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

60.5% are ACTIVE: at least 150 minutes per week  
15.3% are FAIRLY ACTIVE: 30-149 minutes per week  
24.2% 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>

4.1% increase in inactivity since May 2017/18 (but not significant). No significant changes in activity levels since 2015/16.

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

18.4% are ACTIVE EVERY DAY: at least 60 minutes daily  
24.8% are ACTIVE ACROSS THE WEEK: average of 60 minutes per day but not daily  
22.4% are FAIRLY ACTIVE: average of 30-59 minutes per day  
34.4% 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)**

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active</td>
<td>62.2%</td>
<td>67.6%</td>
</tr>
<tr>
<td>Inactive</td>
<td>22.3%</td>
<td>20.4%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-34</td>
<td>83.4%</td>
</tr>
<tr>
<td>35-54</td>
<td>75.5%</td>
</tr>
<tr>
<td>55-74</td>
<td>55.8%</td>
</tr>
</tbody>
</table>

**DEMOGRAPHICS (Nov 2017/18)**

For Berkshire and England, men are more active than women.
1. PHYSICAL HEALTH *Inactivity is linked to*

- Adult obesity/overweight 56.6% better than England benchmark (62%)
- Children’s obesity/overweight 28.7% by Year 6 better than England benchmark (34.3%)
- Infant mortality 4.2 per 100,000 similar to England benchmark (3.9)
- Heart Disease deaths 28.2 per 100,000 better than England benchmark (38.7)
- Stroke deaths 7.3 per 100,000 better than England benchmark (13.1)

2. Physical activity can improve – MENTAL HEALTH

**Suicide rate per 100,000 (2016-2018):**
West Berkshire similar to England

<table>
<thead>
<tr>
<th>Area</th>
<th>Rate per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wokingham</td>
<td>6.7</td>
</tr>
<tr>
<td>Reading</td>
<td>7.2</td>
</tr>
<tr>
<td>West Berkshire</td>
<td>8.5</td>
</tr>
<tr>
<td>Windsor and Maidenhead</td>
<td>8.5</td>
</tr>
<tr>
<td>Bracknell Forest</td>
<td>9.1</td>
</tr>
<tr>
<td>Slough</td>
<td>10.1</td>
</tr>
<tr>
<td>England</td>
<td>9.6</td>
</tr>
</tbody>
</table>

- Self harm hospital admissions: all ages 217.1 per 100,000, 10-24 year olds 529.3 per 100,000 worse than England benchmark (185.5 and 421.2)
- Dementia: prevalence 3.78% lower than England benchmark (4.33%)
- Estimated diagnosis rate 61.5% similar to goal of 66.7%

**Anxiety 16+ 21.6% similar to England benchmark (20%)**
**Depression 18+ 9.2% better than England benchmark (9.9%)**

3. SOCIAL AND COMMUNITY DEVELOPMENT

- Social contact: 41.7% of social care users get enough similar to England benchmark (46%)
- 37.5% of 65+ social care users get enough worse than England benchmark (44%)
- *Loneliness is linked to poor health*

- First time offenders 174 per 100,000
- First time entrants to the youth justice system 142.1 per 100,000 better than England benchmark (238.5)

- Crime per 1,000 population: All = 58.2
- Violence against the person = 15.54

- Sport can provide a diversion from crime (6)

4. INDIVIDUAL DEVELOPMENT

- Education: 61.1% achieve 5 A*- C better than England benchmark (57.8%)
- 46.1% of residents educated to NVQ L4 and above
- GB rate is 39.3%

- School absenteeism: 6.7% primary, 11.9% secondary better than England benchmark (8.7% and 13.9%)

- School exclusions per 100 pupils: primary 1.93 worse than England benchmark (1.37) secondary 7.5 lower than England benchmark (9.4)

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

5. ECONOMIC DEVELOPMENT

- 2.8% of people are unemployed
- 80.9% are employed
- GB rate is 4.1% and 75.6%

- Income deprivation 2015:
  - 7.6% of 16-64 year olds better than England benchmark (14.6%)
  - 10.4% of Children lower than England benchmark (19.9%)
  - 9.2% of Older people
  - England rate is 16.2%

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

- Indices of Multiple Deprivation 2019: 289 out of 317 areas of England (1 is most deprived)
- It is in the 10% of least deprived places to live in England (6)
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) 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
Infant mortality: Infant deaths under 1 year of age per 1000 live births for 2015-17, Office For National Statistics
Available from: https://fingertips.phe.org.uk/profile/child-health-profiles/data#page/3/gid/1938133228/pat/6/par/E12000008/ati/102/are/E06000037/iid/92196/age/2/sex/4
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

(5) 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
Self harm:
Emergency Hospital Admissions for Intentional Self-Harm 2017/18 rate for all ages 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/21001/age/1/sex/4
Hospital admissions as a result of self-harm (10-24 years) 2017/18 rate for 10-24 year olds 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
Dementia: Dementia Recorded prevalence (aged 65 years and over) December 2018, 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
Estimated dementia diagnosis rate (aged 65 and over) December 2018, measured by NHS Digital
Available from https://fingertips.phe.org.uk/search/dementia%20estimated#page/3/gid/1/pat/6/par/E12000008/ati/102/are/E06000039/iid/92949/age/27/sex/4
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
Social contact: percentage of adult social care users who have as much social contact as they would like 2017/18, measured by Adult Social Care Survey – England
Older people: percentage of adult social care users who have as much social contact as they would like 2017/18, rate for 65+, measured by Adult Social Care Survey – England
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.
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
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
Educational attainment (5 or more GCSEs): percentage of all children 2015/16, measured by the Department for Education
NVQ L4 educated: percentage of people estimated to be educated to this level January 2018-December 2018, measured by Annual Population Survey
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
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
Exclusions: Primary school fixed period exclusions 2016/17 rate per 100 pupils in state-funded Primary schools, measured by Department for Education
Secondary school fixed period exclusions 2016/17 rate per 100 pupils in state-funded Secondary schools, measured by Department for Education
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