Together an Active Future

South Ribble

Health & Well-being Infograph 2024-2025







Total population (from 2021 census) 111,035

Adults 87,037

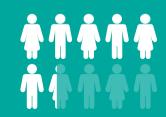
0-19 years 23,998



Every **37** deaths per 100,000 are linked to alcohol consumption.



Smoking 11% of adults smoke.



Overweight & Obesity 63% of adults, **23%** of children aged 4–5 years and **31%** of children aged 10–11 years are living with overweight and obesity.



16% of adults have high blood pressure.



Dental Health 23% of 5-year-old children have signs of visible tooth decay.



Fast Food Density There are **120** takeaways in South Ribble. 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.



16% of children live in poverty. Growing up in poverty can damage a child's well-being and life chances.



31% of children (Academic year 2023/24) and **25%** 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.





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



15% of people aged over 16 are affected by mental health problems.