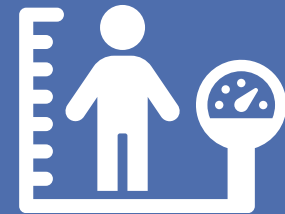


Lancaster

Health and Wellbeing Infographic 2026-27



Total Population
58,039



Overweight & Obesity

Adults

64% of adults are overweight

0 - 4 Years

28% of children aged 0-4 are overweight

10 - 11 Years

35% of children aged 10-11 are overweight



Physical Activity

Adults

25.3% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week.

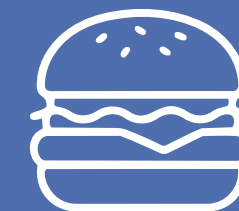
Children

23.3% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week.



Nutrition

33.4% of adults eat the recommended 5 portions of fruit and vegetables per day.



Fast Food

There are 116.1 takeaways per 100,000. This is lower than the national average of 115.9



Alcohol

Every 44.5 deaths per 100,000 are linked to alcohol



Smoking

8.1% of adults smoke



Child Poverty

32% of children live in poverty, this is higher than the national average of 31%



Dental Health

34.1% of 5-year-old children have visible tooth decay



Mortality

42.9% of adults under 75 passed away from a preventable cardiovascular disease between 2022-24.



Active Commuting

14% of adults walk or cycle to work



MSK

21.3% of adults report having long term MSK problems.



Health

5.5% of adults self-reported having 'bad' or 'very bad' health



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Healthier Places