South Ribble

Health and Wellbeing Infographic 2026-27

Total Population
117,554

Adults
94,815

0 - 17 Years
22,739

Overweight & Obesity

Adults
69.9% of adults are overweight

0 - 4 Years
23.2% of children aged 0-4 are overweight

10 - 11 Years
35% of children aged 10-11 are overweight

Physical Activity

Adults
21.1% of adults are inactive, meaning they complete less than 30 minutes of physical activity per week

Children
21.7% of children aged 5 - 16 are inactive, meaning they complete less than 30 minutes of physical activity per week

Nutrition
28.9% of adults eat the recommended 5 portions of fruit and vegetables per day

Alcohol
Every 35.4 deaths per 100,000 are linked to alcohol

Fast Food
There are 116.2 takeaways per 100,000. This is higher than the national average of 115.9

Smoking
7.9% of adults smoke

Child Poverty
27% of children live in poverty, this is lower than the national average of 31%

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

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

Active Commuting
7% of adults walk or cycle to work

MSK
19.2% of adults report having long term MSK problems

Health
5% of adults self-reported having 'bad' or 'very bad' health

Active Lancashire

Together an Active Future

Lancashire Healthier Places