

Together an Active Future



West Lancashire

Health & Well-being Infograph 2024-2025



Total population
(from 2021 census)
117,429

Adults
90,726

0-19 years
26,703



Every **46** deaths per 100,000 are linked to alcohol consumption.



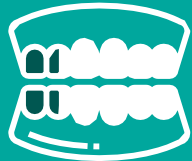
Smoking
12% of adults smoke.



Overweight & Obesity
66% of adults, 25% of children aged 4-5 years and 36% of children aged 10-11 years are living with overweight and obesity.



17% of adults have high blood pressure.



Dental Health
23% of 5-year-old children have signs of visible tooth decay.



Fast Food Density
There are **95** takeaways in West Lancashire. This is more than the average local authority in the UK.



Healthy Diet
Less than a third (34%) 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.



23% of children (Academic year 2023/24) and 28% 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
24% of people have a long-term musculoskeletal problem such as back and neck pain.



Commuting
9% of people use active modes of travel to journey to work.



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