

READING

INSIGHT 2021



PHYSICAL ACTIVITY PARTICIPATION

ADULT LEVELS (May 2019/20)

61.7% are **ACTIVE**: at least 150 minutes per week
11.9% are **FAIRLY ACTIVE**: 30-149 minutes per week
26.4% are **INACTIVE**: less than 30 minutes per week



HOW DOES THIS COMPARE?



	Berkshire	England
Active	64.7%	62.8%
Fairly active	11.6%	11.7%
Inactive	23.6%	25.5%



6.3% decrease in activity and 4.6% increase in inactivity since May 2018/19 (but neither significant) ⁽¹⁾

⁽¹⁾

VOLUNTEERING (Nov 2018/19)

Volunteering (twice in past year supporting sport and physical activity) is at 17.3%



DEMOGRAPHICS (Nov 2018/19)

In Berkshire and England, people with a disability or LTCH are less likely to be active than those without. People of Asian ethnicity are least active and people of mixed ethnicities are most active. Inactivity is linked to unemployment and deprivation ⁽²⁾

⁽²⁾

CHILD LEVELS ages 5-16 (2019/20 academic year)



Activity levels in Berkshire

41.8% are **ACTIVE**: an average of at least 60 minutes a day
26.6% are **FAIRLY ACTIVE**: average of 30-59 minutes per day
31.6% are **LESS ACTIVE**: less than an average of 30 minutes per day



HOW DOES THIS COMPARE?

	South East	England
Active	47.5%	44.9%
Fairly active	24.8%	23.8%
Less active	27.7%	31.3%



The response rate was lower due to the coronavirus pandemic primarily impacting the summer term responses; sample sizes for local authorities are therefore less reliable and not included ⁽³⁾

ACTIVITY BY GENDER

(Nov 2018/19)



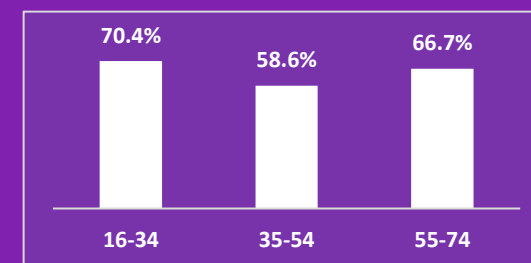
	Active	Inactive
Men	66.3%	19.4%
Women	60.3%	27.2%

HOW DOES THIS COMPARE?

For Berkshire and England, men are more active than women ⁽²⁾

⁽²⁾

ACTIVITY BY AGE (Nov 2018/19)



HOW DOES THIS COMPARE?

Activity rates decrease with age for England, in Berkshire they increase slightly until 75+ when they sharply decrease ⁽²⁾

⁽²⁾

1. PHYSICAL HEALTH *Inactivity is linked to*



Adult obesity/overweight: 58.6% similar to England benchmark (62.3%)



Children's obesity/overweight: 36.4% at Year 6 similar to England benchmark (35.2%)



Diabetes prevalence: 5.6%
England rate is 7.1%



Premature mortality: 356 per 100,000 worse than England benchmark (326)

Cardiovascular disease deaths: 64.9 per 100,000 similar to England benchmark (70.4)



Emergency hospital admissions due to falls 65+: 2,795 per 100,000 worse than England benchmark (2,198)

(4)

3. SOCIAL AND COMMUNITY DEVELOPMENT

Social contact: 47.1% of social care users get enough similar to England benchmark (45.9%)



Loneliness is linked to poor health

First time offenders: 278 per 100,000
England rate is 211

First time entrants to youth justice system: 217.9 per 100,000 similar to England benchmark (238.5)

Violent crime: 34.9 per 1,000
England rate is 29.5



Homelessness: 3.7 per 1,000 households worse than England benchmark (2.4)

Sport can provide a diversion from crime (6)

5 OUTCOMES INSIGHT

All figures are for Reading compared to England/GB

Suicide rate per 100,000:

Reading is similar to England



Pupils with social, emotional, mental health needs 2.99%: worse than England benchmark (2.39%)

2. Physical activity can improve MENTAL HEALTH



Suicide rate males: 35-64 year olds 20 per 100,000
65+ 16 per 100,000 similar to England benchmark (20.1 and 12.4)

