



Total population

(from 2021 census)

142,931

Adults

1110,471

0-19 years

32,460



Alcohol

Every 51 deaths per 100,000 are linked to alcohol consumption



Smoking

12% of adults smoke



Overweight & Obesity

65% of adults, 24% of children aged 4-5 years and 38% of children aged 10-11 years are living with excess weight or obesity



Hypertension

14% of adults have high blood pressure



Dental Health

19% of 5 year old children have visible signs of tooth decay



Fast Food Density

There is 1 takeaway outlet for every 935 people in Lancaster. The UK average is 1 per 952 people



Nutrition

Only around 33% of adults eat the recommended 5 portions of fruit and vegetables a day



Child Poverty

32% of children live in relative poverty, after housing costs



Physical Activity

35% of children (academic year 2023/24) do less than 30mins of physical activity a day. 22% of adults are classed as physically inactive, doing less than 30mins per week



MSK

21% of people have a long-term musculoskeletal problem such as neck and back pain



Active Commuting

14% of people use active modes of travel to get to work



Mental Wellbeing

17% of people aged over 16 are affected by mental health problems