



Lancashire-12 Adults



Excess Weight

% of adults (aged 18+) classified as overweight or obese (2019/20)

67%

Physical activity levels in adults

(whole population 16+)
(May 2020/21)

Inactive: less than 30 minutes a week

29%

Fairly active: 30-149 minutes per week

11%

Active: at least 150 minutes a week

60%

Physical inactivity levels in adults

Inactive: less than 30 minutes a week gender (May 2020/21)

Female

31%

Male

27%

Physical inactivity levels in adults

Inactive: less than 30 minutes a week age (May 2020/21)

- Aged 16-34 - **25%**
- Aged 35-54 - **21%**
- Aged 55-74 - **32%**
- Aged 75+ - **50%**

Physical inactivity levels in adults

Inactive: less than 30 minutes a week (Long-term health condition or disability)
(May 2020/21)

Disability or long term health condition

45%

No disability or long term health condition

24%

Physical inactivity levels in adults

Inactive: less than 30 minutes a week (Socioeconomic status)
(May 2020/21)

- NS SEC 1-2 (higher) **20%**
- NS SEC 3-5 (middle) **26%**
- NS SEC 6-8 (lower) **39%**

Excess Weight

Proportion of children with excess weight, Reception year (aged 4 - 5 years) (2019/20)

10%

Proportion of children with excess weight, Year 6 (aged 10 - 11 years) (2017/18-2019/20)

21%

Gender Breakdown on "Less Active" Levels (2020/21)

Boy

34%

Girl

34%

Not in Education, Employment or Training (NEET)

Proportion of 16/17 years old not in education, employment or training (2019/2020)

6.9%

Physical activity levels in children & young people

(Ages 5-16) (2020/21)

Inactive: less than 30 minutes a week

35%

Fairly active: 30-149 minutes per week

22%

Active: at least 150 minutes a week

43%