



What local people have told us:



94%

of people said their health and wellbeing is important or very important to them

Asked what prevents people from being healthier, the main barriers were:



time

(36%)



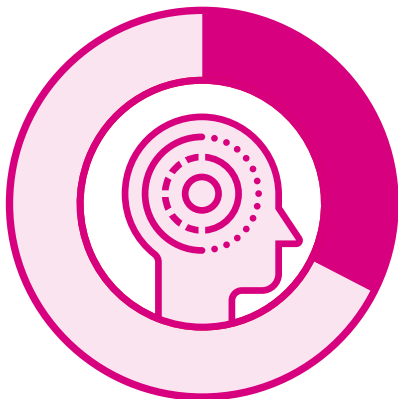
50%

of people would like to improve their physical health



money

(31%)



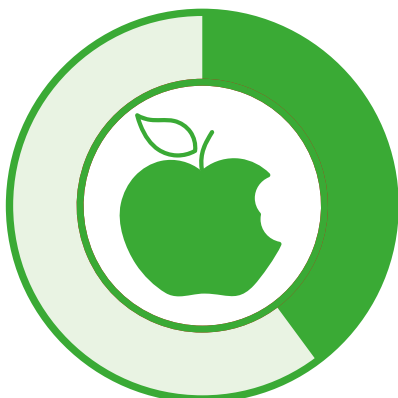
32%

of people would like to improve their mental health



struggling to get motivated

(24%)



40%

would like to eat more healthily



having too many things going on

(30%)



and having a health condition which prevents it

(28%)