Preston

Health and Wellbeing Infographic 2026-27

Total Population
164,498

Adults
128,203

0 - 17 Years
36,295

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
31.3% 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

Alcohol
Every 55.3 deaths per 100,000 are linked to alcohol

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

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

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

Active Lancashire

Together an Active Future

Lancashire Healthier Places