diet
Just **22%** of adults eat the
recommended 5 portions of fruit
and vegetables per day.



40% of children live in
poverty. Growing up in
poverty can damage a child's
well-being and life chances.



30% of children (Academic year
2023/24) and **31%** of adults are
physically inactive and do less than 30
minutes of activity per week. It is
recommended that people do 30 minutes
of exercise a day, 5 times a week.



MSK
18% of people
have a long-term
musculoskeletal
problem such as
back and neck pain.



Commuting
10% of people use
active modes of travel to
journey to work.



20% of people aged over
16 are affected by mental
health problems.



Total population
(from 2021 census)
82,200

Adults
61,700

0-19 years
20,500



Every **56** deaths per 100,000 are linked to alcohol consumption.



Smoking
19% of adults smoke.



Overweight & Obesity
72% of adults, **26%** of children aged 4-5 years and **39%** of children aged 10-11 years are living with overweight and obesity.



16% of adults have high blood pressure.



Dental Health
35% of 5-year-old children have signs of visible tooth decay.



Fast Food Density
There are **137** takeaways in Hyndburn. This is more than the average local authority in the UK.



Healthy Diet
Less than a third (**26%**) of adults eat the recommended 5 portions of fruit and vegetables per day.



39% of children live in poverty. Growing up in poverty can damage a child's well-being and life chances.



30% of children (Academic year 2023/24) and **35%** of adults are physically inactive and do less than 30 minutes of activity per week. It is recommended that people do 30 minutes of exercise a day, 5 times a week.



MSK
24% of people have a long-term musculoskeletal problem such as back and neck pain.



Commuting
9% of people use active modes of travel to journey to work.



19% of people aged over 16 are affected by mental health problems.



Total population

(from 2021 census)

70,800

Adults

54,200

0-19 years

16,600



Every **42** deaths per 100,000 are linked to alcohol consumption.



Smoking
14% of adults smoke.



Overweight & Obesity
65% of adults, **25%** of children aged 4-5 years and **36%** of children aged 10-11 years are living with overweight and obesity.



16% of adults have high blood pressure.



Dental Health

21% of 5-year-old children have signs of visible tooth decay.



Fast Food Density

There are **118** takeaways in Rossendale. This is more than the average local authority in the UK.



Healthy Diet

Less than a third (**29%**) of adults eat the recommended 5 portions of fruit and vegetables per day.



25% of children live in poverty. Growing up in poverty can damage a child's well-being and life chances.



30% of children (Academic year 2023/24) and **23%** of adults are physically inactive and do less than 30 minutes of activity per week. It is recommended that people do 30 minutes of exercise a day, 5 times a week.



MSK

21% of people have a long-term musculoskeletal problem such as back and neck pain.



Commuting 7% of people use active modes of travel to journey to work.



18% of people aged over 16 are affected by mental health problems.



Ribble Valley

Health & Well-being Infograph 2024-2025



Active
Lancashire



Total population
(from 2021 census)
61,500

Adults
48,800

0-19 years
12,700



Every **34** deaths per
100,000 are linked to
alcohol consumption.



Smoking
9% of adults
smoke.



Overweight & Obesity
59% of adults, **23%** of children
aged 4-5 years and **32%** of
children aged 10-11 years are
living with overweight and obesity.



18% of adults
have high blood
pressure.



Dental Health
22% of 5-year-old children have
signs of visible tooth decay.



Fast Food Density
There are **68** takeaways in Ribble
Valley. This is more than the
average local authority in the UK.



Healthy Diet
Less than a third (**32%**) of adults
eat the recommended 5 portions of
fruit and vegetables per day.



12% of children live in
poverty. Growing up in
poverty can damage a
child's well-being and life
chances.



34% of children (Academic year
2023/24) and **18%** of adults are
physically inactive and do less than 30
minutes of activity per week. It is
recommended that people do 30 minutes
of exercise a day, 5 times a week.



MSK
19% of people
have a long-term
musculoskeletal
problem such as
back and neck pain.



Commuting 4%
of people use
active modes of travel
to journey to work.



13% of people aged
over 16 are affected by
mental health problems.