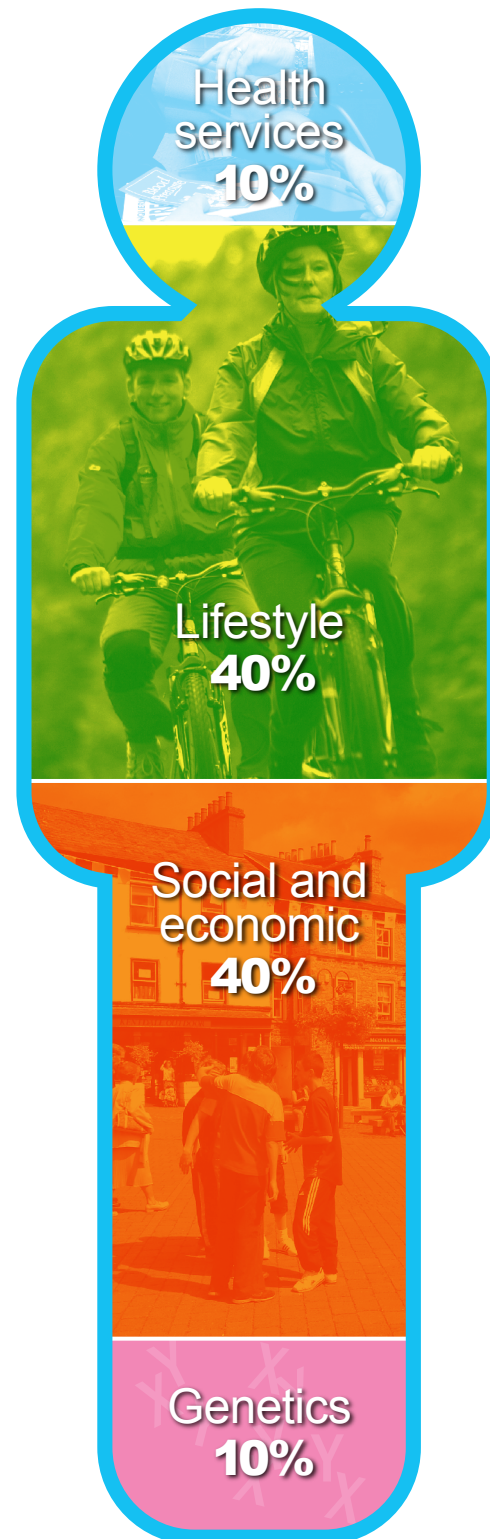


What makes us healthy



Public Health

The three areas we use to improve health in Cumbria.

Health protection



Population healthcare quality



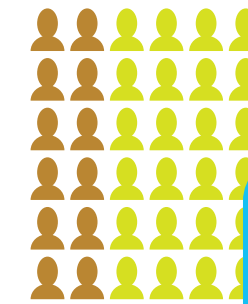
Health improvement



The four big health challenges in Cumbria

Ageing population

In **20 years**, **1 in 3** Cumbrians will be of **retirement age**.



Mental health

More than **50,000** people in Cumbria are registered with **depression**.

Health inequalities

The gap in **life-expectancy** between different parts of Cumbria is **20 years**.

Best

Worst

Children and young people

90% of new smokers are under **19 years old**.