Lancaster

Health and Wellbeing Infographic 2026-27

Total Population
145,237

Adults
119,186

0 - 17 Years
26,051

Overweight & Obesity

Adults
64% of adults are overweight

0 - 4 Years
28.2% of children aged 0-4 are overweight

10 - 11 Years
35.1% of children aged 10-11 are overweight

Physical Activity

Adults
26.4% 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

Alcohol
Every 44.5 deaths per 100,000 are linked to alcohol

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

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 per 100,000 adults under 75 that passed away from a cardiovascular disease was considered preventable

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

Active Lancashire

Together an Active Future

Lancashire Healthier Places