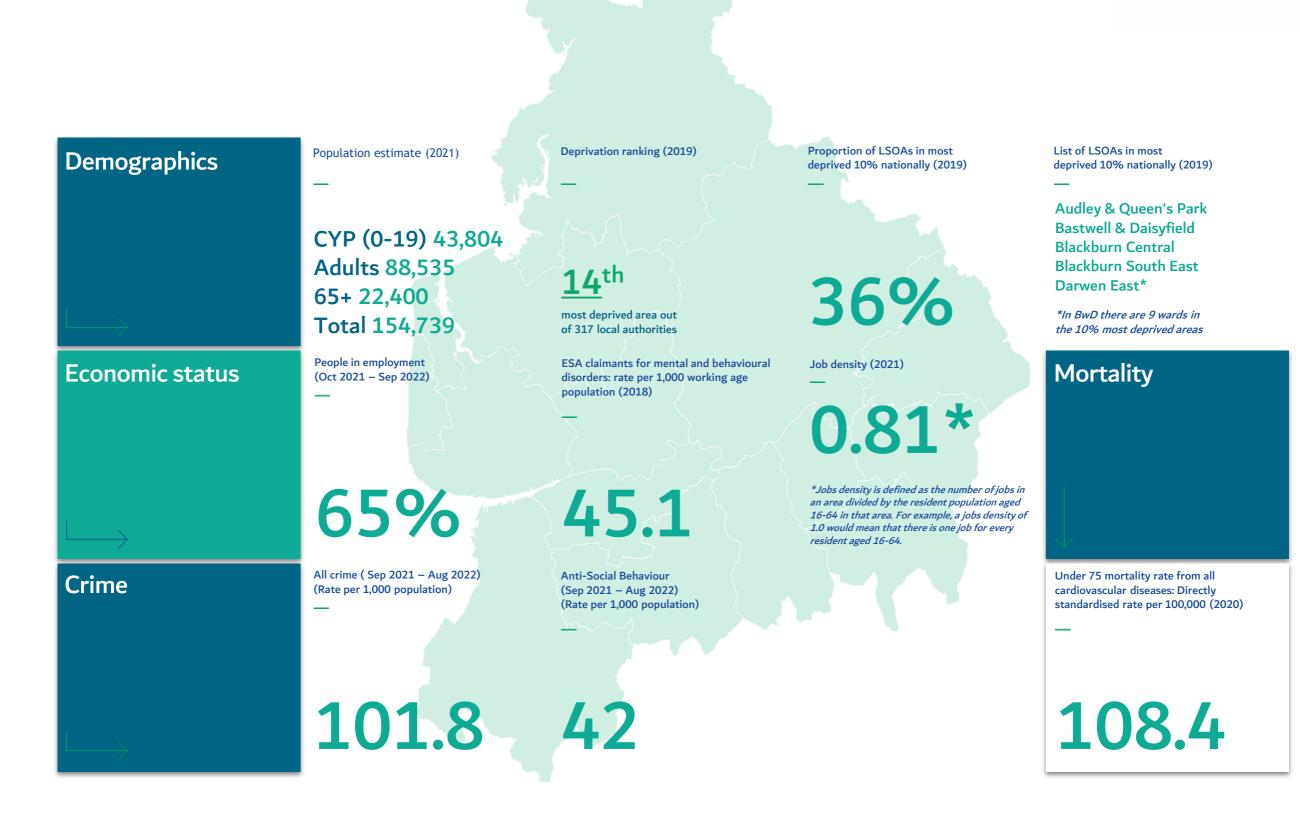
Blackburn with Darwen Introduction





Blackburn with Darwen Adults		Excess Weight	% of adults (aged 18+) classified as overweight or obese (2020/21) —	Active Lancashire
			64%	
	Physical activity levels in adults	Inactive: less than 30 minutes a week	Fairly active: 30-149 minutes per week	Active: at least 150 minutes a week
	(whole population 16+) (November 2020/21)	36%	11%	53%
Physical inactivity levels in adults	Female	Male	Physical inactivity levels in adults	Aged 16-34 - 29% Aged 35-54 - 41% Aged 55-74 - 38%
Inactive: less than 30 minutes a week gender (November 2020/21)	32%	40%	Inactive: less than 30 minutes a week age (November 2020/21)	Aged 75+ - Data unavailable
Physical inactivity levels in adults	Disability or long term health condition	No disability or long term health condition	Physical inactivity levels in adults	NS SEC 1-2 (higher) 26% NS SEC 3-5 (middle) 29% NS SEC 6-8 (lower) 49%
Inactive: less than 30 minutes a week (Long-term health condition or disability) (November 20220/21)	56%	32%	Inactive: less than 30 minutes a week (Socioeconomic status) (November 2020/21)	

Blackburn with Darwen Children & Young People



