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

- **55%** are ACTIVE: at least 150 minutes per week
- **12.4%** are FAIRLY ACTIVE: 30-149 minutes per week
- **32.6%** 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>

3.4% decrease in inactivity since May 2017/18 (but not significant). No significant changes in activity levels since 2015/16

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

- **20.7%** are ACTIVE EVERY DAY: at least 60 minutes daily
- **22.7%** are ACTIVE ACROSS THE WEEK: average of 60 minutes per day but not daily
- **21.7%** are FAIRLY ACTIVE: average of 30-59 minutes per day
- **34.8%** 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)**

- **56.7%** Active
- **51.8%** Inactive

**HOW DOES THIS COMPARE?**

For Berkshire and England, men are more active than women

---

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Berkshire</th>
<th>England</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-34</td>
<td>60.4%</td>
<td>55.7%</td>
</tr>
<tr>
<td>35-54</td>
<td>47.1%</td>
<td></td>
</tr>
<tr>
<td>55-74</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**HOW DOES THIS COMPARE?**

Activity rates decrease with age for Berkshire and England

---

**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.

**VOLUNTEERING (May 2018/19)**

Volunteering (twice in past year supporting sport and physical activity) is at **6%**.
1. PHYSICAL HEALTH  *Inactivity is linked to*

- **Adult obesity/overweight**: 66.8% worse than England benchmark (62%)
- **Children’s obesity/overweight**: 22.3% at Reception similar to England benchmark (22.4%)
- **41% at Year 6** worse than England benchmark (34.3%)
- **Life expectancy**:
  - **Males**: 78.4 years worse than England benchmark (79.6/83.1)
  - **Females**: 82.5 years worse than England benchmark (83.1)
- **Premature mortality**: 407 per 100,000 and worse than England benchmark (332)
  - **Heart disease deaths**: 6.4 per 100,000 worse than England benchmark (38.7)
  - **Stoke deaths**: 21 per 100,000 worse than England benchmark (13.1)

2. **Physical activity can improve – MENTAL HEALTH**

- **Suicide rate per 100,000 (2016-2018)**:
  - **Slough is similar to England**:
    - Slough: 14.9 per 100,000
    - England: 10.5
- **Anxiety 16+**: 26.8% worse than England benchmark (20%)
- **Low happiness 16+**: 10.5% similar to England benchmark (8.2%)

3. **SOCIAL AND COMMUNITY DEVELOPMENT**

- **Social contact**: 22.7% of carers get enough worse than England benchmark (35.5%)
  - *Loneliness is linked to poor health*
- **First time offenders**: 405 per 100,000
  - England rate is 211
- **First time entrants to the youth justice system**: 331.8 per 100,000 worse than England benchmark (238.5)
- **Crime per 1,000 population**: All = 103.53
  - Violence against the person = 33.81
- **Homelessness**: 5.4 per 1,000 households higher than England benchmark (2.4)
  - Sport can provide a diversion from crime (7)

4. **INDIVIDUAL DEVELOPMENT**

- **Education**: 59.4% achieve 5 A*-C similar to England benchmark (57.8%)
- **7.7% have no qualifications**, 41.9% of residents educated to NVQ Level 4 and above
  - GB rate is 7.8% and 39.3%
- **School absenteeism**: 9.4% primary worse than England benchmark (8.7%)
  - **Secondary**: 9.4% better than England benchmark (13.9%)
  - *Link exists between physical activity and educational attainment, absenteeism and behaviour*

5. **ECONOMIC DEVELOPMENT**

- **3.9% are unemployed**
  - **73.7% are employed**
  - GB rate is 4.1% and 75.6%
- **11.2% of households are workless**
  - GB rate is 14.3%
- **Income deprivation 2015**:
  - **15.1% of 16-64 year olds** worse than England benchmark (14.6%)
  - **19.5% of Children** similar to England benchmark (19.9%)
  - **23.2% of Older people**
  - England rate is 16.2%
  - *Inactivity linked to unemployment and deprivation, both contribute to poor health*
- **Indices of Multiple Deprivation 2019**:
  - 73 out of 317 areas of England (1 is most deprived) (9)
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/
Select Active Lives October 2019: Tables 1-3 Levels of Activity, table 3

(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) Volunteering data from Sport England’s Active Lives Survey, May 2017/18 Report, published October 2019, figure from the data table
Available from https://www.sportengland.org/media/13768/active-lives-adult-may-17-18-report.pdf
On page 9 select ‘link to data tables’, table 13

(5) 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: Reception: 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/20601/age/200/sex/4
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
Life expectancy: Life expectancy at birth 2015-17, measured by Office For National Statistics
Available from https://fingertips.phe.org.uk/profile/health-profiles/data#page/0/gid/1938133009/pat/6/par/E12000008/ati/102/are/E06000037
Premature mortality: Under 75 mortality rate all causes 2015-17, measured by Public Health England (based on ONS data source)
Heart disease deaths: Under 75 mortality rate from heart disease 2015-17, measured by Public Health England (based on ONS data source)
Available from https://fingertips.phe.org.uk/search/stroke#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/91166/age/163/sex/4
Stroke deaths: Under 75 mortality rate from stroke 2015-17, measured by Public Health England (based on ONS data source)
Available from https://fingertips.phe.org.uk/search/stroke#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/91167/age/163/sex/4

(6) 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
Suicides young people: Suicide rate 2013-17 5 year average, rate for 10-34 age group per 100,000 for each Local Authority, 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/91390/age/294/sex/1
Anxiety: Self-reported wellbeing - people with a high anxiety score 2017/18 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

Low happiness: Self-reported wellbeing - people with a low happiness score 2017/18 percentage for 16+ adults, measured by Annual Population Survey (APS); Office for National Statistics (ONS) Available from https://fingertips.phe.org.uk/search/happiness#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/22303/age/164/sex/4

Social contact: percentage of adult carers who have as much social contact as they would like 2016/17, 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/E06000039/iid/90638/age/-1/sex/-1

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 entered the criminal justice system whether by caution, offence or conviction, measured by Ministry of Justice. Available from https://fingertips.phe.org.uk/search/first%20time%20offenders#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/92456/age/-2/sex/-1

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/first%20time%20offedners#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000037/iid/10401/age/-1/sex/-1

Crime per 1,000 population: All crime excluding fraud per 1,000 of the population for 2017/18 Available from: https://data.police.uk/

Violence against the person per 1,000 of the population for 2017/18 Available from: https://data.police.uk/

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

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/-1/sex/-1


Persistent absenteeism: Primary school 2017/18, 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/-1/sex/-1

Secondary School 2017/18 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/-1/sex/-1

Workless households: percentage of all households in each area Jan-Dec 2018, measured by Annual Population Survey
Available from https://www.nomisweb.co.uk/reports/lmp/la/1946157286/report.aspx?town=slough

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 measured by Department for Communities and Local Government
Available from https://fingertips.phe.org.uk/search/income%20deprivation#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/340/age/214/sex/4

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

Figures and links correct as of 06th November 2019