



Preston

Health & Wellbeing Infograph 2024-2025



Total population
(from 2021 census)
147,835

Adults
110,670
0-19 years
37,165



Alcohol
Every 46 deaths per
100,000 are linked
to alcohol
consumption



Smoking
20% of adults
smoke



Overweight & Obesity
64% of adults, 20% of children
aged 4-5 years and 35% of
children aged 10-11 years are
living with excess weight or
obesity



Hypertension
13% of adults have high
blood pressure



Dental Health
37% of 5 year old
children have visible
signs of tooth decay



Fast Food Density
There is 1 takeaway outlet
for every 585 people in
Preston. The UK average is 1
per 952 people



Nutrition
Only around 28% of adults
eat the recommended 5
portions of fruit and
vegetables a day



Child Poverty
38% of children live in
relative poverty, after
housing costs



Physical Activity
41% of children (academic year
2023/24) do less than 30mins of
physical activity a day. 26% of adults
are classed as physically inactive,
doing less than 30mins per week



MSK
18% of people
have a long-term
musculoskeletal
problem such as
neck and back
pain



Active Commuting
11% of people use
active modes of
travel to get to work



Mental Wellbeing
19% of people aged over 16 are
affected by mental health problems