

# BIRMINGHAM

WORKING TOWARDS A **HEALTHY CITY, HEALTHY PEOPLE**

**1 IN 4** 10-11 YR OLDS ARE **OBESE**

(1)

**26.8%** live in most DEPRIVED areas

**WALKING, CYCLING** or using **PUBLIC TRANSPORT** can help you lose up to **3 KILOS IN WEIGHT**

(6)

**23%** OF ALL FOOD ESTABLISHMENTS HAVE A **HYGIENE RATING OF 3 OR LESS**

(7)

**1 IN 8** 15 YEAR OLDS are **ACTIVE** for at least **ONE HOUR** per day

(2)

**Third** OF ALL ADULTS are **INACTIVE**

Eng av. 28.7%

(5)

**1387** DEATHS FROM PREVENTABLE **CARDIOVASCULAR DISEASE** aged under 75, 2012-2014

(8)

**16%** of 15 YEAR OLDS are not satisfied with life

(3) Eng av. 13.7%

**35%** of those with DEPRESSION and **51%** of those with ANXIETY DISORDER ARE **NOT ENGAGED** WITH HEALTHCARE SERVICES

(9)

MORE THAN **HALF** of **ADULT CARERS** would like more social contact

(4)