Self harm: all ages 261.5 per 100,000 worse than England benchmark (193.4)
10-24 year olds 510.5 per 100,000 similar to England benchmark (444)



Anxiety 16+: 20.5% similar to England benchmark (19.7%)
Dementia prevalence: 4.5% similar to England benchmark (4.34%)

(5)

SPORT ENGLAND KEY OUTCOMES

Sport and physical activity can have a wide range of benefits



These are grouped together into 5 key outcomes; each Local Authority has needs and issues relating to them

5. ECONOMIC DEVELOPMENT



3.5% unemployed
81.6% employed
GB rate is 3.9% and 75.9%



Workless households: 9.6%
GB rate is 13.9%

Income deprivation 2015:

13.5% of 16-64 year olds better than England benchmark (14.6%)



19.8% of Children similar to England benchmark (19.9%)

18.5% of Older people worse than England benchmark (16.2%)



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

Indices of Multiple Deprivation 2019:
141 out of 317 areas of England
(1 is most deprived) (8)

4. INDIVIDUAL DEVELOPMENT



Education: 52.1% achieve 5 A* - C worse than England benchmark (57.8%)
8.2% of residents with no qualifications GB rate is 7.7%

School exclusions: 2.2 primary, 10.8 secondary per 100 pupils worse than England benchmark (1.37 and 9.4)

School absenteeism: 8.6% primary, 13.2% secondary similar to England benchmark (8.2% and 13.7%)

NEET: 7.5% worse than England benchmark (5.5%)



Link between physical activity and educational attainment, absenteeism and behaviour (7)

Sources (numbers are in brackets in each box)

- (1) All data from Sport England's Active Lives Adult Survey, May 19/20 Report, published October 2020, figures are from the data tables
Available from <https://www.sportengland.org/know-your-audience/data/active-lives/active-lives-data-tables>
Select Adult Surveys, May 2019/20 reports, Main Report: Tables 1-3 Levels of Activity (Table 3)
- (2) All data from Sport England's Active Lives Adult Survey, November 18/19 Report, published April 2020, figures are from the Active Lives online query builder
Available from <https://activelives.sportengland.org/>
- (3) All data from Sport England's Active Lives Children and Young People Survey, Academic Year 2019/20, published January 2021
Available from https://www.sportengland.org/know-your-audience/data/active-lives/active-lives-data-tables?section=children_and_young_people_surveys
Select 2019/20 Reports, Main Report: Tables 1-2 Levels of Activity (Table 2)
- (4) Adult obesity/overweight: Percentage of adults (aged 18+) classified as overweight or obese 2018/19 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) 2019/20 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 2019/20 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>
Premature mortality: Under 75 mortality rate all causes 2017-19, measured by measured by Public Health England (based on ONS data source)
Available from
<https://fingertips.phe.org.uk/profile/mortality-profile/data#page/3/gid/1938133009/pat/6/par/E12000008/ati/102/are/E06000038/iid/108/age/163/sex/4>
Cardiovascular disease deaths: Under 75 mortality rate from all cardiovascular diseases 2017-19, measured by Public Health England (based on ONS data source)
Available from
https://fingertips.phe.org.uk/search/cardiovascular%20disease#page/3/gid/1/pat/6/par/E12000008/ati/202/are/E06000036/iid/40401/age/163/sex/4/cid/4/page-options/ovw-do-0_car-do-0
Falls: Emergency hospital admissions due to falls in people aged 65 and over 2018/19 per 100,000, measured by Hospital Episode Statistics (HES)
Available from
https://fingertips.phe.org.uk/profile/covid19/data#page/3/gid/1938133360/pat/6/par/E12000008/ati/202/are/E06000036/iid/22401/age/27/sex/4/cid/4/page-options/ovw-do-0_car-do-0
- (5) Suicide rate: 2017-19 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 males, 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 males, 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: Emergency Hospital Admissions for Intentional Self-Harm 2018/19 for all ages per 100,000 of the population from Hospital Episode Statistics (HES), NHS Digital
Available from <https://fingertips.phe.org.uk/search/self%20harm#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/21001/age/1/sex/4>

