Ribble Valley

Health and Wellbeing Infographic 2026-27

Total Population
66,938

Adults
54,541

0 - 17 Years
12,397

Overweight & Obesity

Adults
63.2% of adults are overweight

0 - 4 Years
21.6% of children aged 0-4 are overweight

10 - 11 Years
29.3% of children aged 10-11 are overweight

Physical Activity

Adults
17.8% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week

Children
26.4% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week

Nutrition
40.1% of adults eat the recommended 5 portions of fruit and vegetables per day

Alcohol
Every 38.1% deaths per 100,000 are linked to alcohol

Fast Food
There are 119.4 takeaways per 100,000. This is higher than the national average of 115.9

Smoking
3.5% of adults smoke

Child Poverty
20% of children live in poverty, this is lower than the national average of 31%

Dental Health
26.6% of 5-year-old children have visible tooth decay

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

Active Commuting
8% of adults walk or cycle to work

MSK
19.2% of adults report having long term MSK problems

Health
3.8% of adults self-reported having 'bad' or 'very bad' health

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