Pendle

Health and Wellbeing Infographic 2026-27

Total Population
100,203

Adults
76,509

0 - 17 Years
23,694

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
32.6% 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

Alcohol
Every 43 deaths per 100,000 are linked to alcohol

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

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

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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Together an Active Future

Lancashire Healthier Places