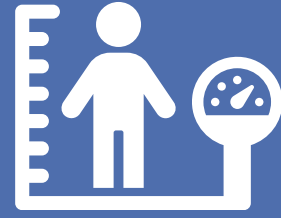


Pendle

Health and Wellbeing Infographic 2026-27



Total Population
95,802



Overweight & Obesity

Adults

70.2% of adults are overweight

0 - 4 Years

26.4% of children aged 0-4 are overweight

10 - 11 Years

43.2% of children aged 10-11 are overweight

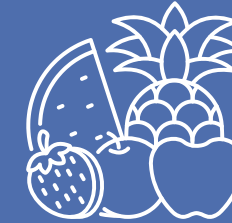


Physical Activity
Adults

30.7% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week.

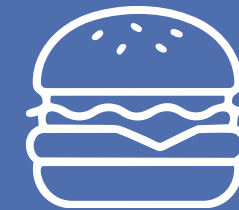
Children

31.2% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week.



Nutrition

23.3% of adults eat the recommended 5 portions of fruit and vegetables per day.



Fast Food

There are 128.8 takeaways per 100,000. This is higher than the national average of 115.9



Alcohol

Every 43 deaths per 100,000 are linked to alcohol



Smoking

20.1% of adults smoke



Child Poverty

45% of children live in poverty, this is higher than the national average of 31%



Dental Health

49% of 5-year-old children have visible tooth decay



Mortality

41.6% of adults under 75 passed away from a preventable cardiovascular disease between 2022-24.



Active Commuting

12% of adults walk or cycle to work



MSK

20.4% of adults report having long term MSK problems.



Health

5.8% of adults self-reported having 'bad' or 'very bad' health



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Healthier Places