

State of the Borough Report Reading's Joint Strategic Needs Assessment 2025

Introduction

- A Joint Strategic Needs Assessment (JSNA) is a process through which we assess the current and future health, care and wellbeing needs of the local population to inform and guide the planning and commissioning of health, wellbeing and social care services within a local authority area.
- A JSNA is:
 - Joint – owned by, and for the benefit of, all Health and Wellbeing Board partners
 - Strategic – high level, identifying the key priorities for an area
 - Needs Assessment – it outlines the health and wellbeing needs of residents
- The current Reading JSNA is not a single product, but a range of resources hosted on the [Reading Observatory](#).
- A recent Local Government Association review of the Reading Health and Wellbeing Board identified the desire to focus on a small number of priorities.
- To support this process, this rapid JSNA has been produced using data and intelligence that is readily available. It is a concise and not exhaustive report, aimed at being a starting point for conversations.
- This JSNA doesn't include any mapping of assets, services that already exist to meet need, or experiences of service users or service providers.

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Population and Demography

Population and Demography



Total population – **182,907** (2024).



Population **increased 11.9%** between 2011 and 2021 – the largest increase was in **over-65s**, at 17.6%.



1.1% projected **population growth** from 2025 to 2040, driven by a **28.0%** increase in **over-65s** (which equates to around 6,300 older people).



45.0% of people are from **ethnic minority** groups (2021 Census).



1.6% of adults 16+ identified themselves as **gay or lesbian** (2,296 people), **2.0%** identified themselves as **bisexual** (2,791 people) (2021 Census).



General fertility rate fell by 27.9% over the last decade – more than the fall seen in the South East (19.6%) and England (20.3%).



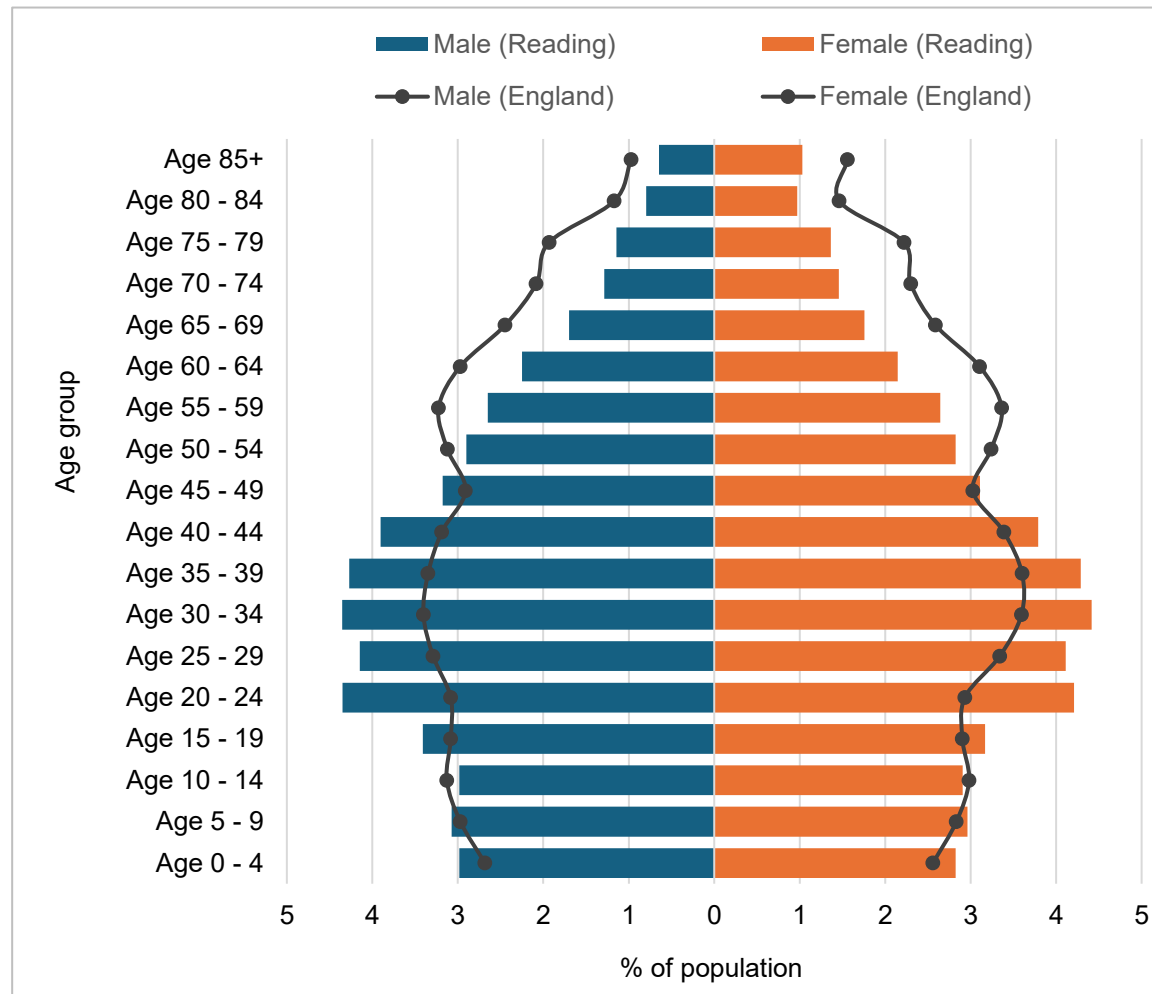
1,163 people **died from all causes** in 2023.

Accurate estimates of the **current and projected future number of residents and their characteristics** are fundamental to anticipating the scale of need for services. Here we outline the essential facts of Reading's population.

Population – Size

- The population of Reading was 182,907 in 2024.¹
- The largest age group in Reading in 2024 were those aged 30-34 years old, who made up 8.8% of the total population (compared to 35-39 year olds in the South East and 30-34 year olds in England).
- There was a 50/50 split between females and males in Reading.

Percentage of population by five-year age groups (2024)



Population – 2011 and 2021 Census

- Between the 2011 and 2021 Census, the population of Reading increased by 11.9% (18,526 people), compared with increases of 7.5% in the South East and 6.6% in England.¹
- The number of households increased by 7.7% between 2011 and 2021.¹
- By age group, between 2011-2021 in Reading, the largest increase in the population was among those aged 65 years and over (17.6%, +3,146 people), although this increase was smaller than the South East and England.

Number and percentage difference in the number of residents between the 2011 and 2021 Census by age group

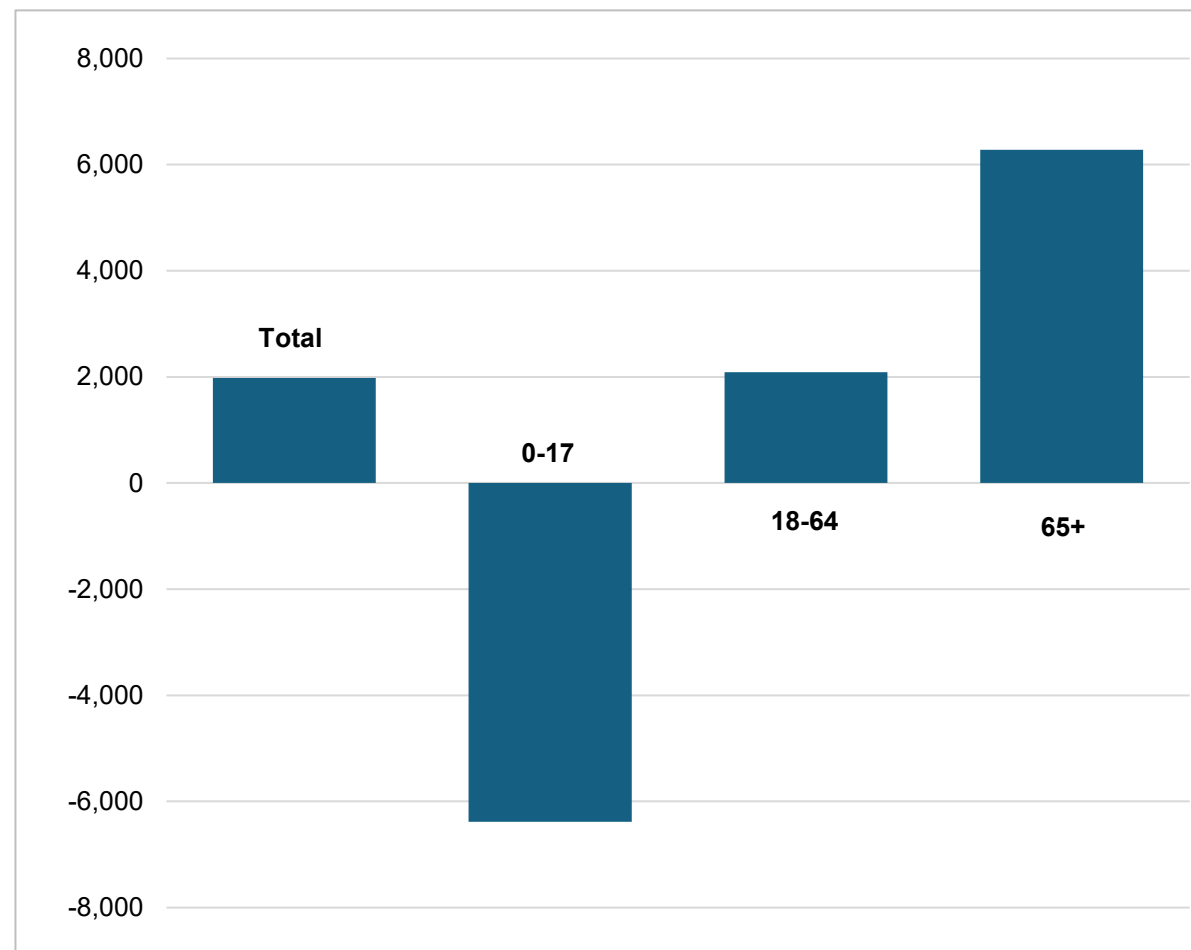
	Reading		South East	England
Age group	Difference (n)	%	%	%
All usual residents	18,526	11.9	7.5	6.6
Under 15 years	2,510	8.8	5.3	5.0
15-64 years	12,870	11.8	4.3	3.6
65 years and over	3,146	17.6	21.7	20.1

Source: (1) [Office for National Statistics \(NOMIS, 2011 Census, 2021 Census\)](#)

Population Projections

- The population of Reading is projected to increase from 182,002 people in 2025 to 183,983 people in 2040, an increase of 1.1% (South East, 7.0%, England, 6.6%).¹
- This projected rise will be affected by an increase in net international migration (+34,375 people), more births than deaths (+9,200), a decrease in net internal migration (people moving to and from other local authorities in England (-39,691), and a decrease in net cross-border migration between UK countries (-1,933).¹
- The number of children and young people (aged 0-17) is projected to decrease in Reading by 6,385 (17.4%) between 2025 and 2040; the working age population is projected to increase by 1.7% (+2,086); the over 65s are projected to see the largest increase of 28.0% (+6,279), as the population ages.
- In 2025, over 65s made up 12.3% of Reading's population – this is projected to rise to 15.6% by 2040.

Projected actual change in population numbers between 2025 and 2040 in Reading



Ethnicity and Sexual Orientation

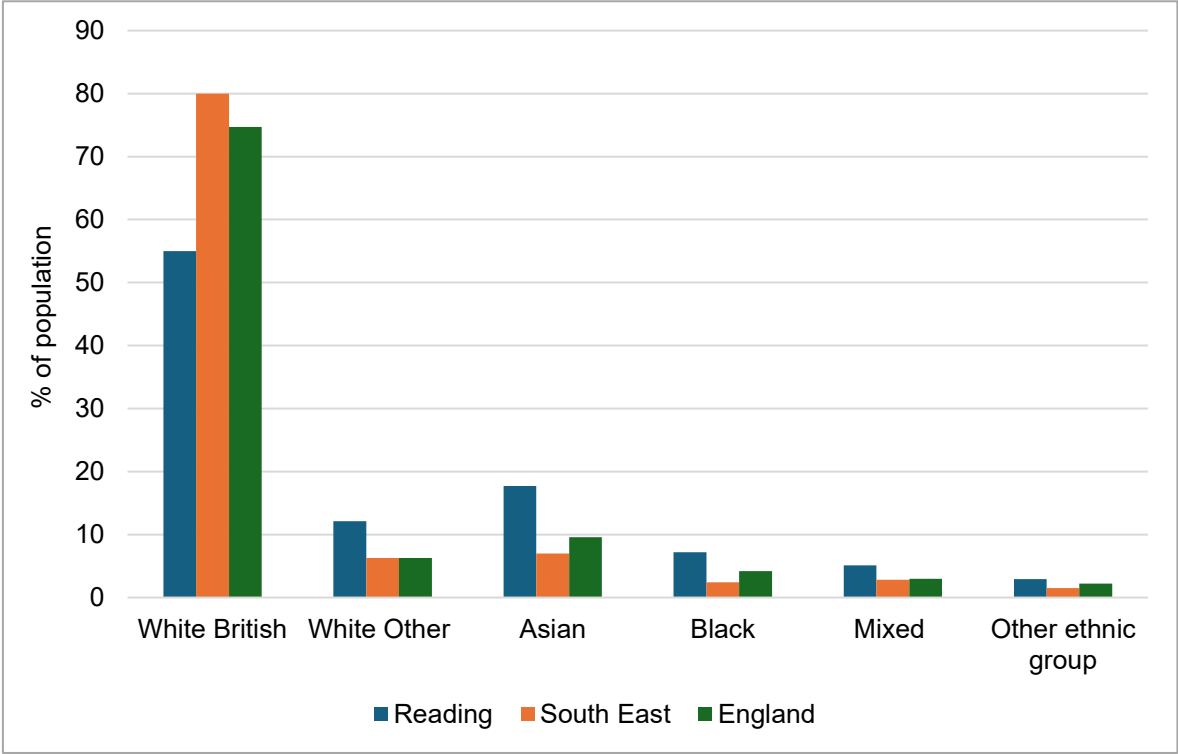
Ethnicity

- 45.0% of people in Reading (78,336 people) identified their ethnicity as non-White British in the 2021 Census (South East, 20.0%, England, 25.3%).¹
- The largest non-White British ethnic groups recorded on the Census in Reading were Asian (17.7%) (South East, 7.0%, England, 9.6%), White Other (12.1%) (South East and England both 6.3%), and Black (7.2%) (South East, 2.4%, England, 4.2%).
- There were 683 Gypsy, Roma, Travellers in Reading on the 2021 Census (0.4%) compared with 0.3% in both the South East and England.

Sexual orientation

- 1.6% of adults aged 16 and over in the 2021 Census in Reading (2,296 people) identified themselves as gay or lesbian (South East and England both 1.5%), whilst 2.0% identified themselves as bisexual (2,791 people) (South East and England both 1.3%).¹

Percentage of population by ethnic group (2021)

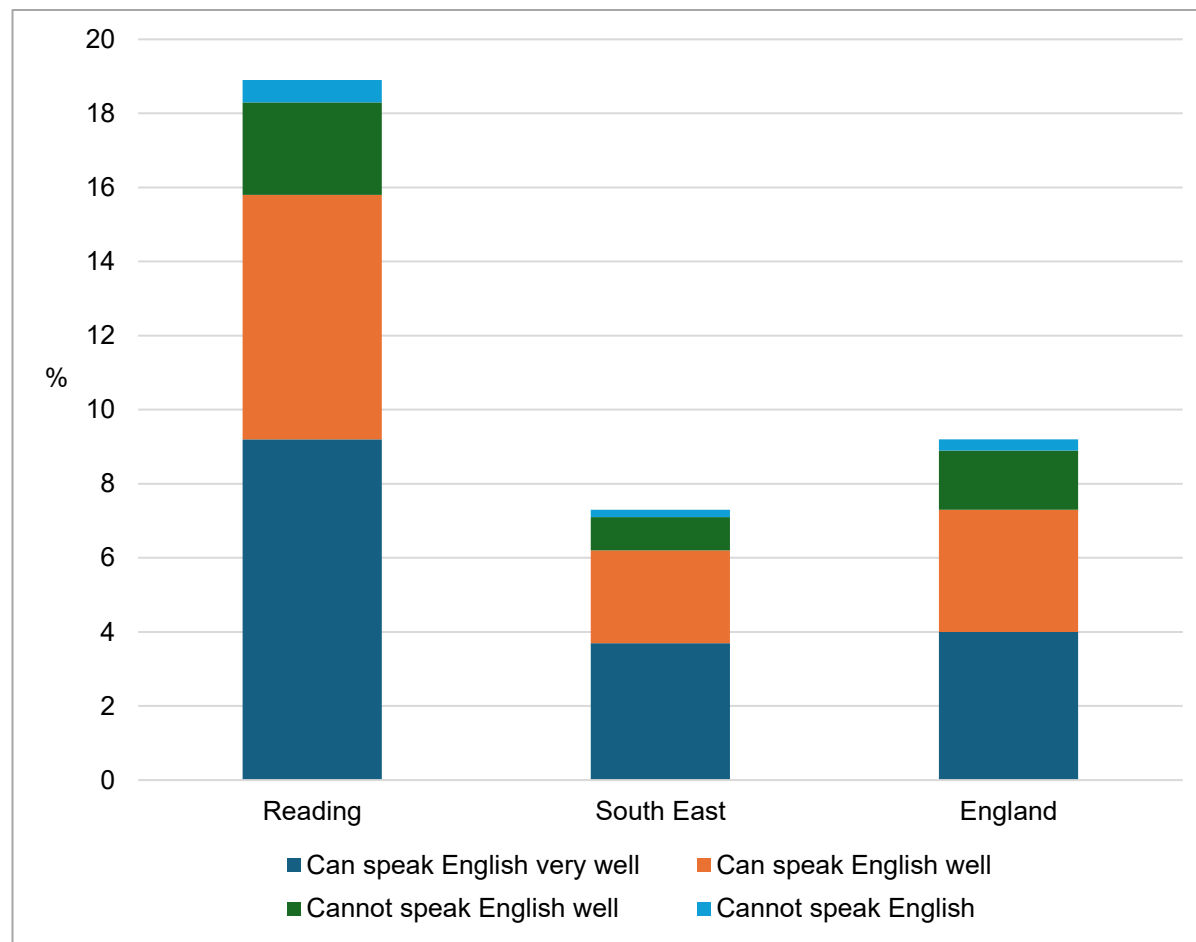


Source: (1) [Office for National Statistics \(NOMIS, 2021 Census\)](#)

