**PHYSICAL ACTIVITY PARTICIPATION**

**ADULT LEVELS** (May 2018/19)

- **72.9%** are ACTIVE: at least 150 minutes per week
- **12%** are FAIRLY ACTIVE: 30-149 minutes per week
- **15.1%** are INACTIVE: less than 30 minutes per week

**HOW DOES THIS COMPARE?**

<table>
<thead>
<tr>
<th></th>
<th>Berkshire</th>
<th>England</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active</td>
<td>67.1%</td>
<td>63.2%</td>
</tr>
<tr>
<td>Fairly active</td>
<td>11.5%</td>
<td>12%</td>
</tr>
<tr>
<td>Inactive</td>
<td>21.4%</td>
<td>24.8%</td>
</tr>
</tbody>
</table>

4.7% decrease in inactivity since May 2017/18 (but not significant). No significant changes in activity levels since 2015/16.

**DEMOGRAPHICS** (Nov 2017/18)

For Berkshire and England, disabled people are less likely to be active. South Asian people in Berkshire and England are less active than White British, but people from Mixed ethnicities have the highest levels of activity. Inactivity is linked to unemployment and deprivation.

**CHILD LEVELS** ages 5-16 (2017/18 academic year)

- **13.5%** are ACTIVE EVERY DAY: at least 60 minutes daily
- **34.3%** are ACTIVE ACROSS THE WEEK: average of 60 minutes per day but not daily
- **24.6%** are FAIRLY ACTIVE: average of 30-59 minutes per day
- **27.6%** are LESS ACTIVE: less than an average of 30 minutes per day

**HOW DOES THIS COMPARE?**

<table>
<thead>
<tr>
<th></th>
<th>Berkshire</th>
<th>England</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active every day</td>
<td>19%</td>
<td>17.5%</td>
</tr>
<tr>
<td>Active across week</td>
<td>26%</td>
<td>25.7%</td>
</tr>
<tr>
<td>Fairly active</td>
<td>22.2%</td>
<td>23.9%</td>
</tr>
<tr>
<td>Less active</td>
<td>32.8%</td>
<td>32.9%</td>
</tr>
</tbody>
</table>

No significant differences in ‘less active’ across Berkshire compared to England.

**ACTIVITY BY GENDER** (Nov 2017/18)

- **67.9%** Active
- **69.9%** Inactive

**ACTIVITY BY AGE** (Nov 2017/18)

- **73.1%** 16-34
- **67.6%** 35-54
- **68.0%** 55-74

**HOW DOES THIS COMPARE?**

Activity rates decrease with age for Berkshire and England but there is a slight increase for the older age group.
5 OUTCOMES INSIGHT
All figures are for Bracknell Forest compared to England/GB

1. PHYSICAL HEALTH
*Inactivity is linked to*

- Adult obesity/overweight 62.5% similar to England benchmark (62%)
- Children’s obesity 33.1% by Year 6 similar to England benchmark (34.3%)
- Diabetes prevalence 5.7%
  England rate is 6.8%
- Early cancer diagnosis 49.5%
  England rate is 52.2%

2. Physical activity can improve – MENTAL HEALTH

<table>
<thead>
<tr>
<th>Suicide rate per 100,000 (2016-2018):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bracknell Forest is similar to England</td>
</tr>
<tr>
<td>Wokingham</td>
</tr>
<tr>
<td>Reading</td>
</tr>
<tr>
<td>West Berkshire</td>
</tr>
<tr>
<td>Windsor and Maidenhead</td>
</tr>
<tr>
<td>Bracknell Forest</td>
</tr>
<tr>
<td>Slough</td>
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<tr>
<td>England</td>
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</tr>
<tr>
<td>6.7</td>
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<td>7.2</td>
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<tr>
<td>8.5</td>
</tr>
<tr>
<td>8.5</td>
</tr>
<tr>
<td>9.1</td>
</tr>
<tr>
<td>10.1</td>
</tr>
<tr>
<td>9.6</td>
</tr>
</tbody>
</table>

Suicide rate: 35-64 year olds 22.8 per 100,000
65+ 16.2 per 100,000
similar to England benchmark (20.1 and 12.4)

Self harm 10-24 year olds 537.3 per 100,000
worse than England benchmark (421.2)

Depression 18+ 12%
higher than England benchmark (9.9%) (5)

3. SOCIAL AND COMMUNITY DEVELOPMENT

Social contact: 44.7% of social care users get enough similar to England benchmark (46%)
For carers the rate is 37.8% also similar to England (35.5%)

 Loneliness is linked to poor health

Crime per 1,000 population: All = 47.52
Violence against the person = 15.01

Figure is for Bracknell Forest and Wokingham as they are one Local Policing area

Sport can provide a diversion from crime

4. INDIVIDUAL DEVELOPMENT

Education: 55.9% achieve 5 A*- C
Similar to England benchmark (57.8%)

42.8% of residents educated to NVQ L4 and above
GB rate is 39.3%

School exclusions per 100 pupils: 2.1 primary worse than England benchmark (1.37)
9.3 secondary similar to England benchmark (9.4)

 Link exists between physical activity and educational attainment and behaviour (7)

5. ECONOMIC DEVELOPMENT

2.4% of people are unemployed
84.2% are employed
GB rate is 4.1% and 75.6%

9.1% of children are in low income families
better than England benchmark (17%)

Inactivity linked to unemployment and deprivation, both contribute to poor health

Income deprivation 2015:
8.2% of 16-64 year olds
better than England benchmark (14.6%)
11% of Children
lower than England benchmark (19.9%)
11.8% of Older people
England rate is 16.2%

Indices of Multiple Deprivation 2019: 284
out of 317 areas of England (1 is most deprived) It is in the 20% of least deprived places to live in England (8)
Sources (numbers are in brackets in each box)

