



# Pendle

Health & Well-being Infograph 2024-2025



Active  
Lancashire



**Total population**  
(from 2021 census)  
95,800

**Adults**  
70,700

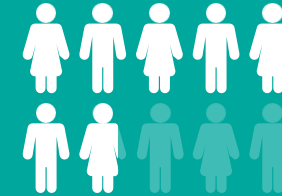
**0-19 years**  
25,100



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.