Proficiency in English

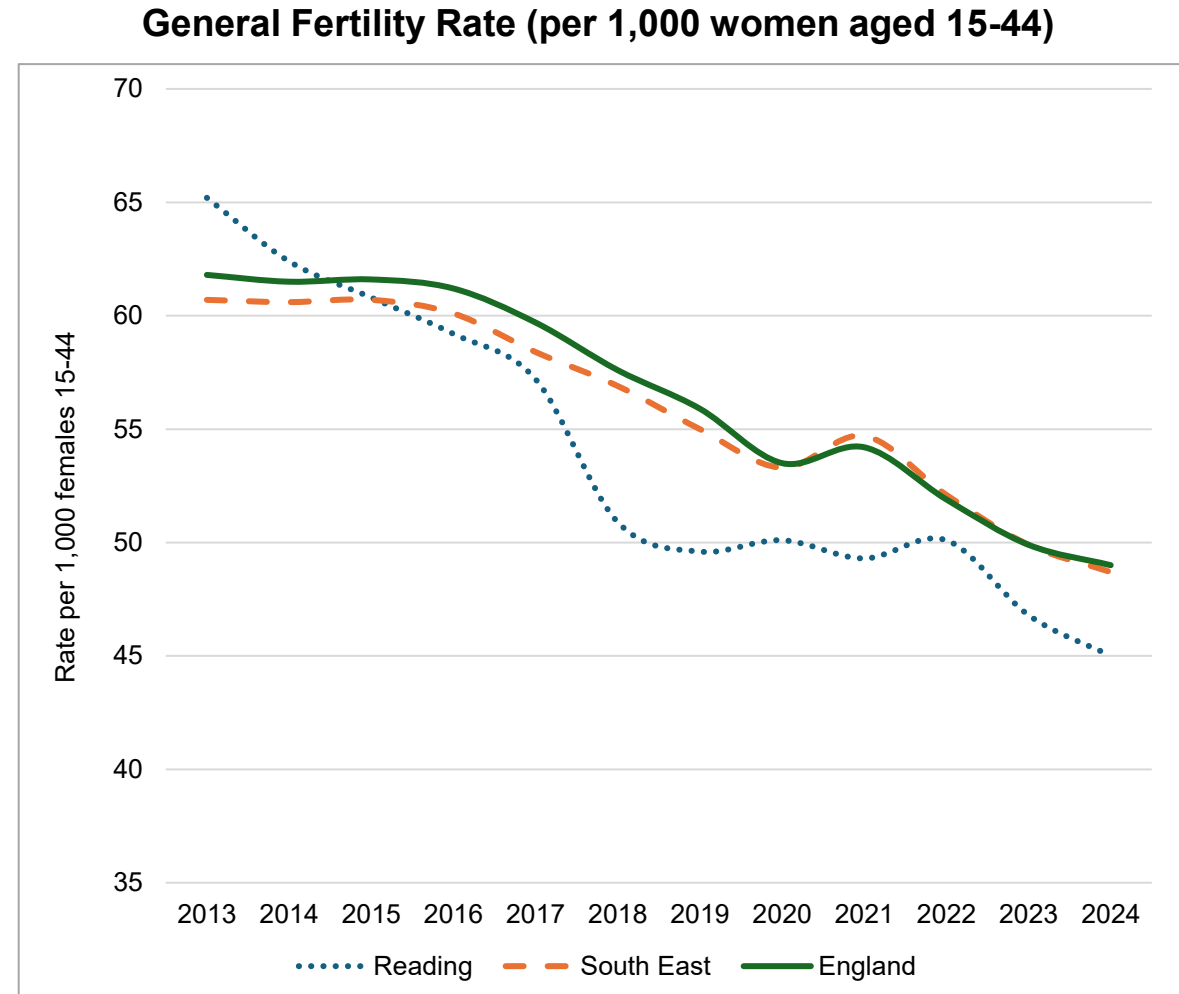
- 81.1% of people aged 3 and over in Reading stated that their main language was English on the 2021 Census (South East, 92.8%, England, 90.8%).¹
- 18.9% of people (aged 3 and over) in Reading (31,735) stated that their main language was not English (South East, 7.3%, England, 9.2%).
- Among the 18.9% of people whose main language was not English in Reading:
 - 9.2% could speak English very well
 - 6.6% could speak English well
 - 2.5% could not speak English well
 - 0.6% could not speak English
- In total, 5,136 people in Reading (3.1%) could not speak English well or not at all in 2021 (South East, 1.1%, England, 1.9%).

Percentage of people (aged 3 and over) whose main language was not English (2021)



Live Births

- There were 1,973 live births in Reading in 2024. The 2024 General Fertility Rate (GFR) – which looks at the number of live births per 1,000 women of child-bearing age (15-44) – was 45.0 per 1,000, significantly lower than the South East (48.7) and England rates (49.0 per 1,000).¹
- Over the last 10 years, there has been a 27.9% relative fall in the GFR in Reading from 62.4 in 2014 to 45.0 per 1,000 in 2024, compared with falls of 19.6% in the South East and 20.3% in England.
- The average age of mothers in Reading in 2024 was 31.9 years compared with 31.3 in the South East and 31.0 years in England.¹



Please note that the Y axis of the chart does not start at 0.

Deaths

- In 2023, a total of 1,163 people died from all causes in Reading.¹
- Some of the leading causes of death included:
 - 316 deaths (27.2%) from cancer – South East (25.9%), England (25.6%)
 - 278 deaths (23.9%) from cardiovascular disease – South East (24.2%), England (24.1%)
 - 129 deaths (11.1%) from respiratory disease – South East (12.0%), England (12.2%)
 - 121 deaths (10.4%) from dementia and Alzheimer's disease – South East (12.3%), England (11.6%)
- These four conditions (844 deaths) in Reading accounted for 72.6% of all deaths in 2023 compared with 74.4% in the South East and 73.6% in England.

Building Blocks of Life

Building Blocks of Life



15,805 Reading residents (9.0% of the population) live in areas that are among the 20% **most deprived** in England.



17.0% of children **under the age of 16** are living in **poverty** (2023/24); **10.4%** of households are experiencing **fuel poverty** (2023).



Nearly half of Reading households (48.1%) **live in rented accommodation** (2021 Census).



11.1% of assessed properties have the **lowest energy efficiency ratings** (bands E, F and G) (2023/24).



Crime rates for possession of weapons, robbery, shoplifting, theft from the person, and anti-social behaviour **increased** between June 2023 and April 2025.



Rates of fast food outlets, premises licenced to sell alcohol, and gambling premises are **higher** than the South East and England.



11.1% of people are living in areas at the **highest risk of food insecurity** (2022).



5.3% of deaths among adults aged 30 and over in 2023 were attributable to **air pollution** (fine particulate matter).

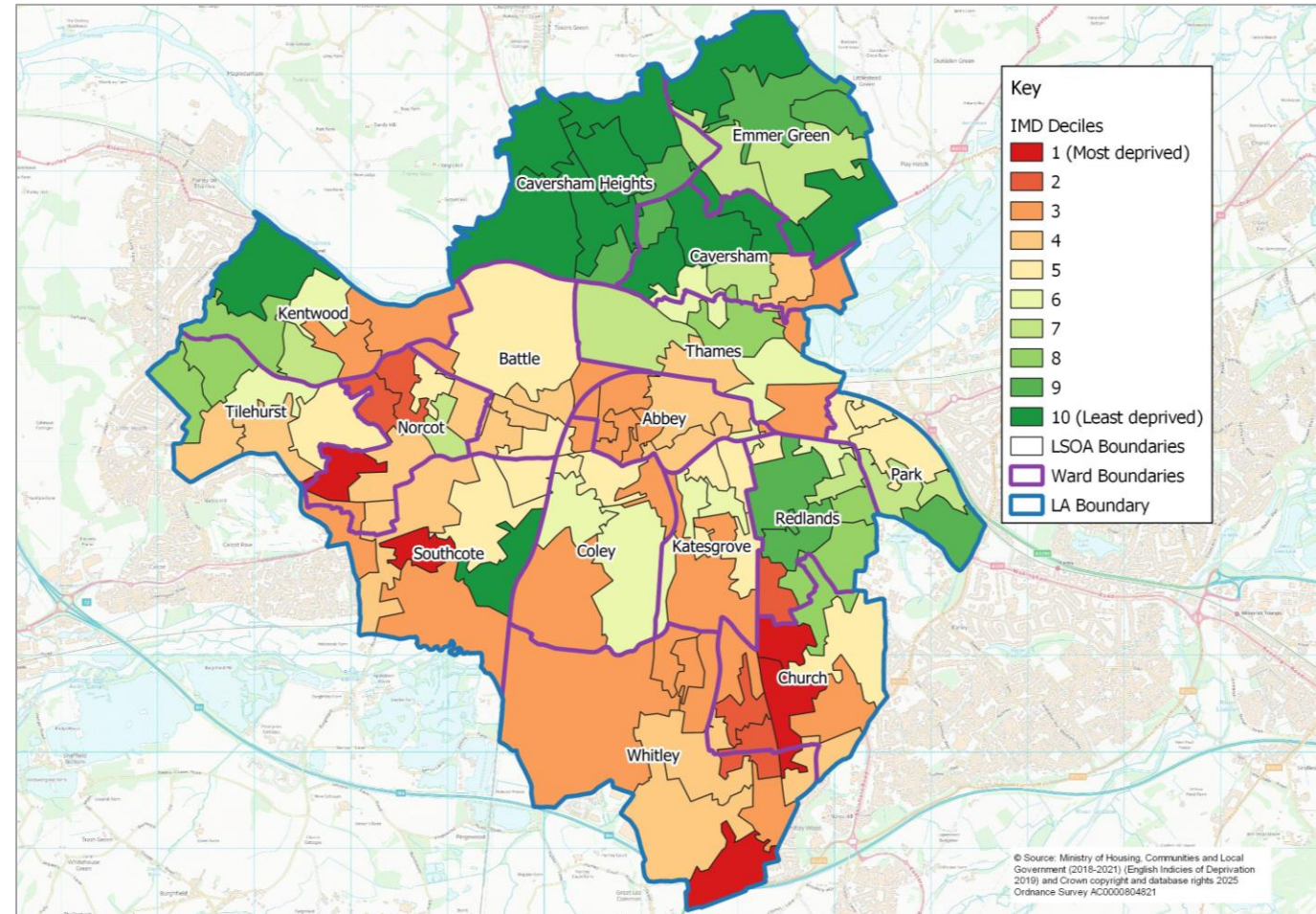
Healthcare services are important, but the building blocks of life – the **built and natural environment, communities, social institutions and infrastructure** – are just as important, if not more so, for creating the conditions for living healthy lives.

2019 Index of Multiple Deprivation

The Index of Multiple Deprivation (IMD) is the official measure of relative deprivation in England. There are seven domains of deprivation which combine to create the overall IMD.¹

- Overall, Reading is ranked 90th out of 151 local authorities (1 being the most deprived and 151 the least deprived).
- 15,805 people in Reading (9.0% of the population) live in the top 20% most deprived areas of England.¹⁻²
- 49,550 people in Reading (28.2% of the population) live in the top 30% most deprived areas of England.
- The most deprived areas of Reading are located around the wards of Norcot, Southcote, Abbey, Church, and Whitley (these areas are highlighted in red/orange on the map).

2019 Index of Multiple Deprivation for Reading



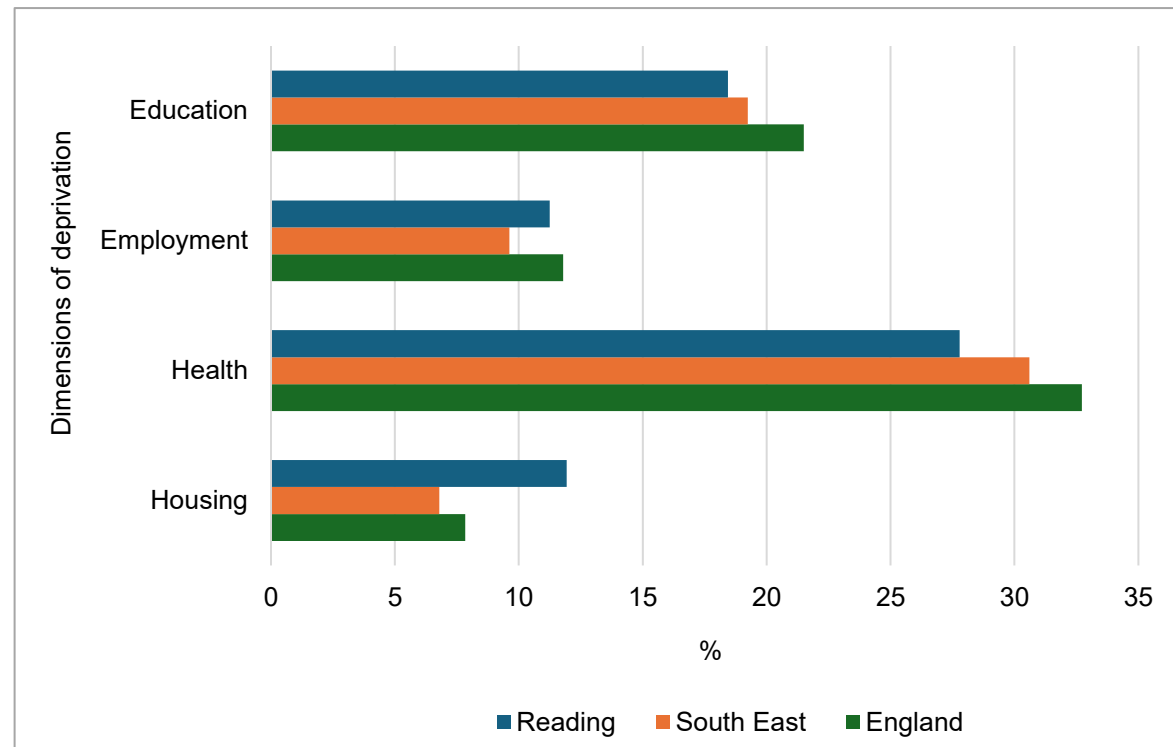
Sources: (1) [Ministry of Housing, Communities and Local Government \(English Indices of Deprivation 2019\)](#)

(2) [Office for National Statistics \(Lower Layer Super Output Area population estimates\)](#)

Household Deprivation

- 48.8% of households in Reading were deprived on at least one dimension of deprivation (32,999 households) compared with 48.0% in the South East and 51.6% in England.¹
- 2,545 households (3.8%) in Reading were deprived on at least three or four dimensions of deprivation compared with 3.0% in the South East and 3.9% in England.
- Households in Reading were most likely to be deprived on the health dimension* of deprivation (27.8% of households).²

Dimensions of household deprivation in Reading (2021)



* The dimensions of deprivation used to classify households are indicators based on four selected household characteristics:

- **Education:** A household is classified as deprived in the education dimension if no-one has at least Level 2 education and no-one aged 16-18 years is a full-time student.
- **Employment:** A household is classified as deprived in the employment dimension if any member, not a full-time student, is either unemployed or economically inactive due to long term sickness or disability.
- **Health:** A household is classified as deprived in the health dimension if any person in the household has general health that is bad or very bad or is identified as disabled. People who have assessed their day-to-day activities as limited by long-term physical or mental health conditions or illnesses are considered disabled. This definition of a disabled person meets the harmonised standard for measuring disability and is in line with the Equality Act (2010).
- **Housing:** A household is classified as deprived in the housing dimension if the household's accommodation is either overcrowded, in a shared dwelling, or has no central heating.

Sources: (1) [Office for National Statistics \(NOMIS, 2021 Census\)](#)

(2) [Office for National Statistics \(Create a custom dataset\)](#)

Poverty

Child poverty

- In 2023/24, 17.0% of children under the age of 16 in Reading were living in poverty (5,760 children) which is significantly higher than the South East (14.5%) but significantly lower than England (22.1%).¹
- Between 2014/15 and 2023/24, the percentage of children living in poverty in Reading increased from 11.2% to 17.0%, a relative increase of 51.8% (compared with relative increases of 31.8% in the South East and 37.3% in England).

