

Blackpool

Health and Wellbeing Infographic 2026-27



Total Population

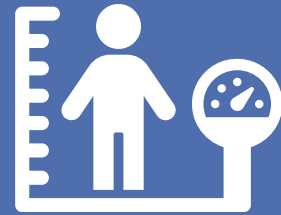
144,000

Adults

112,000

0 - 19 Years

32,000



Overweight & Obesity

Adults

67.8% of adults are overweight

0 - 4 Years

30% of children aged 0-4 are overweight

10 - 11 Years

43.5% of children aged 10-11 are overweight



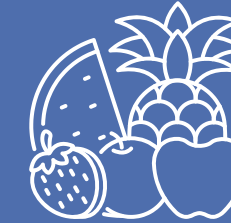
Physical Activity

Adults

33.9% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week.

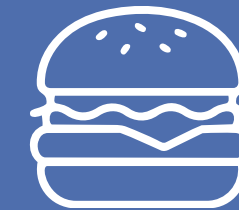
Children

28.7% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week.



Nutrition

26% of adults eat the recommended 5 portions of fruit and vegetables per day.



Fast Food

There are 226.3 takeaways per 100,000. This is higher than the national average of 115.9



Alcohol

Every 70.6 deaths per 100,000 are linked to alcohol



Smoking

20.8% of adults smoke



Child Poverty

40% of children live in poverty, this is higher than the national average of 31%



Dental Health

44.8% of 5-year-old children have visible tooth decay



Mortality

54.4% 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

25.7% of adults report having long term MSK problems.



Health

9.2% of adults self-reported having 'bad' or 'very bad' health



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