PHYSICAL ACTIVITY PARTICIPATION

ADULT LEVELS (May 2018/19)
72.5% are ACTIVE: at least 150 minutes per week
11.3% are FAIRLY ACTIVE: 30-149 minutes per week
16.1% 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>

2.7% decrease in inactivity since May 2017/18 (but not significant). Levels of fairly active have significantly decreased by 7.2% since 2015/16

CHILD LEVELS ages 5-16 (2017/18 academic year)
18.1% are ACTIVE EVERY DAY: at least 60 minutes daily
27.2% are ACTIVE ACROSS THE WEEK: average of 60 minutes per day but not daily
19.1% are FAIRLY ACTIVE: average of 30-59 minutes per day
35.6% 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)
75% are ACTIVE
69.8% 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</th>
<th>Active (%)</th>
<th>Inactive (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-34</td>
<td>85.3%</td>
<td>14.9%</td>
</tr>
<tr>
<td>35-54</td>
<td>71.4%</td>
<td>28.6%</td>
</tr>
<tr>
<td>55-74</td>
<td>71.3%</td>
<td>28.7%</td>
</tr>
</tbody>
</table>

HOW DOES THIS COMPARE?
Activity rates decrease with age for Berkshire and England
5 OUTCOMES INSIGHT

All figures are for Wokingham compared to England/GB

1. PHYSICAL HEALTH
   Inactivity is linked to

   Adult obesity/overweight
   50.9% better than England benchmark (62%)

   Children’s obesity/overweight
   26.1% by Year 6 better than England benchmark (34.3%)

   Diabetes prevalence 5%
   England rate is 6.8%

   Heart disease deaths 22.1 per 100,000 better than England benchmark (38.7)

   Stroke deaths 9.3 per 100,000 better than England benchmark (13.1)

2. Physical activity can improve – MENTAL HEALTH

   Suicide rate per 100,000 (2016-2018):
   Wokingham is better than England

   Dementia: prevalence 4.48% similar to England benchmark (4.33%)
   Estimated diagnosis rate 68% similar to goal of 66.7%

   Depression 18+ 8.4%
   lower than England benchmark (9.9%)

3. SOCIAL AND COMMUNITY DEVELOPMENT

   Social contact: 34.5% of adult carers get enough similar to England benchmark (35.5%)
   Loneliness is linked to poor health

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

   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: 70.9% achieve 5 A*-C
   better than England benchmark (57.8%)

   53.7% of residents educated to NVQ L4 and above
   GB rate is 39.9%

   School absenteeism: 5.9% primary, 12% secondary
   better than England benchmark (8.7% and 13.9%)
   Link exists between physical activity and educational attainment, absenteeism and behaviour

5. ECONOMIC DEVELOPMENT

   2.5% of people are unemployed
   81.1% are employed
   GB rate is 4.1% and 75.6%

   Income deprivation 2015:
   5.2% of 16-64 year olds
   better than England benchmark (14.6%)
   6.8% of Children
   lower than England benchmark (19.9%)
   6.6% of Older people
   England rate is 16.2%
   Inactivity linked to unemployment and deprivation, both contribute to poor health

   Indices of Multiple Deprivation 2019: 316 out of 317 areas of England
   (1 is most deprived) It is in the 10% of least deprived places to live in England
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

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

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

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) 2019, 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

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/E06000039/iid/848/age/168/sex/4

(6) Social contact: 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/E06000039/iid/90638/age/168/sex/4

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
Crime per 1,000 population: All crime excluding fraud per 1,000 of the population 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/

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

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/215/sex/4

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/216/sex/4

Employment and Unemployment: percentage of people estimated to be in employment/unemployed June 2018-July 2019, measured by Annual Population Survey

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

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

Figures and links correct as of 06th November 2019