

Together an Active Future



Total population
(from 2021
census)
81,211

Adults
66,998

0-19 years
14,213



Every **52** deaths per
100,000 are linked
to alcohol
consumption.



Smoking
11% of adults
smoke.



Overweight & Obesity
65% of adults, **21%** of children
aged 4-5 years and **30%** of children
aged 10-11 years are living with
overweight and obesity.



20% of adults
have high blood
pressure.



Dental Health
19% of 5-year-old children have
signs of visible tooth decay.



Fast Food Density
There are **83** takeaways in Fylde.
This is more than the average local
authority in the UK.



Healthy Diet
Around **38%** of adults eat the
recommended 5 portions of
fruit and vegetables per day.



17% of children live in
poverty. Growing up in
poverty can damage a child's
well-being and life chances.



43% of children (Academic year
2023/24) and **24%** 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.



MSK
23% of people
have a long-
term
musculoskeletal
problem such as
back and neck
pain.



Commuting 8%
of people use
active modes of travel
to journey to work.



14% of people aged
over 16 are affected by
mental health problems.

Fylde

Health & Well-being Infograph 2024-2025



Active
Lancashire



Lancashire
Healthier Places