Self harm: Hospital admissions as a result of self-harm (10-24 years) 2018/19 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>

Anxiety: Self-reported wellbeing - people with a high anxiety score 2018/19 for 16+, measured by Annual Population Survey (APS); Office for National Statistics (ONS) Available from <https://fingertips.phe.org.uk/search/anxiety#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/22304/age/164/sex/4>

Dementia: Dementia Recorded prevalence (aged 65 years and over) 2019, measured by NHS Digital

Available from <https://fingertips.phe.org.uk/search/dementia#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/91891/age/27/sex/4>

Pupils with social, emotional and mental health needs: % of school pupils with social, emotional and mental health needs (School age) 2018

Available from https://fingertips.phe.org.uk/search/emotional#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/91871/age/217/sex/4/cid/4/page-options/ovw-do-0_car-do-0

- (6) Social contact: percentage of adult social care users who have as much social contact as they would like 2018/19 18+, measured by Adult Social Care Survey - England

Available from <https://fingertips.phe.org.uk/search/social%20isolation#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/90280/age/168/sex/4>

First time offenders: Figure for all ages 10+, per 100,000 of the population for 2018. First time offenders are counted as persons who have received their first conviction, caution or youth caution, measured by Ministry of Justice. Available from

https://fingertips.phe.org.uk/search/crime#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000036/iid/92456/age/285/sex/4/cid/4/page-options/ovw-do-0_car-do-0

First time entrants: First time entrants to the youth justice system 2018. Rate of 10-17 year olds receiving their first reprimand, warning or conviction per 100,000 population, measured by Ministry of Justice. Available from

https://fingertips.phe.org.uk/search/youth%20justice#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000036/iid/10401/age/211/sex/4/cid/4/page-options/ovw-do-0_car-do-0

Violent crime: violence offences per 1,000 population 2019/20. Figures calculated by PHE's Population Health Analysis Team using crime data supplied by the Home Office and population data supplied by Office for National Statistics (ONS).

Available from https://fingertips.phe.org.uk/search/crime#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000036/iid/11202/age/1/sex/4/cid/4/page-options/ovw-do-0_car-do-0

Homelessness: Statutory homelessness 2017/18 rate per 1,000 that are unintentionally homeless and in priority need, measured by Department for Communities and Local Government

Available from <https://fingertips.phe.org.uk/search/homelessness#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/11501/age/-1/sex/-1>

- (7) 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>

No qualifications: percentage of people 16-64 January 2019-December 2019, measured by Annual Population Survey

Available from <https://www.nomisweb.co.uk/reports/lmp/la/1946157285/report.aspx?town=reading>

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>

Persistent absenteeism: Primary school 2018/19, percentage of primary school enrolments classed as persistent absentees (defined as missing 10% or more of possible sessions), measured by Department for Education

Available from <https://fingertips.phe.org.uk/search/persistent#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/92563/age/215/sex/4>

Secondary school 2018/19, percentage of secondary school enrolments classed as persistent absentees (defined as missing 10% or more of possible sessions), measured by Department for Education

Available from <https://fingertips.phe.org.uk/search/persistent#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/92564/age/216/sex/4>

NEET: 16-17 year olds not in education, employment or training (NEET) or whose activity is not known 2018 measured by Department for Education. Available from https://fingertips.phe.org.uk/search/neet#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000036/iid/93203/age/174/sex/4/cid/4/page-options/ovw-do-0_car-do-0

- (8) Employment and Unemployment: percentage of people estimated to be in employment/unemployed July 2019-June 2020, measured by Annual Population Survey

Available from <https://www.nomisweb.co.uk/reports/lmp/la/1946157285/report.aspx?town=reading>

Workless Households: percentage of all households in each area that are workless January-December 2019, measured by Annual Population Survey

Available from <https://www.nomisweb.co.uk/reports/lmp/la/1946157285/report.aspx?town=reading>

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/93094/age/169/sex/4/cid/4/page-options/car-do-0>

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/93279/age/214/sex/4/cid/4/page-options/car-do-0>

English Indices of Deprivation 2019 from the Department for Communities and Local Government

Available from <https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019>

Figures and links correct as of 26th January 2021