

Together an Active Future



Total population
(from 2021 census)
142,931

Adults
110,471

0-19 years
32,460

Lancaster

Health & Well-being Infograph 2024-2025



Active
Lancashire



Lancashire
Healthier Places



Every **62** deaths per 100,000 are linked to alcohol consumption.



Smoking
17% of adults smoke.



Overweight & Obesity
62% of adults, **24%** of children aged 4-5 years and **38%** of children aged 10-11 years are living with overweight and obesity.



14% of adults have high blood pressure.



Dental Health
27% of 5-year-old children have signs of visible tooth decay.



Fast Food Density
There are **153** takeaways in Lancaster. This is more than the average local authority in the UK.



Healthy Diet
Only **33%** of adults eat the recommended 5 portions of fruit and vegetables per day.



21% of children live in poverty. Growing up in poverty can damage a child's well-being and life chances.



35% of children (Academic year 2023/24) and **18%** of adults are physically inactive and do less than 30 minutes of activity per week. It is recommended that people do 30 minutes of exercise a day, 5 times a week.



MSK
16% of people have a long-term musculoskeletal problem such as back and neck pain.



Commuting
14% of people use active modes of travel to journey to work.



17% of people aged over 16 are affected by mental health problems.