

Fylde

Health and Wellbeing Infographic 2026-27



Total Population

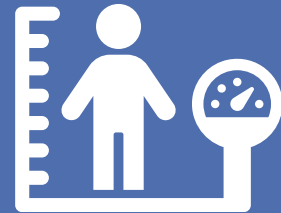
85,400

Adults

70,000

0 - 15 Years

11,300



Overweight & Obesity

Adults

67.1% of adults are overweight

0 - 4 Years

23.9% of children aged 0-4 are overweight

10 - 11 Years

33.3% of children aged 10-11 are overweight



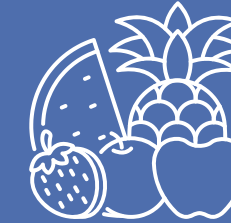
Physical Activity

Adults

25.1% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week.

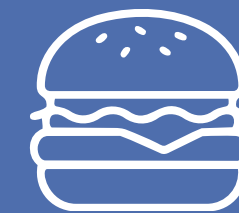
Children

27.1% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week.



Nutrition

32.1% of adults eat the recommended 5 portions of fruit and vegetables per day.



Fast Food

There are 112.1 takeaways per 100,000. This is higher than the national average of 115.9



Alcohol

Every 42 deaths per 100,000 are linked to alcohol



Smoking

8.2% of adults smoke



Child Poverty

27% of children live in poverty, this is higher than the national average of 31%



Dental Health

26.1% of 5-year-old children have visible tooth decay



Mortality

27.7% of adults under 75 passed away from a preventable cardiovascular disease between 2022-24.



Active Commuting

9% of adults walk or cycle to work



MSK

22.1% 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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