Fuel poverty

- 7,457 households in Reading in 2023 were experiencing fuel poverty – unable to afford adequate heating – 10.4% of households, which is significantly higher than the South East (9.7%) but significantly lower than the England average of 11.4%.²

Sources: (1) [Department for Work and Pensions \(Stat-Xplore, Children in Low Income Families \(Relative\)\)](#)

(2) [Department for Energy, Security and Net Zero \(Sub-regional fuel poverty data 2025 \(2023 data\)\)](#)

Housing

Home ownership

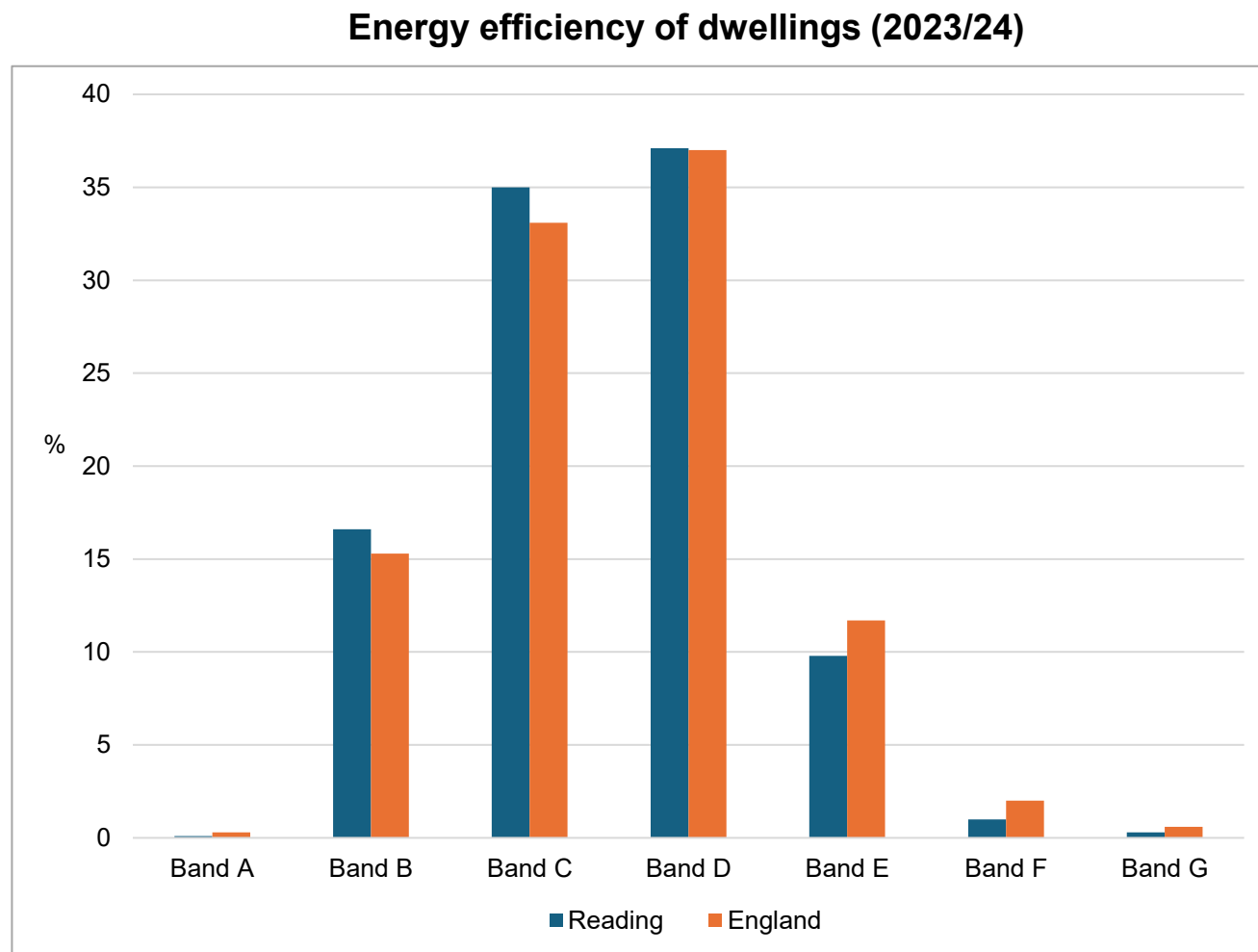
- Based on the 2021 Census, 22.8% of households in Reading owned their accommodation outright (South East, 34.3%, England, 32.5%).¹
- Nearly half of households in Reading (48.1%) lived in rented accommodation (32,547 households) compared with 32.8% in the South East and 37.6% in England. In Reading, this was split between social (16.1%) and private (31.9%) rented accommodation.

Overcrowding

- 1 in 10 households in Reading (10.1%) were overcrowded in 2021 (6,813 households), that is, had fewer rooms than required for everyone living in the accommodation. The percentage of households overcrowded in Reading was significantly higher than the South East (5.6%) and England (6.4%).¹

Housing – Energy Efficiency

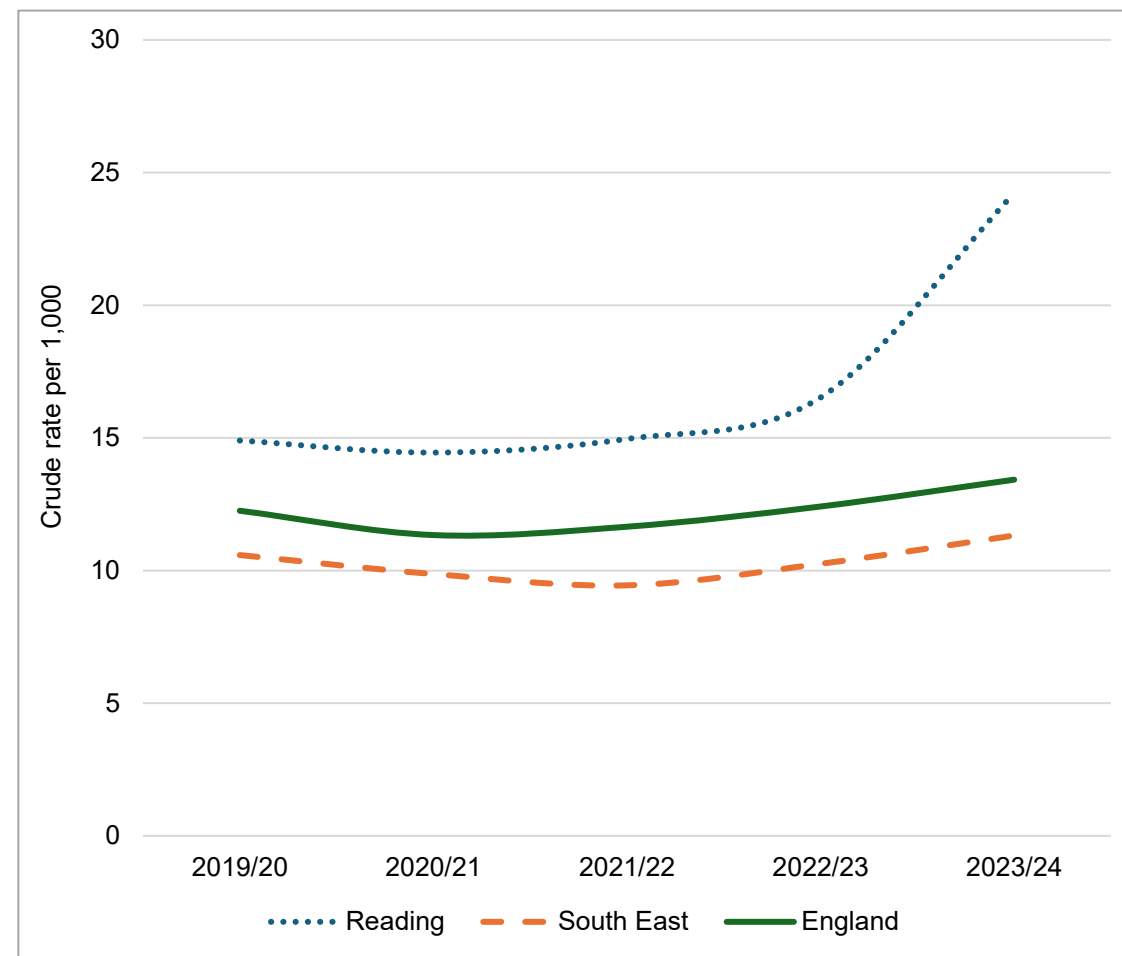
- Energy Performance Certificates (EPCs) indicate the energy efficiency of dwellings and are based on information about a building's energy features (such as materials used, heating systems, insulation).
- Of the 42,098 properties assessed in Reading in 2023/24, only 53 fell into Band A (the most efficient).¹
- Properties in Reading were most likely to have an energy efficiency rating of either Band C or D, whilst 4,691 assessed properties (11.1%) had energy efficiency ratings of Bands E, F or G (the lowest ratings) compared with 14.2% in England.



Homelessness

- In 2023/24, 1,592 households in Reading were owed a duty under the Homelessness Reduction Act, equivalent to 24.2 per 1,000. This is significantly higher than the South East (11.3) and England rates (13.4 per 1,000) and the second highest rate in the South East.¹
- The rate of households owed a duty has increased significantly in Reading since 2019/20, similar to regional and national trends. However, this appears to be increasing at a much faster rate in Reading.
- Data from the Ministry of Housing, Communities and Local Government estimates that in Reading, in autumn 2024, there were 57 people sleeping rough on a single night. This number increased from 36 compared to the previous year and is the highest number of recorded rough sleepers since the snapshot was introduced in 2010.²

Households owed a duty under the Homelessness Reduction Act (per 1,000)



Sources: (1) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

(2) [Ministry of Housing, Communities and Local Government \(Rough sleeping snapshot in England: autumn 2024\)](#)

Employment

Employed and unemployed

- As of December 2024, 84.8% of people aged 16-64 in Reading (97,700 people) were in employment compared with 78.7% in the South East and 75.7% in England.¹
- An estimated 3.8% of people (3,800) in Reading were unemployed (South East, 3.5%, England, 3.9%).¹
- Data shows that certain groups of individuals are more likely to be unemployed than the general population. In 2022/23, for example, only 19 (4.5%) people of working age (18-64) receiving support for a learning disability were in paid employment in Reading, similar to the averages in the South East (6.6%) and England (4.8%). The gap in the employment rate between those with a learning disability and the overall employment rate was 77.6 percentage points in Reading, significantly higher than the South East (71.4) and England (70.9) averages.²

Economically inactive

- 13.6% of people aged 16-64 in Reading (15,300 people) were economically inactive as of December 2024, that is, were not in employment or actively seeking employment. This compared with 18.4% in the South East and 21.1% in England.¹
- Being a student (34.5%), looking after the family or home (21.7%), other reasons (16.1%), long-term sickness (13.3%), and being retired (10.0%) were the main reasons for people being economically inactive in Reading.¹
- 16.2% of economically inactive people in Reading wanted a job (South East, 20.5%, England, 18.7%).¹

Sources: (1) [Office for National Statistics \(NOMIS, Local Authority Profile\)](#)

(2) [Department of Health and Social Care \(Fingertips - Wider Determinants of Health\)](#)

Jobs, Earnings, Qualifications

Occupations and earnings

- Among people aged 16 and over in Reading (in December 2024):
 - 60.3% were employed in managerial/professional jobs – South East (55.9%), England (54.0%)
 - 16.2% in administrative/skilled trades – South East (18.6%), England (17.7%)
 - 10.7% in caring/leisure/sales jobs – South East (13.7%), England (14.0%)
 - 12.9% in process/machine/elementary occupations – South East (11.6%), England (14.0%)¹
- The average gross weekly pay for full-time workers in Reading in 2024 was £776 compared with £779 in the South East and £732 in England – gross weekly pay in Reading was higher among males (£895 versus £626).¹

Qualifications

- Based on the 2021 Census, 19.8% of people aged 16 and over in Reading had Level 1 or Level 2 qualifications (1-4 or 5 or more GCSEs at A*-C or grade 9-4) (South East, 23.6%, England, 23.0%), 16.8% had 2 or more A levels (South East, 17.4%, England, 16.9%), 40.4% had a degree or higher (South East, 35.8%, England, 33.9%).²
- 22,361 people in Reading (15.8%) had no qualifications compared with 15.4% in the South East and 18.1% in England.²

Sources: (1) [Office for National Statistics \(NOMIS, Local Authority Profile\)](#)

(2) [Office for National Statistics \(NOMIS, 2021 Census\)](#)

Financial Support – Claimants and Universal Credit

- 5,585 people aged 16 and over in Reading were claiming financial support as a result of being unemployed in May 2025 – 2,535 were females, 3,050 were males.¹
- The percentage of claimants in Reading (aged 16-64) was 4.6% (females 4.2%, males 4.9%) compared with 3.2% in the South East and 4.2% in England.
- Since June 2023, the percentage of claimants aged 16-24 in Reading has increased from 2.7% to 3.5%, from 3.9% to 4.9% among 25-49 year olds, and from 3.9% to 4.7% among people aged 50 and over.
- In March 2025, 19,524 people aged 16-65 in Reading were claiming Universal Credit (UC), a payment to help with living costs for those on low incomes or out of work. 11,285 were females, 8,238 were males.²
- The percentage of people claiming UC in Reading was 15.9% (females 18.6%, males 13.3%) compared with 14.3% in the South East and 18.2% in England.
- Since April 2023, the percentage of UC claimants aged 16-24 in Reading has increased from 6.6% to 7.6%, from 14.8% to 18.6% among 25-49 year olds, and from 13.1% to 17.4% among people aged 50 and over.
- 4.2% of people aged 16-65 in Reading have been on UC between 1-3 years (South East, 3.8%, England, 4.9%), whilst 7.0% have been on UC for over three years compared with 6.4% in the South East and 8.0% in England.

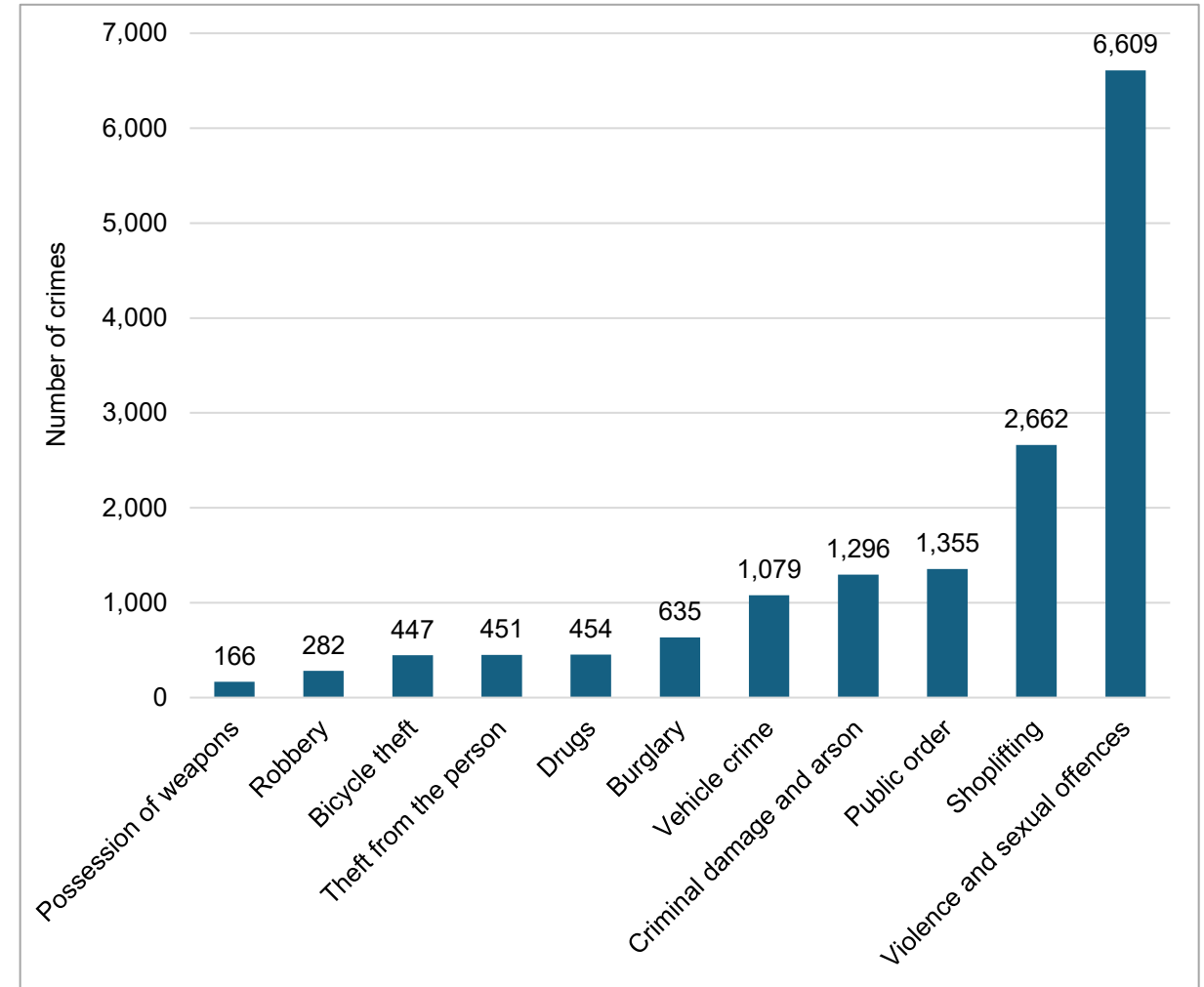
Sources: (1) [Office for National Statistics \(NOMIS, Local Authority Profile\)](#)

(2) [Department for Work and Pensions \(Stat-Xplore, Universal Credit\)](#)

Crime

- 17,342 crimes were recorded in Reading between May 2024 and April 2025.¹
- The overall crime rate in Reading fell from 102.9 (per 1,000) to 99.2 between April 2023 and April 2025.
- Violence and sexual offences, shoplifting, and public order offences were three most common crimes recorded in Reading between May 2024 and April 2025.

