

SLOUGH

INSIGHT 2021



PHYSICAL ACTIVITY PARTICIPATION

ADULT LEVELS (May 2019/20)

54.5% are **ACTIVE**: at least 150 minutes per week
7.6% are **FAIRLY ACTIVE**: 30-149 minutes per week
37.9% 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%



4.8% significant decrease in fairly active and **5.3%** insignificant increase in inactivity since May 2018/19 ⁽¹⁾

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⁾

VOLUNTEERING (May 2017/18)

Volunteering (twice in past year supporting sport and physical activity) is at **6%** ⁽⁴⁾



DEMOGRAPHICS (Nov 2018/19)

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

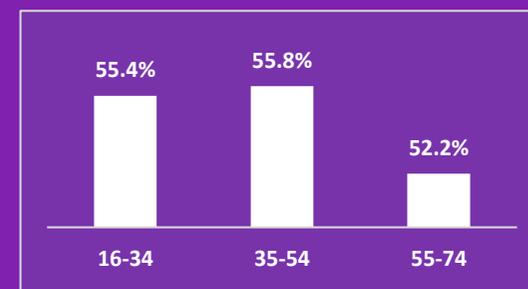
ACTIVITY BY GENDER (Nov 2018/19)



Gender	Active	Inactive
Men	53.2%	35.1%
Women	54.3%	33.6%

HOW DOES THIS COMPARE?
 For Berkshire and England, men are more active than women ⁽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⁾

1. PHYSICAL HEALTH *Inactivity is linked to*



Adult obesity/overweight: 67.5% worse than England benchmark (62.3%)



Children's obesity/overweight: 40.8% at Year 6 worse than England benchmark (35.2%)



Diabetes prevalence: 9.6%
England rate is 7.1%



Premature mortality: 378 per 100,000 worse than England benchmark (326)



Cardiovascular disease deaths: 96.8 per 100,000 worse than England benchmark (70.4)



Emergency hospital admissions due to falls 65+: 2,864 per 100,000 worse than England benchmark (2,198) ⁽⁵⁾

3. SOCIAL AND COMMUNITY DEVELOPMENT

Social contact: 25.9% of carers get enough worse than England benchmark (32.5%) **41.7%** of social care users get enough similar to England benchmark (45.9%)



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)

Homelessness: 5.4 per 1,000 households worse than England benchmark (2.4) 

Violent crime: 37.7 per 1,000 England rate is 29.5

Sport can provide a diversion from crime ⁽⁷⁾

5 OUTCOMES INSIGHT All figures are for Slough compared to England/GB

2. Physical activity can improve MENTAL HEALTH

Suicide rate per 100,000:
Slough is similar to England



Suicide rate males: 10-34 year olds 14.9 per 100,000
35-64 year olds 19 per 100,000 similar to England benchmark (10.5 and 20.1)

Self harm: all ages 172.6 per 100,000, 10-24 year olds 365.9 per 100,000 similar to England benchmark (193.4 and 444)

Anxiety 16+: 25.2% worse than England benchmark (19.7%) 

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

4. INDIVIDUAL DEVELOPMENT



Education: 59.4% achieve 5 A*- C similar to England benchmark (57.8%)
7.2% of residents with no qualifications
GB rate is 7.7%

School absenteeism: 8.9% primary worse than England benchmark (8.2%) **9.4%** secondary better than England benchmark (13.7%) 

Link exists between physical activity and educational attainment, absenteeism and behaviour ⁽⁸⁾

5. ECONOMIC DEVELOPMENT



4% unemployed
74.3% employed
GB rate is 3.9% and 75.9%

Workless households: 10.7%
GB rate is 13.9%



Income deprivation 2015:

15.1% of 16-64 year olds worse than England benchmark (14.6%)
19.5% of Children better than England benchmark (19.9%)
23.2% 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:
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 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) Volunteering data from Sport England's Active Lives Survey, May 2017/18 Report, figure is from the Active Lives online query builder
Available from <https://activelives.sportengland.org/>
- (5) 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, 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
- (6) 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, rate for 10-34 males 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>
Suicide rate: 2013-17 5 year average for 35-64 males 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>

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>

- (7) Social contact: percentage of adult carers who have as much social contact as they would like 2018/19 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/E06000039/iid/90638/age/168/sex/4>

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

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>

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

- (8) 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/1946157286/report.aspx?town=slough>

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>

(9) 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/1946157286/report.aspx?town=slough>

Workless households: percentage of all households in each area Jan-Dec 2019, 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 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