

Together  
an Active  
Future



# West Lancashire

Health & Wellbeing Infograph 2024-2025



Active  
Lancashire



## Total population

(from 2021 census)

117,429

## Adults

90,726

## 0-19 years

26,703



## Alcohol

Every 36 deaths per  
100,000 are linked  
to alcohol  
consumption



## Smoking

9% of adults  
smoke



## Overweight & Obesity

65% of adults, 25% of children  
aged 4-5 years and 36% of  
children aged 10-11 years are  
living with excess weight or  
obesity



## Hypertension

17% of adults have high  
blood pressure



## Dental Health

23% of 5 year old  
children have visible  
signs of tooth decay



## Fast Food Density

There is 1 takeaway outlet  
for every 1163 people in West  
Lancashire. The UK average  
is 1 per 952 people



## Nutrition

Only around 30% of adults  
eat the recommended 5  
portions of fruit and  
vegetables a day



## Child Poverty

30% of children live in  
relative poverty, after  
housing costs



## Physical Activity

23% of children (academic year  
2023/24) do less than 30mins of  
physical activity a day. 27% 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

9% of people use  
active modes of  
travel to get to work



## Mental Wellbeing

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