Recorded crimes in Reading (May 2024-April 2025)



Crime (2)

- Between June 2023 and April 2025, recorded crime rates (rolling per 1,000) increased in Reading among 5 of the 12 types of crime examined:¹
 - Possession of weapons
 - Robbery
 - Shoplifting
 - Theft from the person
 - Anti-social behaviour

Trends in recorded crimes (June 2023/May 2024 to May 2024/April 2025)

Type of crime	Change
Bicycle theft	↓
Burglary	↓
Criminal damage and arson	↓
Drugs	↓
Possession of weapons	↑
Public order	↓
Robbery	↑
Shoplifting	↑
Theft from the person	↑
Vehicle crime	↓
Violence and sexual offences	↓
Anti-social behaviour	↑
All crime	↓

↑ Increasing
↓ Decreasing

Source: (1) data.police.uk

Neighbourhood Design

- There were 773 complaints about noise in Reading in 2023/24.¹
- 15,790 people in Reading (9.8%) were exposed to road/rail/air transport noise of 55dB(A) or more during night-time in 2021 (South East, 6.5%, England, 8.4%). 9,070 people in Reading (5.7%) were exposed to noise of 65dB(A) or more during the daytime (South East, 3.0%, England, 4.3%).¹
- 5.5% of people in Reading in 2024 (9,556 people) lived in areas which were among the 20% poorest performing on the Access to Healthy Assets and Hazards Index (South East, 9.7%, England, 20.9%).¹
- There were 244 fast food outlets in Reading in 2024. The rate of fast food outlets locally was 136.9 per 100,000, significantly higher than the rates in the South East (91.7) England (115.9 per 100,000).¹
- 556 premises were licensed to sell alcohol in Reading in 2023/24, an average of 13.8 per square kilometre, significantly higher than the South East (1.4) and England average of 1.3. The number of premises per square kilometre licenced to sell alcohol in Reading has increased since 2015/16 from 12.9 to 13.8.¹
- There were 41 gambling premises recorded by the Gambling Commission in Reading in 2025, and the rate of gambling premises in Reading was 23.0 (per 100,000 population), significantly higher than the South East (10.7) and England rates (12.9). The rate in Reading was the second highest in the South East and ranks Reading the third highest compared with its nearest statistical neighbours.¹

Environment

Air pollution

There is strong evidence that air pollution causes the development of coronary heart disease, stroke, respiratory disease, and lung cancer, exacerbates asthma and has a contributory role in mortality.

- There were 7.1 (micrograms per cubic metre) of fine particulate matter PM_{2.5} in Reading in 2023 (South East, 6.7, England, 7.0). The main PM_{2.5} pollutants include road vehicles, industry, burning wood in closed stoves and open fires. PM_{2.5} levels in Reading have fallen since 2018 from 11.7 to 7.1.¹
- In Reading in 2023, 5.3% of deaths among adults aged 30 and over (61 deaths) were attributable to PM_{2.5} (South East, 5.1%, England, 5.2%). This percentage has fallen in Reading since 2018 from 8.6% to 5.3%.²

Transport

Motor vehicle traffic accidents are a major cause of preventable deaths and morbidity. Increasing road safety also links to public health strategies and existing government backed initiatives to increase active travel and physical activity.

- 51 people were killed and seriously injured on Reading roads in 2023.¹

Income and vulnerability

- In 2022, 11.1% of people in Reading (19,318) were living in areas at the highest risk of food insecurity – not having access at all times to enough food that is both sufficiently varied and culturally appropriate to sustain an active and healthy life.¹

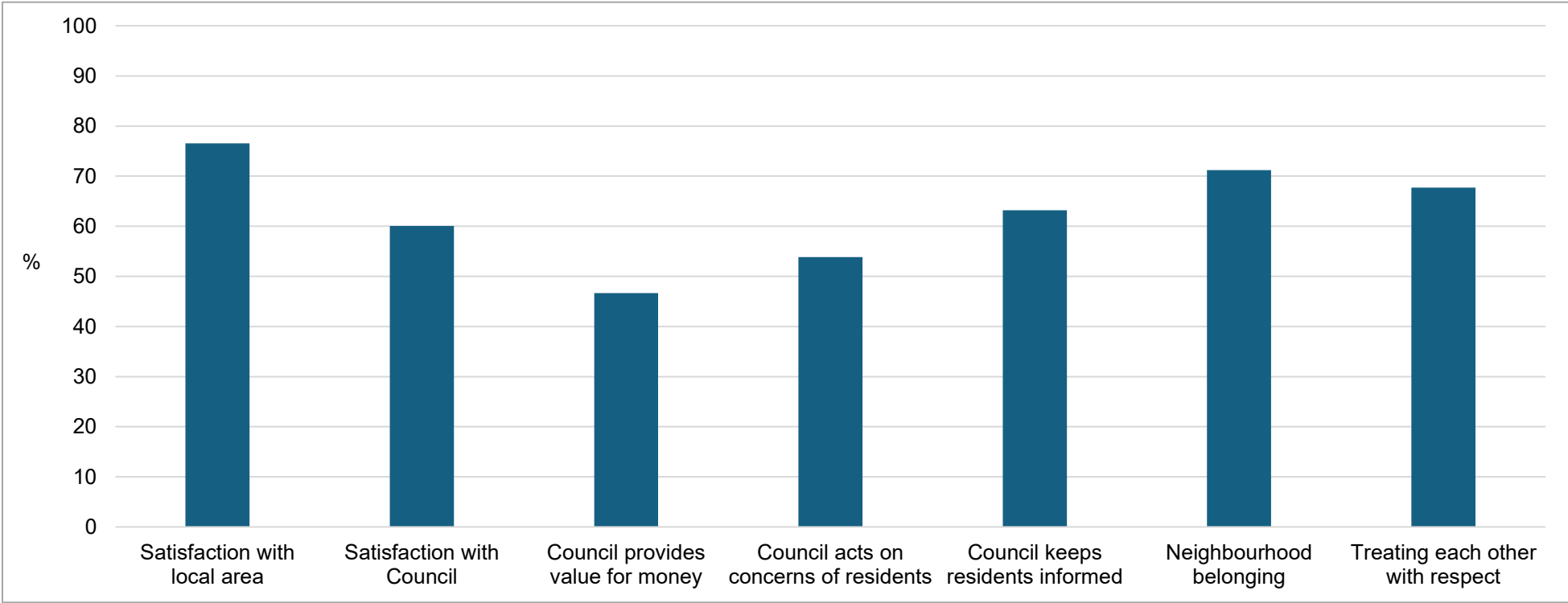
Sources: (1) [Department of Health and Social Care \(Fingertips - Wider Determinants of Health\)](#)

(2) [Department of Health and Social Care \(Fingertips - Mortality Profile\)](#)

Views of Reading Borough Council and Reading

- The 2024 Residents Survey found that 76.5% of people aged 18 and over were satisfied with Reading as a place to live. 60.0% of adults were satisfied with Reading Borough Council, which means 40.0% were not satisfied, whilst less than half of respondents to the survey (46.6%) felt the Council provided value for money.¹
- 71.2% of adults had feelings of belonging to their neighbourhood, and two-thirds (67.7%) felt that people treated each other with respect.

Views of Reading Borough Council and Reading (aged 18 and over) (2024)

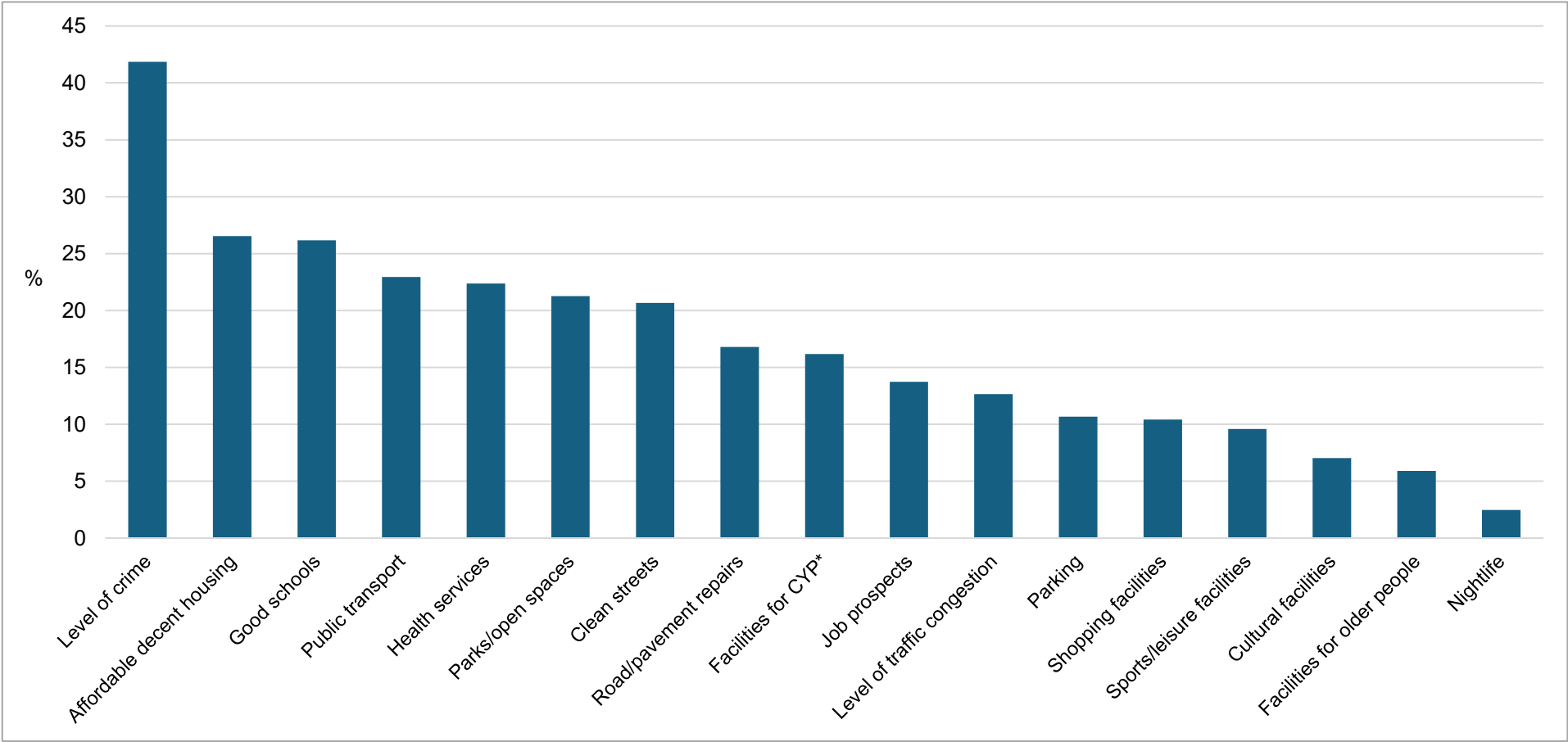


Source: (1) 2024 Residents Survey, Reading Borough Council

What Makes Reading a Good Place to Live

- Crime levels (41.8%), affordable decent housing (26.5%), and good schools (26.2%) were the three most important issues given by residents for helping make Reading a good place to live.

Most important issues which make Reading a good place to live (18 and over) (2024)

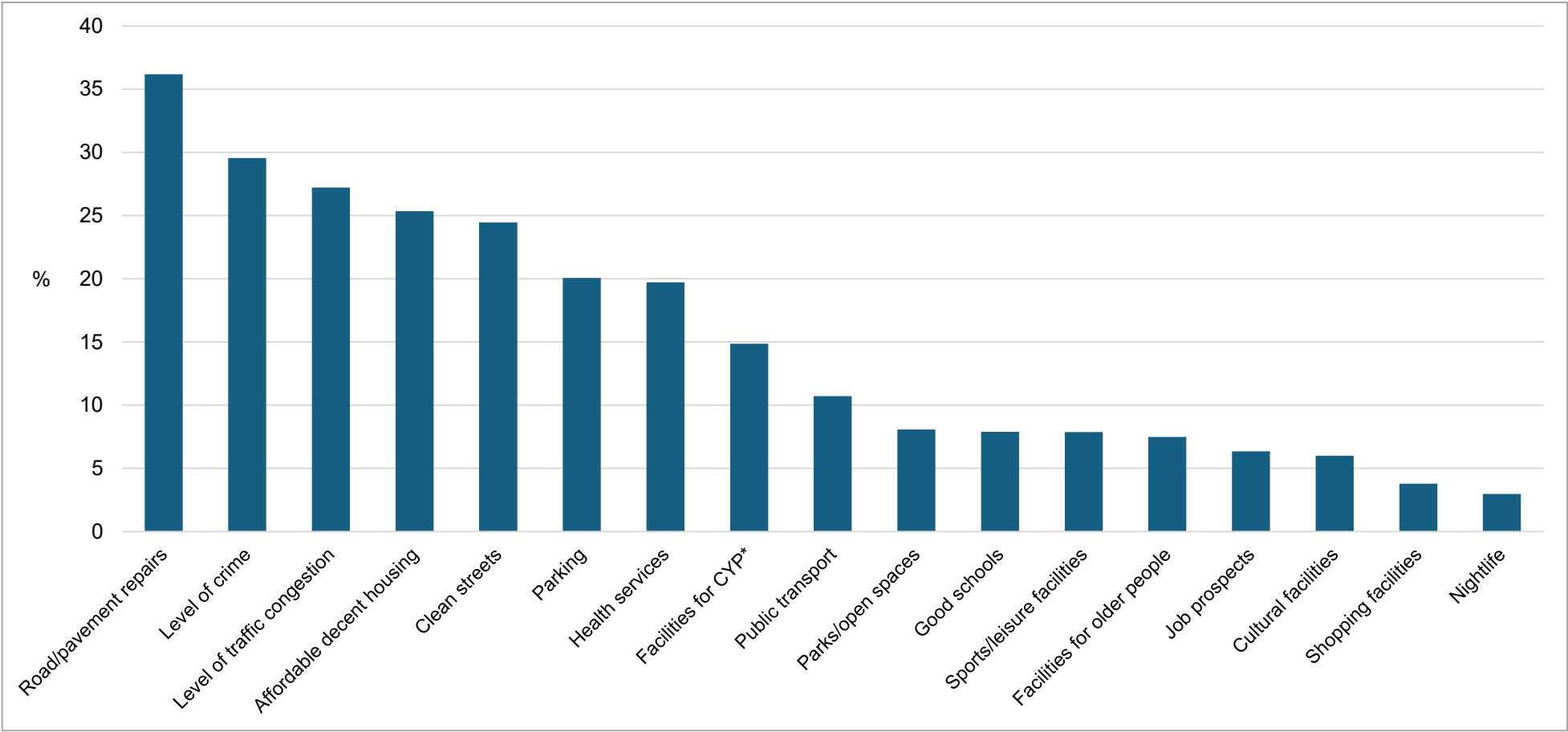


* CYP = children and young people

What Needs Improving in Reading

- Road and pavements repairs (36.2%), crime levels (29.6%), and traffic congestion (27.2%) were the three most important issues given by residents which need improving in Reading.

Most important issues which need improving in Reading (18 and over) (2024)



* CYP = children and young people

Start Well

Start Well



35.1% of babies were **not breastfed** at 6-8 weeks old (2023/24).



The **infant mortality rate** ranks Reading the **third highest** compared to its 15 nearest statistical neighbours in 2021/23.



Majority of childhood immunisations were **below the national minimum target** in 2023/24.



1 in 3 pupils did not achieve a **good level of development** by the end of Reception; **4 out of 10** pupils in Year 6 **did not meet the expected standard** in reading, writing and maths (2023/24).



32.9% of five year olds suffered from **tooth decay** in 2021/22.



21.9% of Reception pupils and **36.7%** of Year 6 pupils were **overweight or obese** in 2023/24.



3.3% of primary school pupils and **3.2%** of secondary school pupils **had social, emotional mental health needs** (2022/23).



Rates of children in need, children on Child Protection Plans and children with special educational needs are **higher** than the South East and England.



1 in 3 pupils failed to achieve a grade 4 or above (a 'standard' pass) in their English and Mathematics GCSEs (2023/24).

The evidence is clear – the period of life from **conception to early adulthood** is crucial for an individual's health and wellbeing. The presence of disease or risk factors during this time can affect the rest of a person's life – and early preventative interventions can lead to benefits that accumulate over time.

Perinatal Mental Health

- The perinatal period refers to pregnancy and the first year of life.
- Estimates for Reading suggest that between 196 and 391 mothers experienced perinatal mental health problems in 2024.¹⁻³
- The estimated number of women who may have been affected by a range of perinatal mental health problems in Reading in 2024 are shown in the table.

Estimated number of women with perinatal mental health problems in Reading (2024)

Mental health issue	National prevalence	Number
Postpartum psychosis	0.2%	4
Chronic serious mental illness	0.2%	4
Severe depressive illness	3%	59
Mild-moderate depressive illness & anxiety	10-15%	196 - 293
Post-traumatic stress disorder	3%	59
Adjustment disorders & distress	15-30%	293 - 587

Sources: (1) [Office for National Statistics \(Births in England Wales: birth registrations\)](#)
(2) [Department of Health and Social Care \(Fingertips - Perinatal Mental Health\)](#)
(3) [Centre for Mental Health and London School of Economics \(The costs of perinatal mental health problems\)](#)

Maternal Obesity, Smoking, Breastfeeding

- In 2023/24, 23.7% of women in Reading were obese during pregnancy (500 women), similar to the South East average of 25.1% but significantly lower than England (26.2%).¹
- 5.9% of women smoked during pregnancy in Reading in 2023/24 (110 women), similar to the South East (6.8%) but significantly lower than England (7.4%). However, the percentage of women smoking during pregnancy ranks Reading the third highest compared with its 15 nearest statistical neighbours (areas similar to one another across a range of demographic and socio-economic characteristics).²
- 79.1% of mothers breastfed their children at birth in Reading in 2023/24, significantly higher than the South East (74.2%) and England (71.9%). However, 20.9% of newborn babies were not breastfed in Reading (375 babies), and the percentage of newborn babies breastfed ranks Reading the fourth lowest compared with its nearest statistical neighbours.²
- In 2023/24, 64.9% of babies (1,256) in Reading were breastfed at 6-8 weeks, which means 35.1% (678 babies) were not breastfed at 6-8 weeks. The percentage of breastfeeding babies in Reading at 6-8 weeks was significantly higher than the South East average of 57.1% and the England average of 52.7%.²

Sources: (1) [Department of Health and Social Care \(Fingertips - Obesity, physical activity and nutrition\)](#)

(2) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

Low Birth Weight and Infant Mortality

- 4.1% of babies born in Reading in 2022 had a low birth weight (under 2,500 grams), which is 76 babies.¹
- This percentage is significantly higher than the South East (2.6%) and England (2.9%) and ranks Reading the second highest compared with its nearest statistical neighbours.
- In 2021/23, 30 infants in Reading died under the age of one.¹
- The infant mortality rate in Reading was 4.9 (per 1,000 live births), similar to rates in the South East (3.3) and England (4.1 per 1,000). However, the infant mortality rate ranks Reading the third highest compared with its nearest statistical neighbours.
- As the actual number of infant deaths each year is very small, it means mortality rates are subject to large annual variation and, therefore, should be interpreted with caution.

