

Together an Active Future



Preston

Health & Well-being Infograph 2024-2025



Active
Lancashire



Lancashire
Healthier Places



Total population
(from 2021
census)
147,835

Adults
110,670

0-19 years
37,165



Every **49** deaths per
100,000 are linked
to alcohol
consumption.



Smoking
17% of adults
smoke.



Overweight & Obesity
65% of adults, **20%** of children
aged 4-5 years and **35%** of
children aged 10-11 years are
living with overweight and obesity.



13% of adults
have high blood
pressure.



Dental Health
26% of 5-year-old children have
signs of visible tooth decay.



Fast Food Density
There are **240** takeaways in
Preston. This is more than the
average local authority in the UK.



Healthy Diet
Just **22%** of adults eat the
recommended 5 portions of fruit
and vegetables per day.



29% of children live in
poverty. Growing up in
poverty can damage a child's
well-being and life chances.



41% of children (Academic year
2023/24) and **29%** 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
18% of people
have a long-term
musculoskeletal
problem such as
back and neck pain.



Commuting
11% of people use
active modes of travel
to journey to work.



19% of people aged
over 16 are affected by
mental health problems.