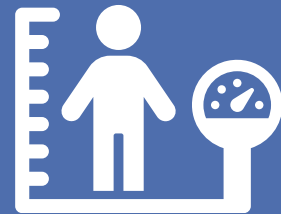


Preston

Health and Wellbeing Infographic 2026-27



Total Population
147,835



Overweight & Obesity

Adults

67.1% of adults are overweight

0 - 4 Years

24.2% of children aged 0-4 are overweight

10 - 11 Years

36.2% of children aged 10-11 are overweight



Physical Activity
Adults

26.6% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week.

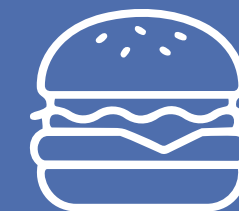
Children

32.2% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week.



Nutrition

22.3% of adults eat the recommended 5 portions of fruit and vegetables per day.



Fast Food

There are 147.7 takeaways per 100,000 in Chorley. This is higher than the national average of 115.9



Alcohol

Every 55.3 deaths per 100,000 are linked to alcohol



Smoking

13.9% of adults smoke



Child Poverty

38% of children live in poverty, this is higher than the national average of 31%



Dental Health

45.8% 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

11% of adults walk or cycle to work



MSK

17.8% of adults report having long term MSK problems.



Health

5.4% of adults self-reported having 'bad' or 'very bad' health



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