Immunisations

- The uptake of childhood immunisations in Reading in 2023/24 are below the minimum national target of <90% for the majority of vaccinations.¹
- 45.5% of two year olds and 48.5% of three year olds in Reading were vaccinated against flu in 2023/24 – vaccination coverage met the minimum national target of 40-65% but were below the national target of ≥65%.¹
- 61.2% of primary school children in Reading in 2023/24 received the flu vaccination, below the minimum national coverage target of ≥65%.¹

Percentage of childhood immunisations (2023/24)

Immunisation	Age group	Reading	South East	England
DTaP IPV Hib HepB	12 months	92.0	93.5	91.2
MenB	12 months	89.4	92.9	90.6
Rotavirus	12 months	89.8	90.8	88.5
PCV	12 months	93.0	94.9	93.2
DTaP IPV Hib HepB	24 months	93.1	94.0	92.4
MenB booster	24 months	87.7	90.3	87.3
MMR (one dose)	24 months	90.6	91.5	88.9
PCV booster	24 months	89.3	90.7	88.2
Hib & MenC booster	24 months	89.4	91.0	88.6
DTaP & IPV booster	5 years	83.7	85.5	82.7
MMR (one dose)	5 years	92.8	93.5	91.9
MMR (two doses)	5 years	85.3	86.8	83.9

<90%	Under minimum coverage level required
90-95%	Met minimum coverage level, not met target
≥95%	Met or exceeded coverage target

Adverse Childhood Experiences

- Adverse Childhood Experiences (ACEs) include various forms of physical and emotional abuse, neglect and family dysfunction.
- The table shows the estimated number of 0-18 year olds who may have experienced ACEs in Reading in 2024.¹⁻²

Estimated number of 0-18 year olds who experienced ACEs in Reading (2024)

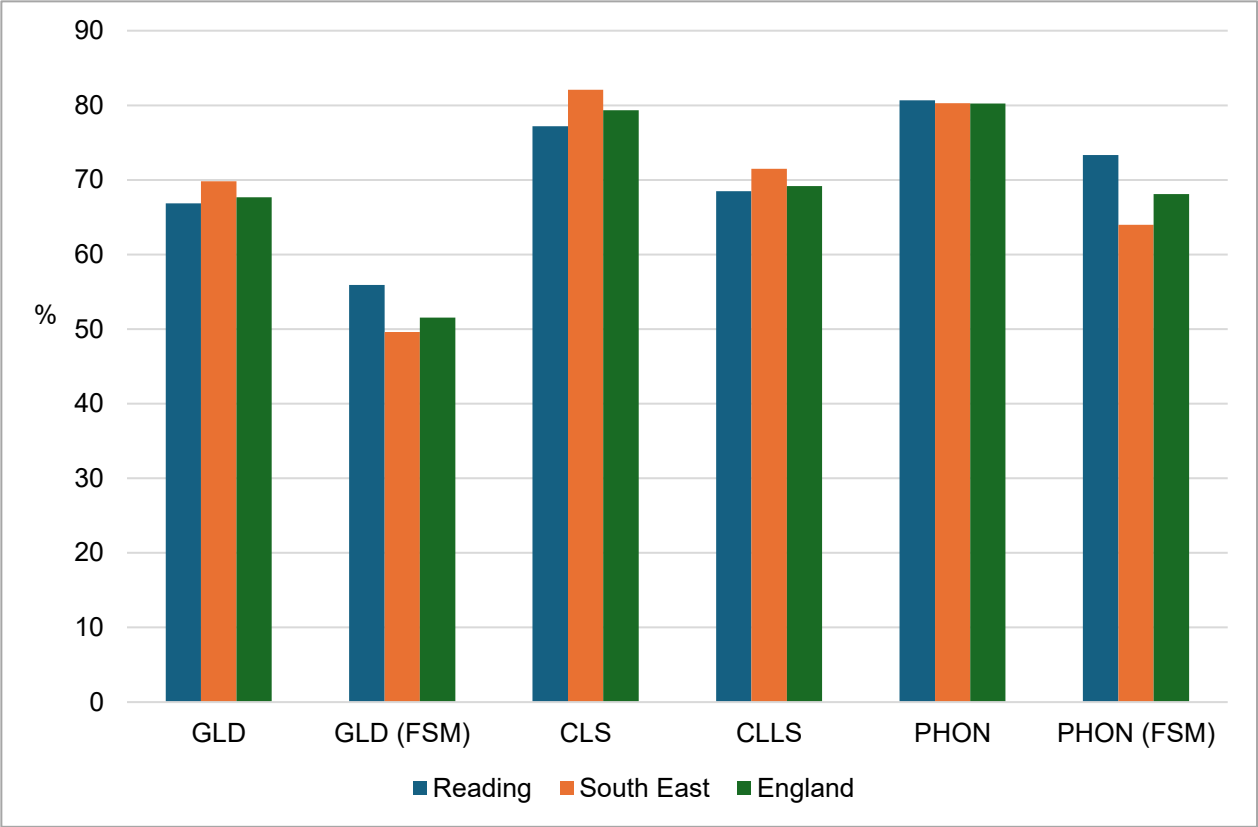
Adverse childhood experience	Estimate range	Low	High
Parental separation or divorce	18-25%	7,428	10,316
Emotional/psychological/verbal abuse	17-23%	7,015	9,491
Childhood physical abuse	14-17%	5,777	7,015
Exposed to domestic violence	12-17%	4,952	7,015
Household mental illness	11-18%	4,539	7,428
Household alcohol abuse	9-14%	3,714	5,777
Household drug abuse	4-6%	1,651	2,476
Childhood sexual abuse	3-10%	1,238	4,127
Household member in prison	3-5%	1,238	2,063

Sources: (1) [NHS Wales \(Adverse Childhood Experiences\)](#)
(2) [Office for National Statistics \(2024 Mid-Year Population Estimates\)](#)

School Readiness

- There were 13,815 pupils attending primary schools in Reading in 2023/24.¹
- At the end of Reception (first year of primary school) in 2023/24, 66.9% of pupils in Reading had achieved a good level of development, significantly lower than the South East (69.8%) but similar to England (67.7%).²
- The percentage of pupils achieving expected levels in communication and language skills in Reading were significantly lower than the South East and England, whilst pupils achieving expected levels in communication, language and literacy skills in Reading were significantly lower than the South East.
- Year 1 phonics screening checks in Reading were similar to the South East and England, but significantly higher in Reading than regional and national averages among children receiving free school meals.

School readiness in primary schoolchildren (2023/24)



GLD/FSM = good level of development (free school meals)
CLS = communication and language skills
CLLS = communication, language and literacy skills
PHON/FSM = phonics screening (free school meals)

Sources: (1) [Department for Education \(Schools, pupils and their characteristics\)](#)
(2) [Department of Health and Social Care \(Fingertips - Child and Maternal Health\)](#)

Education and Dental Health – Primary Years

Key stage 2 attainment

- 59.6% of Year 6 pupils (last year of primary school) in Reading met the expected standard in reading, writing and maths in 2023/24, similar to the South East (60.8%) and England (61.1%). 40.4% did not meet the standard in Reading.¹

Dental health

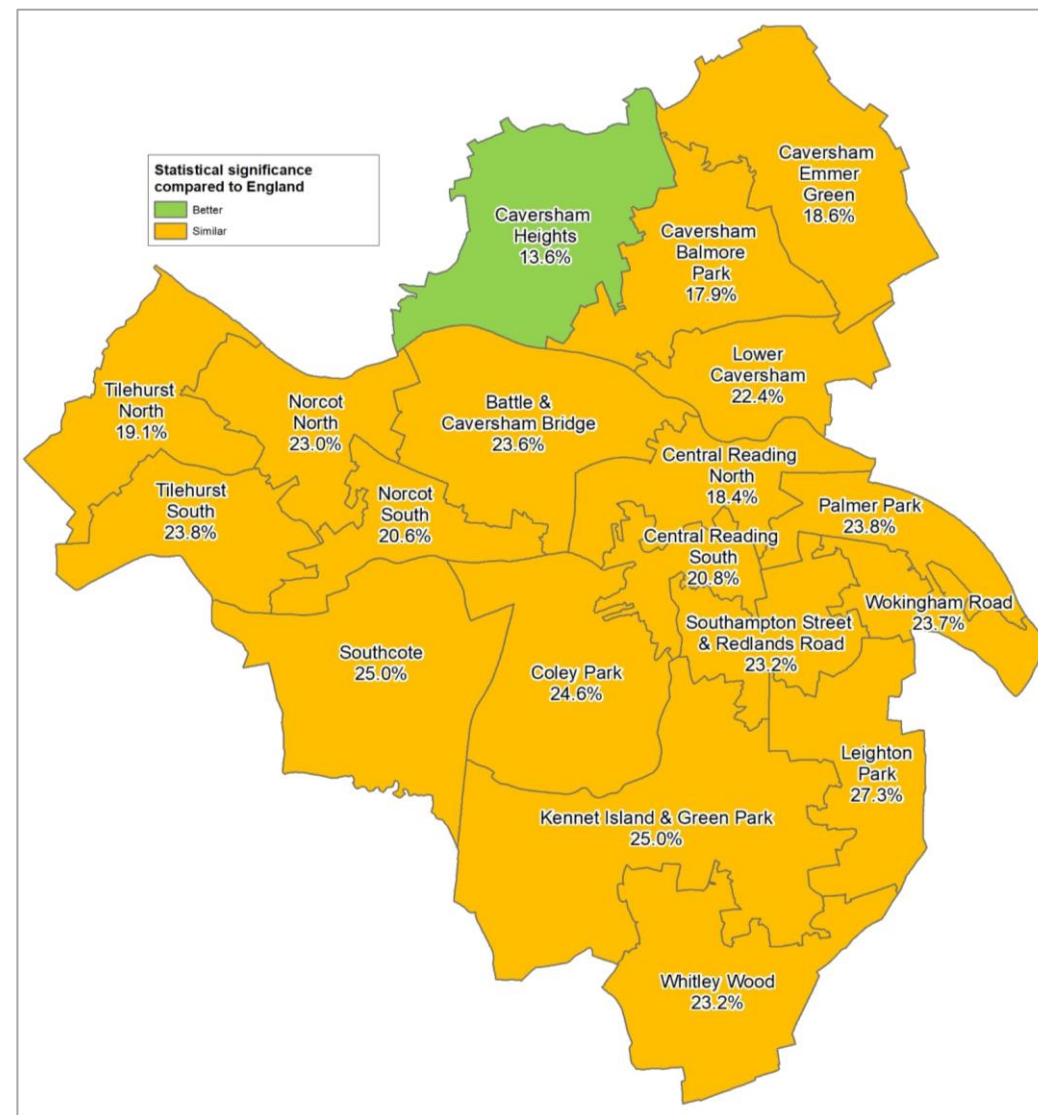
- 32.9% of five year olds in Reading suffered from tooth decay in 2021/22, significantly higher than the South East (21.2%) and England (23.7%).²
- Since 2016/17, levels of tooth decay in Reading have increased from 22.2% to 32.9% (they were unchanged in England).
- Five year olds in Reading had an average of 1.19 decayed, missing or filled teeth in 2021/22, significantly higher than the South East (0.72) and England (0.84).²

Healthy Weight – Reception Pupils

- In 2023/24, 1.9% of Reception pupils (4-5 year olds) in Reading were underweight, significantly higher than the South East (1.0%) and England (1.2%).¹
- 21.9% of pupils were overweight or obese (400 pupils), similar to the averages in the South East (20.8%) and England (22.1%), although the percentage ranks Reading the third highest compared with its nearest statistical neighbours.
- The prevalence of excess weight (overweight or obese) among Reception pupils in different MSOAs* of Reading was similar to the England average of 22.1%, apart from Caversham Heights where the prevalence was significantly lower (13.6%).¹
- The prevalence of excess weight (2021/22-2023/24) among Reception pupils living in the top 20% most deprived areas of Reading was 26.4%, significantly higher than pupils living in the 20% least deprived areas (16.3%).²

* MSOA – Middle layer Super Output Areas are small geographical areas comprising of between 5,000-15,000 people.

Prevalence of excess weight in Reception pupils in Reading by MSOA (2021/22-2023/24)



Sources: (1) [Department of Health and Social Care \(Fingertips - Obesity, physical activity and nutrition\)](#)

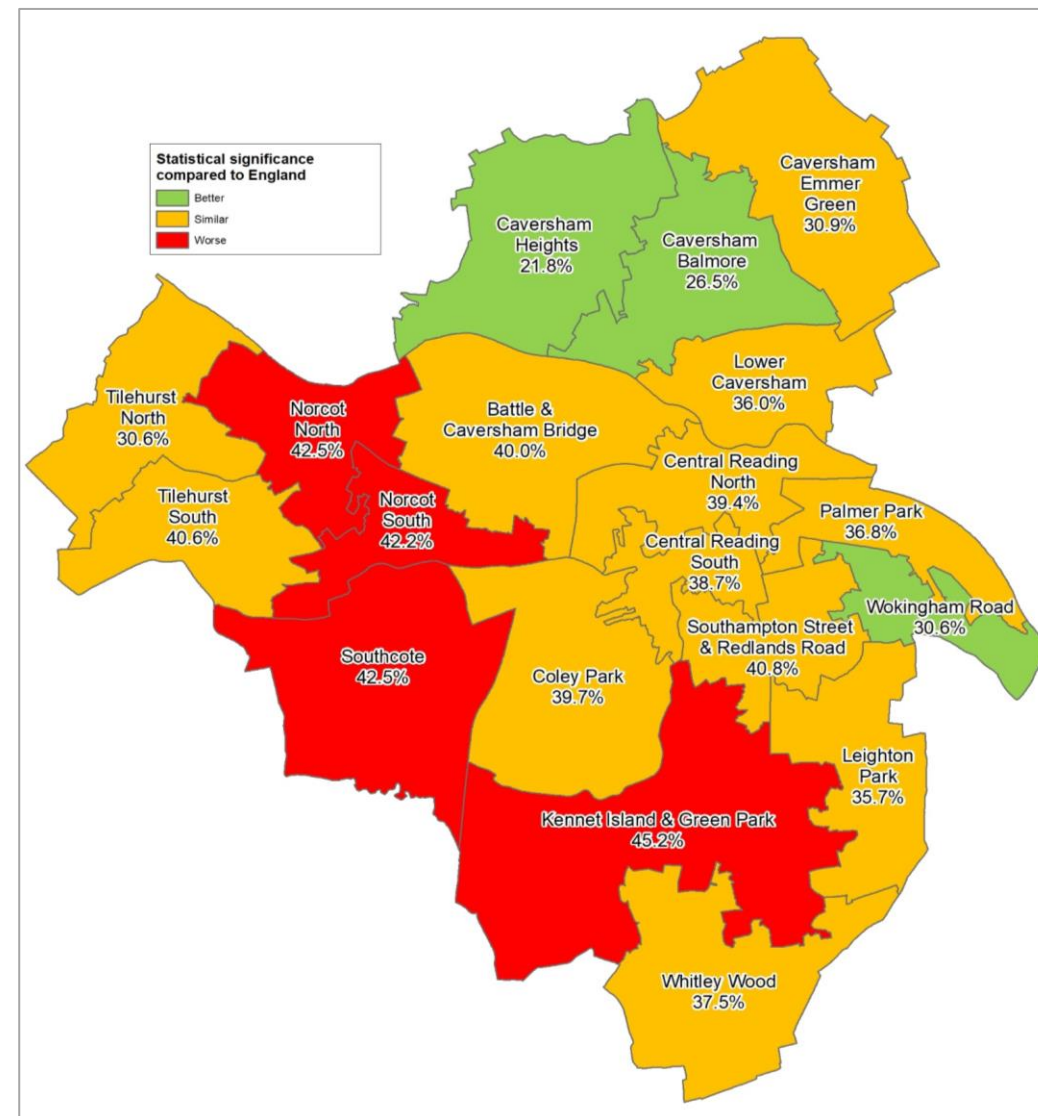
(2) Local analysis of the National Child Measurement Programme (NCMP) data

Healthy Weight – Year 6 Pupils

- In 2023/24, 1.8% of Year 6 pupils aged 10-11 in Reading were underweight, similar to the South East and England (both 1.7%).¹
- 36.7% of pupils were overweight or obese (700 pupils), significantly higher than the South East (32.7%) but similar to England (35.8%).
- The prevalence of excess weight (overweight or obese) among Year 6 pupils in different MSOAs* of Reading was significantly higher than the England average of 35.8% in four small areas (these areas are highlighted in red on the map). The highest prevalence was in Kennet Island & Green Park (45.2%).¹
- The prevalence of excess weight (2021/22-2023/24) among Year 6 pupils living in the top 20% most deprived areas of Reading was 43.8%, significantly higher than pupils living in the 20% least deprived areas (26.4%).²

** MSOA – Middle layer Super Output Areas are small geographical areas comprising of between 5,000-15,000 people.

Prevalence of excess weight in Year 6 pupils in Reading by MSOA (2021/22-2023/24)



Sources: (1) [Department of Health and Social Care \(Fingertips - Obesity, physical activity and nutrition\)](#)

(2) Local analysis of the National Child Measurement Programme (NCMP) data

Mental Wellbeing – Primary Years

- 3.3% of primary school pupils in Reading (468 pupils) had social, emotional and mental health (SEMH) needs in 2022/23, significantly higher than the South East (2.9%) and England (2.8%).¹
- Since 2015/16, the percentage of primary school pupils with SEMH needs has increased significantly in Reading from 2.2% to 3.3%, and the current percentage ranks Reading the highest compared with its nearest statistical neighbours.
- In 2024, an estimated 801 children aged 8-10 had a possible mental health disorder in Reading, whilst an additional 1,036 children had a probable mental health disorder.²⁻³
- In total, 1,837 children aged 8-10 were estimated to have either a possible or probable mental health disorder.