(1) All data from Sport England’s Active Lives Adult Survey, May 18/19 Report, published October 2019, figures are from the data tables
Available from https://www.sportengland.org/adultmay1819tables/

(2) All data from Sport England’s Active Lives Adult Survey, November 17/18 Report, published April 2019, figures are from the data tables
Available from https://www.sportengland.org/adultnov1718tables/
Select Active Lives April 2019: Tables 1-3 Levels of Activity, table 3

(3) All data from Sport England’s Active Lives Children and Young People Survey, Academic Year 2017/18, published December 2018
On page 3 select 'link to data tables', tables 1b and 1c

(4) Adult obesity/overweight: Percentage of adults (aged 18+) classified as overweight or obese 2017/18 measured by Sport England’s Active Lives Survey
Available from https://fingertips.phe.org.uk/search/Obese%20Adults#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/93088/age/168/sex/4
Children’s obesity/overweight Year 6: Prevalence of overweight (including obesity) 2017/18 as a percentage measured by NHS Digital, National Child Measurement Programme
Available from https://fingertips.phe.org.uk/search/overweight%20children#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/20602/age/201/sex/4
Diabetes: Diabetes prevalence rate 2017/18 17+ measured by Quality and Outcomes Framework
Available from https://fingertips.phe.org.uk/search/diabetes#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/241/age/187/sex/4
Early cancer diagnosis: Figures for all ages each Local Authority as a percentage in 2017, measured by National Cancer Registry
Available from https://fingertips.phe.org.uk/search/cancer#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/90834/age/1/sex/4
Suicide rate: 2016-18 3 year average per 100,000 of the population for 10+, measured by Public Health England (based on ONS data source)
Available from https://fingertips.phe.org.uk/search/suicide#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/41001/age/285/sex/4
Suicide rate: 2013-17 5 year average for 35-64 age group per 100,000, measured by Office for National Statistics (ONS), original mortality data
Available from https://fingertips.phe.org.uk/search/suicide#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/91393/age/269/sex/1
Suicide rate: 2013-17 5 year average for 65+ age group per 100,000, measured by Office for National Statistics (ONS), original mortality data
Available from https://fingertips.phe.org.uk/search/suicide#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/91430/age/27/sex/1
Self harm: Hospital admissions as a result of self-harm (10-24 years) 2017/18 per 100,000 of the population, measured by Hospital Episode Statistics (HES)
Available from https://fingertips.phe.org.uk/search/self%20harm#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/90813/age/305/sex/4
Depression: recorded prevalence 2017/18 18+, measured by Quality and Outcomes Framework (QOF)
Available from https://fingertips.phe.org.uk/search/depression#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/848/age/168/sex/4
(5) Suicide rate: 2013-17 5 year average per 100,000 of the population for 10+, measured by Public Health England (based on ONS data source)
Available from https://fingertips.phe.org.uk/search/suicide#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/41001/age/285/sex/4
Suicide rate: 2013-17 5 year average for 35-64 age group per 100,000, measured by Office for National Statistics (ONS), original mortality data
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(6) Social contact: Social care users: percentage of adult social care users who have as much social contact as they would like 2017/18 18+, measured by Adult Social Care Survey - England
Available from https://fingertips.phe.org.uk/search/social%20isolati##page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/90280/age/168/sex/4
Social care carers: percentage of adult carers who have as much social contact as they would like 2016/17 18+, measured by Personal Social Services Survey of Adult Carers in England (NHS Digital)
Available from https://fingertips.phe.org.uk/search/social%20isolation#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/90638/age/168/sex/4
Crime per 1,000 population: All crime excluding fraud per 1,000 of the population for 2017/18
Violence against the person per 1,000 of the population for 2017/18
Available from: https://data.police.uk/

Educational attainment (5 or more GCSEs): percentage of all children 2015/16, measured by the Department for Education
Available from: https://fingertips.phe.org.uk/search/gcse#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/92199/age/175/sex/4

NVQ L4 educated: percentage of people estimated to be educated to this level January 2018-December 2018, measured by Annual Population Survey

School exclusions: Primary school fixed period exclusions 2016/17, rate per 100 pupils in state-funded primary schools, measured by Department for Education
Available from: https://fingertips.phe.org.uk/search/exclusions#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/91161/age/215/sex/4

Secondary school fixed period exclusions 2016/17, rate per 100 pupils in state-funded secondary schools, measured by Department for Education
Available from: https://fingertips.phe.org.uk/search/exclusions#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/91162/age/216/sex/4

Employment and Unemployment: percentage of people estimated to be in employment/unemployed June 2018-July 2019, measured by Annual Population Survey
Available from: https://www.nomisweb.co.uk/reports/lmp/la/1946157279/report.aspx?town=bracknell%20forest

Children in low income families: percentage of under 16’s in 2016, measured by HM Revenue and Customs (Personal Tax Credits: Related Statistics - Child Poverty Statistics)

Income deprivation: percentage of all ages living in income deprived households 2015, measured by Ministry of Housing, Communities & Local Government: English indices of deprivation 2015
Available from: https://fingertips.phe.org.uk/search/income%20deprivation#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/93268/age/1/sex/4

Income deprivation children: percentage of children aged 0–15 years living in income deprived households 2015, measured by Department for Communities and Local Government
Available from: https://fingertips.phe.org.uk/search/deprivation#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/339/age/169/sex/4

Income deprivation older people: percentage of people aged 60 plus living in income deprived households 2015, measured by Department for Communities and Local Government
Available from: https://fingertips.phe.org.uk/search/deprivation#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/340/age/214/sex/4

Figures and links correct as of 06th November 2019