Sources: (1) [Department of Health and Social Care \(Fingertips - Mental Health: Children and young people's mental health and wellbeing\)](#)

(2) [NHS Digital \(Mental Health of Children and Young People in England, 2023 - wave 4 follow up to the 2017 survey\)](#)

(3) [Office for National Statistics \(2024 Mid-Year Population Estimates\)](#)

Children who may Need Extra Support – Secondary Years

- During 2023/24, 2,671 children in Reading had an episode of need at some point during the year. On 31 March 2024, there were 1,710 children in need (CIN) in Reading.¹
- The CIN rate in Reading (450.8 per 10,000 children under 18) was significantly higher than the rates in the South East (316.5) and England (332.9 per 10,000), and the highest it has been since 31 March 2018.
- Abuse or neglect (50.4%), family in acute stress (17.5%), and family dysfunction (6.6%) were the three most common primary needs recorded among children in need in Reading on 31 March 2024.
- 9.4% of children in need in Reading on 31 March 2024 had a disability recorded (160 children) – autism/Asperger's Syndrome (55.0%), a learning (43.8%) or mobility disability (22.5%) were the three most common disabilities recorded (children can have more than one disability recorded).
- 235 children in need were on Child Protection Plans (CPP) in Reading on 31 March 2024. The current CPP rate of 62.0 (per 10,000 children under 18) is the highest it has been since 31 March 2019 and is significantly higher than the current rates in the South East (37.7) and England (41.6 per 10,000).
- There were 266 children looked after (CLA) in Reading on 31 March 2024. The CLA rate in Reading was 70.1 (per 10,000 children under 18), significantly higher than the South East rate (56.2) but similar to the England rate of 69.7 (per 10,000).²

Sources: (1) [Department for Education \(Children in need\)](#)

(2) [Department for Education \(Children looked after in England including adoptions\)](#)

Children who may Need Extra Support – Secondary Years (2)

- The majority of children looked after in Reading on 31 March 2024 were under 16 (72.9%), males (57.5%), 57.5% of children were White whilst 38.7% were either Asian, Black or had a Mixed ethnicity.¹
- 29 of the 266 children looked after in Reading on 31 March 2024 were unaccompanied asylum-seeking children (10.9%) – this compares with 14.3% in the South East and 8.8% in England.
- In 2024/25, 14.8% of pupils (3,665) in state funded-schools in Reading received special educational needs (SEN) support/SEN without an EHCP (Education, Health and Care Plan), significantly higher than the South East (13.7%) and England (14.0%), whilst 1,134 pupils (4.6%) had an EHCP, significantly lower than the South East (5.3%) and England (5.2%).²
- Numbers and percentages of SEN pupils receiving support and pupils with an EHCP have risen year on year since 2019/20 in Reading (as they have regionally and nationally).
- The most common types of need for children with SEN in Reading in 2024/25 were: speech, language and communication needs (1,125 children, 23.4% of needs), social, emotional and mental health (961, 20.0%), and autistic spectrum disorder (708, 14.8%) (children can have more than one need).

Sources: (1) [Department for Education \(Children looked after in England including adoptions\)](#)

(2) [Department for Education \(Special Educational needs in England\)](#)

Education – Secondary Years

- 66.7% of Year 11 pupils in Reading in 2023/24 achieved grade 4 or above (a 'standard' pass) in their English and Mathematics GCSEs, similar to the South East (67.4%) and England (65.4%). This does mean, however, that 1 in 3 pupils in Reading failed to achieve grade 4 or above in English and Mathematics.¹
- 50.3% of pupils in Reading achieved grade 5 or above (a 'good' pass) in English and Mathematics, similar to the South East (48.6%) but significantly higher than England (46.2%).
- The average Attainment 8 score in Reading (which measures the average achievement of pupils in up to eight qualifications) among Year 11 pupils in 2023/24 was 48.8 compared with 47.2 for the South East and 46.1 for England.¹
- 21.9% of state-funded pupils (all school types) were known to be eligible for free school meals (FSM) in Reading in 2024/25 (5,417 pupils), significantly higher than the South East (20.6%) but significantly lower than England (25.7%).²
- Since 2015/16, the percentage of pupils eligible for FSM has increased in Reading from 14.6% to 21.9% (it has also increased regionally and nationally).
- In 2023/24, 2.9% of 16-17 year olds in Reading (106 young people) were recorded as not being in education, employment or training (NEET), significantly lower than the South East (6.8%) and England (5.4%).³

Sources: (1) [Department for Education \(Key stage 4 performance\)](#)

(2) [Department for Education \(Schools, pupils and their characteristics\)](#)

(3) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

Mental Wellbeing – Secondary Years

- 3.2% of secondary school pupils in Reading (308 pupils) had social, emotional and mental health (SEMH) needs in 2022/23, similar to the South East (3.4%) and England (3.5%), although the current percentage ranks Reading the fifth highest compared with its nearest statistical neighbours.¹
- In 2024, an estimated 1,554 children aged 11-16 had a possible mental health disorder in Reading, whilst an additional 2,939 children had a probable mental health disorder.²⁻³
- In total, 4,493 children aged 11-16 were estimated to have either a possible or probable mental health disorder in Reading.
- 20 children aged 10-14 were admitted to hospital in Reading in 2022/23 as a result of self-harm, and whilst the hospital admission rate in Reading (193.3 per 100,000 aged 10-14) was similar to the rates in the South East (240.7) and England (251.2 per 100,000), the rate ranks Reading the fourth highest compared with its nearest statistical neighbours.⁴
- 85 young people aged 15-19 were admitted to hospital in 2022/23 in Reading due to self-harm, and the admission rate in Reading (790.7 per 100,000 aged 15-19) was significantly higher than the South East (557.7) and England (468.2 per 100,000). The admission rate ranks Reading the highest compared with its nearest statistical neighbours.⁴

Sources: (1) [Department of Health and Social Care \(Fingertips - Mental Health: Children and young people's mental health and wellbeing\)](#)

(2) [NHS Digital \(Mental Health of Children and Young People in England, 2023 - wave 4 follow up to the 2017 survey\)](#)

(3) [Office for National Statistics \(2024 Mid-Year Population Estimates\)](#)

(4) [Department of Health and Social Care \(Fingertips - Child and Maternal Health\)](#)

Lifestyles – Secondary Years

- National estimates for a range of risky lifestyle behaviours have been applied to 11-15 year olds in Reading in 2024.¹⁻²
- The estimates show nearly 360 current smokers, over 940 current e-cigarette users, 770 children who drank alcohol in the last week, and around 560 children who had taken drugs in the last month.

Lifestyle behaviour estimates among 11-15 year olds in Reading (2024)		
Lifestyle	England prevalence	Reading
Ever tried smoking	11.3%	1,220
Current smokers	3.3%	357
Smoked in the last week	1.8%	189
Ever used e-cigarettes	24.8%	2,677
Current e-cigarette users	8.7%	943
Ever had an alcoholic drink	37.0%	3,996
Drunk alcohol in the last week	7.2%	772
Ever taken drugs	12.6%	1,356
Taken drugs in the last year	9.3%	1,002
Taken drugs in the last month	5.2%	563

Sources: (1) [NHS Digital \(Smoking, Drinking and Drug Use among Young People in England, 2023\)](#)

(2) [Office for National Statistics \(2024 Mid-Year Population Estimates\)](#)

Live Well

Live Well



Life expectancy for males and females is **below** the South East average, and **inequality in female life expectancy is increasing** (2021-23).



Males spend **19.3%** of their **lives in poor health** compared with **21.9%** for females (2021-23).



1,295 premature deaths under the age of 75 (2021-23).



Hypertension (12.0%), depression (10.9%), and diabetes (5.7%) were the **three highest long term conditions** in 2025.



61.6% of adults 18+ are **overweight or obese**; **19.6%** of adults 16+ are **physically inactive**; **28.7%** of adults 16+ **eat 5 or more portions of fruit and vegetables** a day (2023/24).



New cases of **depression diagnoses** have **doubled** since 2013/14.



Rate of new sexually transmitted infections was **higher** than the South East in 2024.



Cancer screening for bowel, breast and cervical cancer is **lower** than the South East and England.

The freedoms of adult life give opportunities for **careers, child-raising, community activities and social life**, but all of these have **associated risks to health**. Behaviours and experiences sustained over a long period can have a significant effect on the risk of developing long term conditions, and premature death.

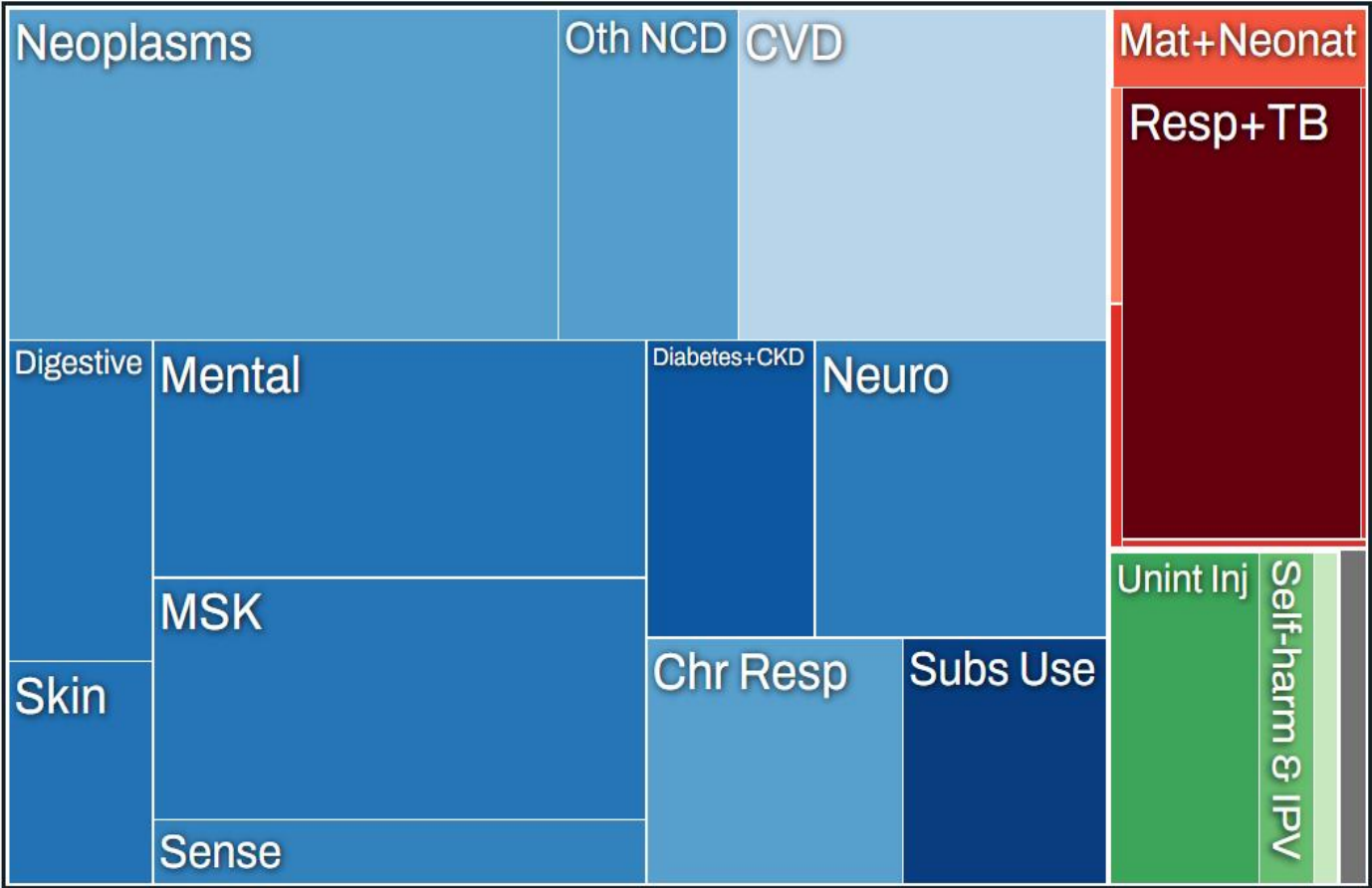
Burden of Disease and Death

The Global Burden of Disease study is a model that estimates the impact different diseases and conditions have upon health and wellbeing.¹

- The tool estimates that the highest burden of disease across all age groups in Reading is cancers (15.3% of total DALYs)*, circulatory diseases (10.3%), musculoskeletal diseases (10.1%), mental health (9.9%), and respiratory diseases (9.2%).
- The top three risk factors that are driving this in Reading are tobacco, high BMI, and high fasting plasma glucose.
- Cancer is also the highest burden of disease in terms of deaths, contributing to 27.7% of deaths, followed by circulatory diseases (21.6%), and respiratory diseases (18.2%).

* Disability Adjusted Life Years (DALYS) are a measure of overall disease burden. One DALY represents the loss of the equivalent of one year of full health.

Causes of Disability Adjusted Life Years in Reading (all ages, 2021)



Please note that the size of the boxes in the chart are proportionate to the burden caused by each condition.

Life Expectancy

Life expectancy at birth

Life expectancy at birth is the average number of years a person can expect to live based on current mortality rates.

- In 2021-23, average life expectancy for males in Reading was 78.8 years and 83.2 for females. These were both significantly lower than the South East but similar to England.¹
- Between 2001 and 2019, life expectancy increased steadily, but these improvements stalled during the COVID-19 pandemic. Male life expectancy in Reading in 2021-23 increased for the first time since 2017-19 and for the second time for females indicating that life expectancy may be recovering.

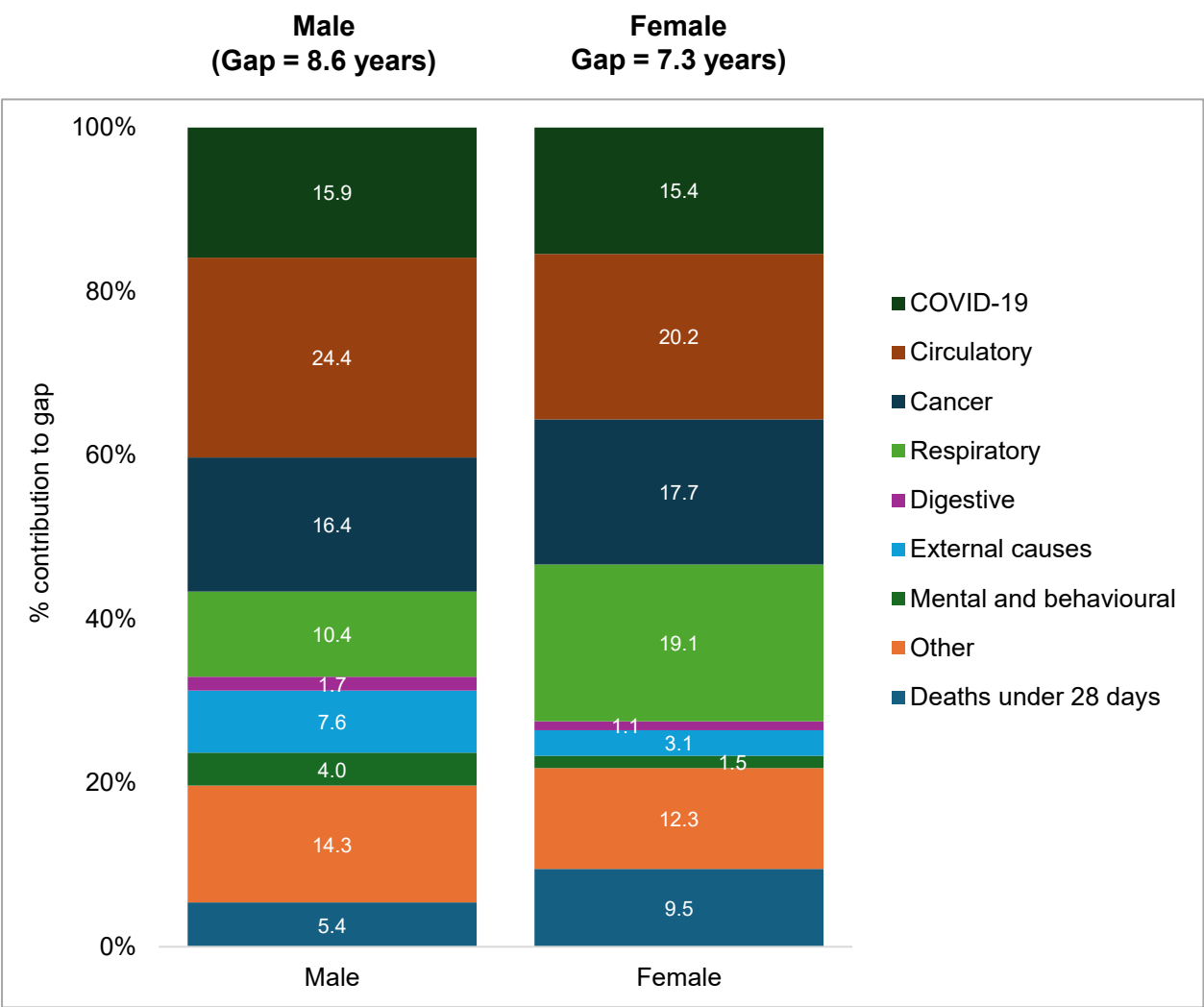
Inequality in life expectancy at birth

- The difference in life expectancy between males living in the most and least deprived areas of Reading in 2021-23 was 8.8 years, whilst among females, the gap was 8.2 years.¹
- Reading has the fifth largest difference in life expectancy between the most and least deprived areas for males in the South East, and the second largest for females.
- Whilst there has been a significant increase in life expectancy over time among females, inequality in life expectancy has increased between the most and least deprived areas.

Contributions to the Gap in Life Expectancy

- The biggest contributors to the gap between the 20% most and 20% least deprived areas amongst males in 2020-21 in Reading was circulatory diseases (24.4%), such as heart disease or stroke. This is followed by cancer (16.4%), and COVID-19 (15.9%).¹
- For females, the biggest contributor to the gap in life expectancy in 2020-21 was circulatory diseases (20.2%), followed by respiratory diseases (19.1%), and cancer (17.7%).

Percentage contribution to the gap in life expectancy between the most and least deprived quintiles in Reading (2020-21)



Source: (1) [Department of Health and Social Care \(Fingertips - Inequality Tools: Segment tool\)](#)

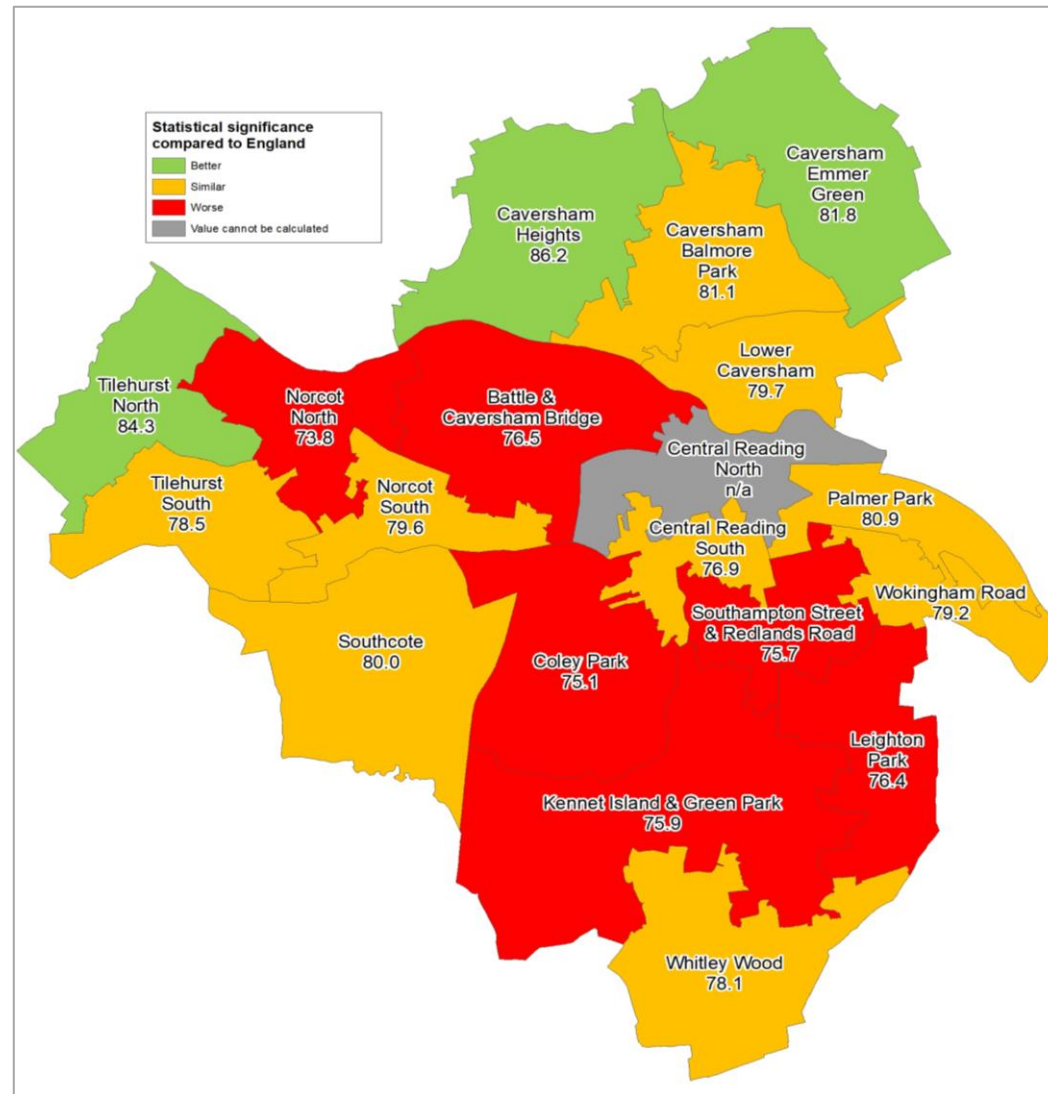
Variation in Male Life Expectancy in Reading

- In 2019-23, male life expectancy in Reading ranged from 73.8 years in Norcot North to 86.2 years in Caversham Heights, a difference of 12.4 years.¹
- In Reading, there were six small areas which had a life expectancy that was significantly lower than the England average for males (these areas are highlighted in red on the map).

* Note that life expectancy estimates are based on provisional population data.

** MSOA – Middle layer Super Output Areas are small geographical areas comprising of between 5,000-15,000 people.

Male life expectancy* at birth by MSOA** in Reading (2019-23)



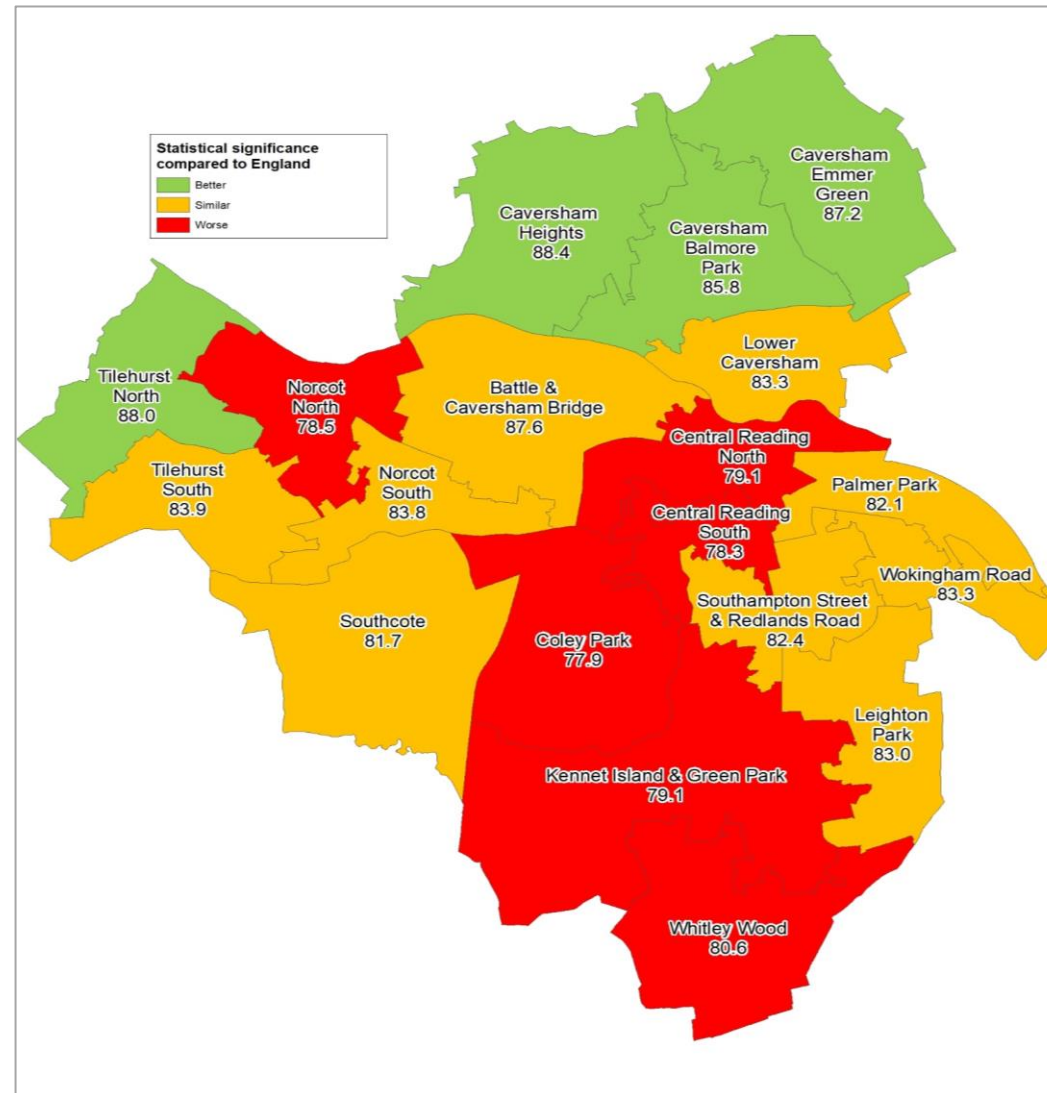
Variation in Female Life Expectancy in Reading

- In 2019-23, female life expectancy in Reading ranged from 77.9 years in Coley Park to 88.4 years in Caversham heights, a difference of 10.5 years.¹
- In Reading, there were six small areas which had a life expectancy that was significantly lower than the England average for females (these areas are highlighted in red on the map).

* Note that life expectancy estimates are based on provisional population data.

** MSOA – Middle layer Super Output Areas are small geographical areas comprising of between 5,000-15,000 people.

Female life expectancy* at birth by MSOA** in Reading (2019-23)

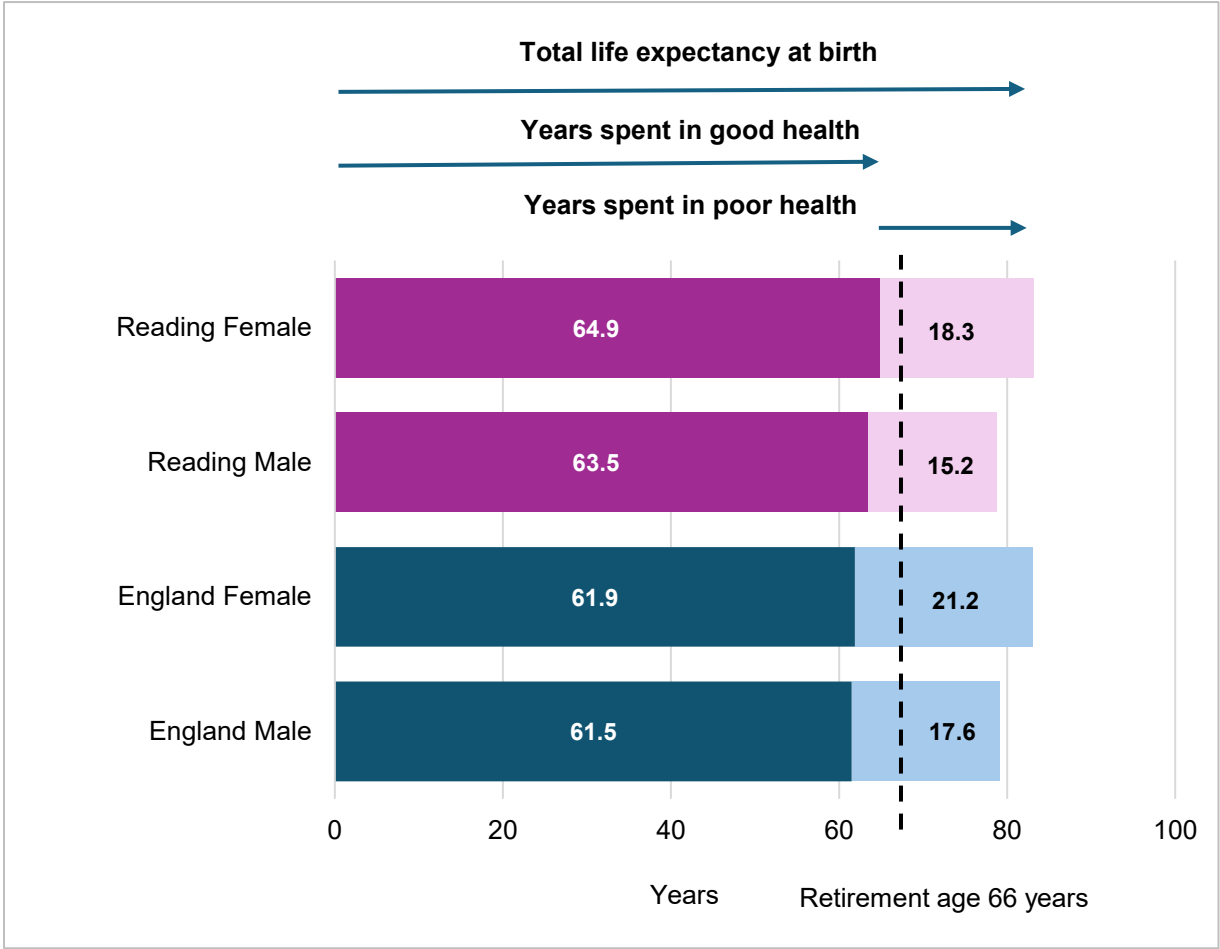


Healthy Life Expectancy

Healthy life expectancy (HLE) is the average number of years a person can expect to live in good health.

- In Reading, HLE estimates are 63.5 years for males and 64.9 years for females (2021-23), similar to the South East and England. Since 2017-19, HLE has fallen for males and females in Reading and the latest HLE estimates are the lowest they have been in the last 10 years.¹
- Males in Reading live an average of 15.2 years in poor health, meaning that 19.3% of their life is spent in poor health (South East, 20.9%, England, 22.2%). Females in Reading live an average of 18.3 years in poor health, meaning that 21.9% of their life is spent in poor health (South East, 23.4%, England, 25.5%).
- Between 2011-13 and 2021-23, the number of years spent in poor health for males and females in Reading has increased – for males, it has increased from 12.9 to 15.2 years and for females from 15.5 to 18.3 years.

Life expectancy and healthy life expectancy (2021-23)



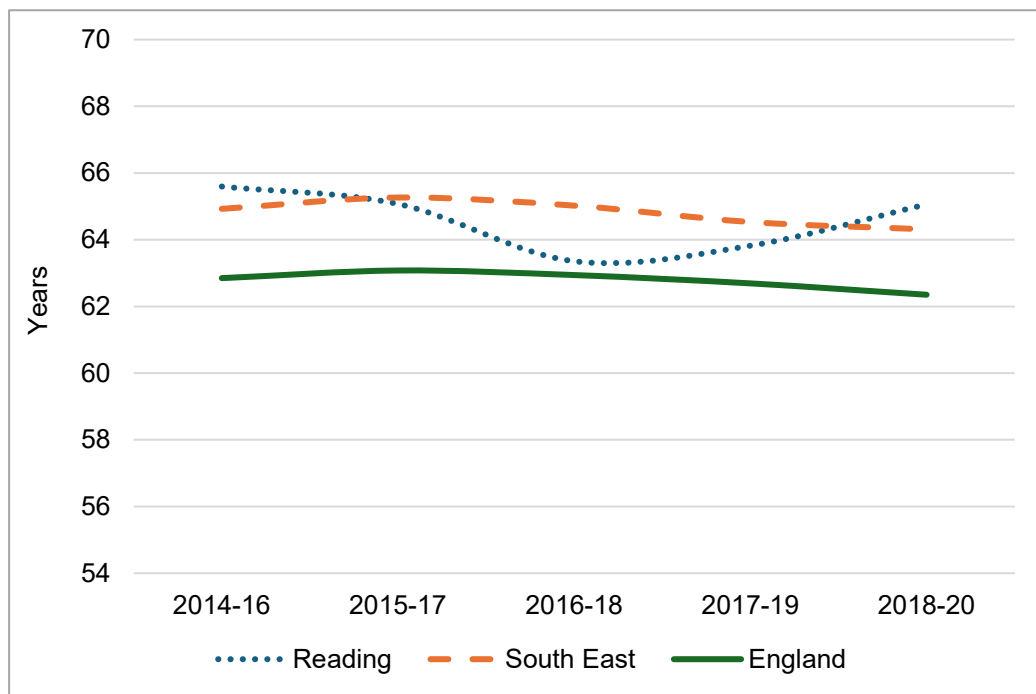
Source: (1) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

Disability Free Life Expectancy

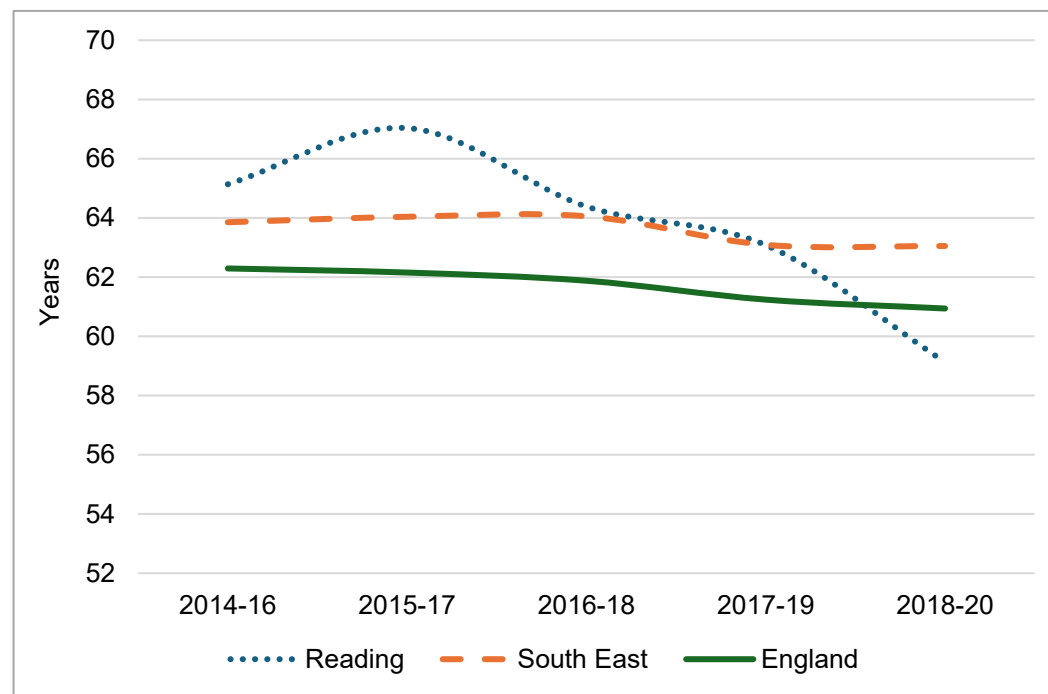
Disability free life expectancy (DFLE) is the average number of years a person would expect to live without a long lasting physical or mental health condition or disability that limits daily activities.

- In 2018-20, the average DFLE at birth for males was 65.1 years and 59.1 years for females in Reading. In recent years, DFLE has increased for males in Reading, whilst for females, it has fallen significantly from 65.1 years in 2014-16 to 59.1 years in 2018-20 (a fall of six years). DFLE has fallen at a faster rate for females in Reading compared with falls in the South East and England.¹

Male disability free life expectancy at birth



Female disability free life expectancy at birth



Premature Mortality

Premature mortality refers to deaths under the age of 75 years.

- In 2021-23, there were 1,295 premature deaths in Reading, equivalent to a rate of 367.2 per 100,000. This rate is significantly higher than the South East (304.6) but similar to the England rate (349.1 per 100,000) and ranks Reading the third highest compared with its nearest statistical neighbours.¹
- Rates of premature mortality are falling once again in Reading following an increase during the COVID-19 pandemic.
- In Reading, 420 premature deaths (32.4%) were caused by cancer in 2021-23 (South East, 37.0%, England, 34.7%).¹
- Reading had the fourth highest rate of premature mortality from leukaemia and lymphoma among males in England in 2021-23 and the second highest rate for colorectal cancer.¹
- The excess under 75 mortality rate in adults with serious mental illness (SMI) was 503.8% in Reading. This is similar to the South East (427.0%) but significantly higher than the England rate (383.7%) and ranks Reading the 14th highest rate in England.¹
- This means that those with a SMI in Reading are five times more likely to die under the age of 75 compared to those without a SMI.

Premature and Preventable Mortality

Evidence shows that mortality rates vary depending on ethnicity, being born outside the UK, socioeconomic status and an areas level of deprivation.

- The premature mortality rate (March 2021 to December 2023) in Reading is 56.0% higher than Richmond upon Thames, the local authority with the lowest rate in England and Wales.¹
- After accounting for ethnicity, being born outside the UK, socioeconomic status and deprivation level, Reading's premature mortality rate decreased to 9.3% higher than Richmond upon Thames.
- This means that these factors explain most of the difference in Reading's premature mortality compared to Richmond upon Thames. However, it also suggests there are other factors driving premature mortality in Reading.
- Preventable mortality refers to deaths that are considered preventable if they could mainly be avoided through effective public health and primary prevention interventions.
- There were 581 deaths under the age of 75 that were considered preventable in Reading in 2021-23, equivalent to a rate of 163.2 per 100,000, significantly higher than the South East rate (138.2) but similar to the England rate (163.7 per 100,000).²

Sources: (1) [Office for National Statistics \(Geographical inequalities in premature mortality in England and Wales, March 2021 to December 2023\)](#)

(2) [Department of Health and Social Care \(Fingertips - Mortality Profile\)](#)

Disability and General Health

Disabilities

- People are considered disabled if they report being limited “a little” or “a lot” in their day-to-day activities by a long term health condition.
- Based on the 2021 Census, 13.8% of people in Reading were disabled under the 2010 Equality Act (24,095 people) compared with 16.1% in the South East and 17.3% in England.¹

General health

- In the 2021 Census, 3.7% of people in Reading reported that their general health was either bad or very bad (6,382 people) compared to 4.2% in the South East and 5.2% in England.¹

Learning disabilities

- In 2025, 3,029 people aged 18-64 are estimated to be living in Reading with a learning disability.²
- Currently in Reading, 1,323 people (0.5%) with a learning disability were registered on GP practice registers in 2023/24 compared with 0.6% in England.³

Sources: (1) [Office for National Statistics \(NOMIS, 2021 Census\)](#)

(2) [Institute of Public Care, Oxford Brookes University \(PANSI\)](#)

(3) [Department of Health and Social Care \(Fingertips - Learning Disability Profiles\)](#)

Long term Conditions

- Long term or chronic conditions are conditions that cannot currently be cured but can be controlled and managed with the use of medication and/or other therapies.
- Patient records from GP practice registers provide data of patients diagnosed with selected long term conditions.¹
- The long term conditions with the highest prevalence in Reading in August 2025 were:
 - Hypertension – 12.0%
 - Depression – 10.9%
 - Diabetes – 5.7%
 - Non-diabetic hyperglycaemia – 5.2%
 - Asthma – 4.7%

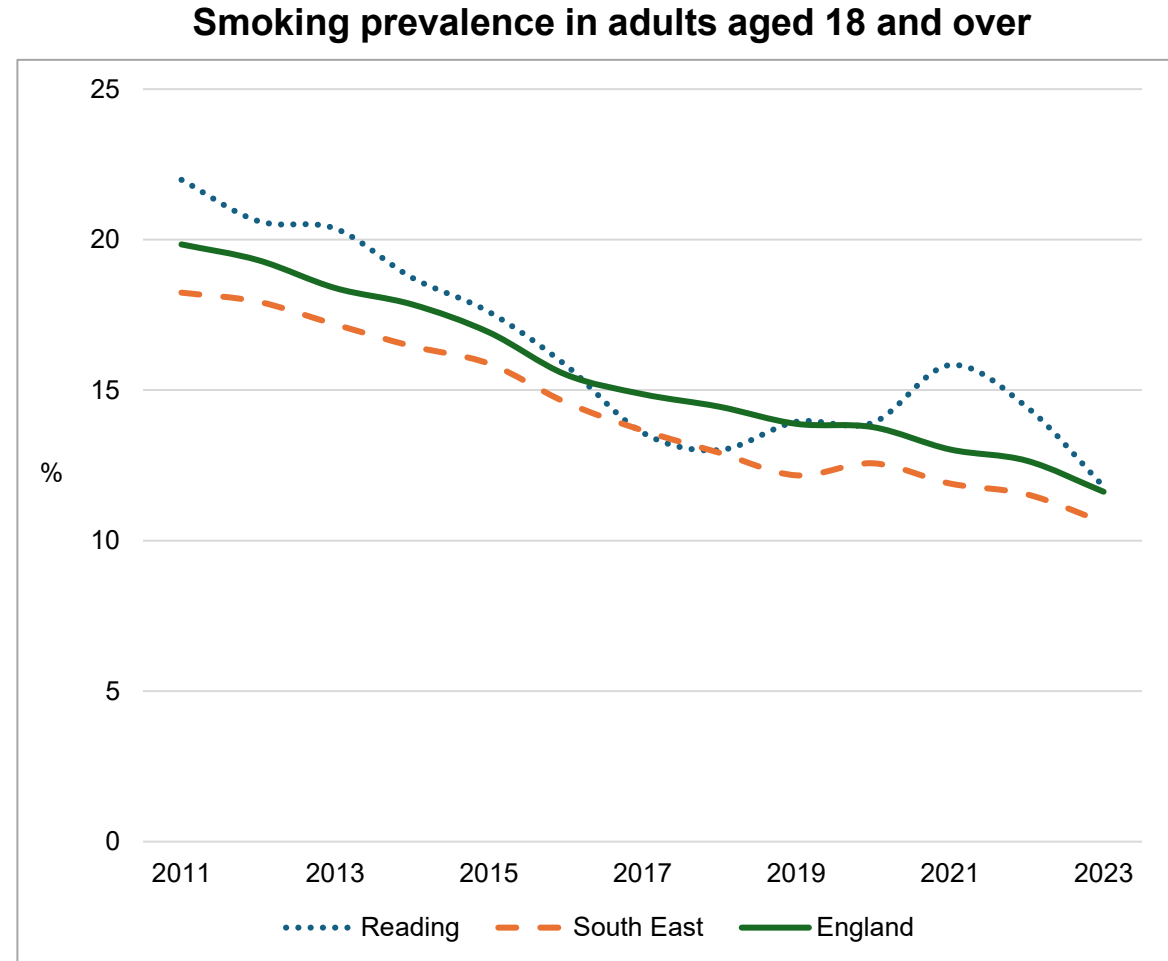
* Not all conditions will be recorded on primary care registers.

Prevalence of long term conditions* recorded on GP registers among people (all ages) in Reading (August 2025)

Long term condition	Number of people	Prevalence (%)
Asthma	9,340	4.7
Atrial fibrillation	2,755	1.4
Cancer	5,081	2.6
Chronic kidney disease	5,470	2.8
Chronic obstructive pulmonary disease	2,246	1.1
Coronary heart disease	3,326	1.7
Dementia	1,089	0.6
Depression	21,464	10.9
Diabetes	11,263	5.7
Epilepsy	1,084	0.5
Heart failure	1,800	0.9
Hypertension	23,662	12.0
Learning disability	1,093	0.6
Mental health	1,960	1.0
Non-diabetic hyperglycaemia	10,217	5.2
Palliative care	880	0.4
Peripheral arterial disease	553	0.3
Rheumatoid arthritis	990	0.5
Stroke/transient ischaemic attack	2,310	1.2

Smoking Prevalence

- Smoking remains the leading cause of difference in life expectancy between the most and least deprived communities. In 2023, 11.8% of people aged 18 and over were estimated to be current smokers in Reading, equivalent to 16,552 people. This prevalence is similar to the South East (10.6%) and England (11.6%).¹
- The prevalence of smoking (18-64 year olds) in Reading is highest for those in routine and manual roles (25.7%) followed by those in managerial and professional roles (9.6%). Both of these are higher than regional and national averages (although not significantly higher).¹
- Smoking prevalence among adults in routine and manual occupations in Reading is the third highest in the South East and ranks Reading the third highest compared with its nearest statistical neighbours.
- In 2017-19 there were 394 deaths attributable to smoking in Reading, equivalent to a rate of 198.9 per 100,000, significantly higher than the South East average (170.9) but similar to England (202.2 per 100,000).¹



Healthy Weight, Physical Activity, Diet

Healthy weight

- In 2023/24, 61.6% of adults aged 18 and over in Reading were classed as being overweight or obese (around 86,400 people), similar to the South East (63.2%) and England (64.5%). Since 2015/16, there has been a relative increase of 9.1% in the prevalence of overweight and obesity in Reading, larger than the increases in the South East (5.9%) and England (5.3%).¹

Physical activity

- Findings from the latest Active Lives Survey in 2023/24 show that 70.9% of adults aged 16 and over in Reading met the recommended 150 minutes of moderate intensity physical activity per week. This is similar to the South East average of 66.8% but significantly higher than the England average of 63.7%.²
- In spite of this, 19.6% of adults in Reading are classed as inactive (less than 30 minutes of activity per week), around 28,300 adults.

Diet

- 28.7% of adults aged 16 and over in Reading reported eating 5 or more portions of fruit and vegetables a day in 2023/24, significantly lower than the South East (34.6%) but similar to England (31.3%). This was the 4th lowest percentage in the South East and this figure has fallen year on year in Reading since 2020/21.¹

Sources: (1) [Department of Health and Social Care \(Fingertips - Obesity, physical activity and nutrition\)](#)

(2) [Sport England \(Active Lives Survey\)](#)

Substance Use – Alcohol

- In 2023/24, there were 1,215 adults in structured drug and alcohol treatment in Reading. Of these, 255 were in treatment for alcohol only, and 150 for alcohol and non-opiates.¹
- There were 1,913 hospital admissions in Reading due to alcohol-related harm* in 2023/24, a rate of 1,407.5 per 100,000, significantly lower than the South East (1,569.1) and England rates (1,824.0 per 100,000).²
- There were 47 alcohol-related deaths in Reading in 2023, a mortality rate of 35.3 per 100,000, similar to the South East (35.6) and England rates (40.7 per 100,000).²
- The mortality rate from alcohol-related deaths increased year on year in Reading between 2019 and 2022 but fell in the latest year.
- In 2023, 24.7% of clients in Reading completed alcohol treatment successfully (did not re-present to treatment within 6 months). This is significantly lower than the South East (34.3%) and England (34.2%) and the third lowest in the South East.³

* Broad definition: A measure of hospital admissions where either the primary diagnosis (main reason for admission) or one of the secondary (contributory) diagnoses is an alcohol-related condition. This represents a Broad measure of alcohol-related admissions but is sensitive to changes in coding practice over time.

Sources: (1) [NDTMS \(Viewit - Adult profiles\)](#)

(2) [Department of Health and Social Care \(Fingertips - Alcohol Profile\)](#)

(3) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

Substance Use – Drugs

- In 2023/24, there were 710 adults in structured opiate treatment and 100 adults in non-opiate only treatment in Reading.¹
- In 2023, 3.0% of clients in Reading completed opiate drug treatment successfully and 17.9% for non-opiate treatment, both of which were significantly lower than regional and national averages. For opiates and non-opiates, Reading had the lowest success rate in the South East and the second lowest and lowest compared with its nearest statistical neighbours.²
- The percentage of clients completing opiate and non-opiate drug treatment successfully and not re-presenting to treatment within 6 months has fallen in recent years in Reading.
- In 2021-23, there were 33 deaths from drugs use in Reading, a rate of 6.6 per 100,000 population, similar to the South East (4.3) and England rates (5.5 per 100,000). The rate in Reading is the fifth highest in the South East.²

Deaths from drug use (per 100,000 population)



Sources: (1) [NDTMS \(Viewit - Adult profiles\)](#)

(2) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

Mental Health

Self-reported personal wellbeing

The Office for Health Improvement and Disparities has developed four key indicators for self-reported wellbeing, including life satisfaction, worthwhile, happiness, and anxiety.

- Self-reported wellbeing in Reading was comparable to regional and national wellbeing estimates in 2022/23.¹ Among people aged 16 and over in Reading:
 - 5.5% reported a low* life satisfaction score – South East (5.1%), England (5.6%)
 - 5.1% a low worthwhile score – South East (3.8%), England (4.4%)
 - 8.4% a low happiness score – South East (8.6%), England (8.9%)
 - 22.4% reported a high anxiety score – South East (24.0%), England (23.3%)

Depression

- In 2023/24, 3,148 patients aged 18 and over in Reading received a new diagnosis of depression, equivalent to 1.6% of all registered patients, the same as the South East but significantly higher than the England average of 1.5%. Since 2013/14, the recorded incidence of new cases of depression in Reading had more than doubled from 1,292 new cases to 3,148.²

* Note that for self-reported wellbeing estimates, a lower percentage is better.

Sources: (1) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

(2) [Department of Health and Social Care \(Fingertips - Mental Health: Mental health and wellbeing JSNA\)](#)

Mental Health – Loneliness and Social Isolation

- In 2021/22-2022/23, the percentage of adults aged 16 and over who felt lonely often or always in Reading was 9.8%, significantly higher than the South East (6.1%) and England averages (6.8%).¹
- The percentage in Reading was the second highest in the South East and has increased significantly over the past three years from 5.4% to 9.8%.
- The percentage of adult carers aged 18 and over who had as much social contact as they would like in Reading in 2023/24 was 20.0%, similar to the South East (25.9%) but significantly lower than England (30.0%).²
- Levels of adult carers who had as much social contact as they would like have fallen significantly in recent years in Reading from 52.2% in 2012/13 to 20.0% in 2023/24.

Sources: (1) [Department of Health and Social Care \(Fingertips - Mental Health: Mental health and wellbeing JSNA\)](#)

(2) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

Self-harm and Deaths from Suicide

Emergency hospital admissions for self-harm

- In 2023/24, there were 135 emergency hospital admissions for intentional self-harm in Reading. The hospital admission rate in Reading was 69.8 per 100,000, significantly lower than the South East (125.4) and England average (117.0 per 100,000).¹
- The hospital admission rate in Reading fell significantly between 2022/23 and 2023/24, and is the lowest it has been since 2012/13.

Suicides

- There were 43 deaths from suicides in Reading between 2021-23 (among people aged 10 years and over). The suicide rate in Reading was 8.8 per 100,000, similar to the South East (10.4) and England rate (10.7 per 100,000). 34 suicides (79.1%) were male and 9 (20.9%) were female.¹
- The suicide rate for males ranks Reading the second highest compared with its nearest statistical neighbours.
- The suicide rate in Reading was highest among males aged 45-64 years old.

Sexual and Reproductive Health

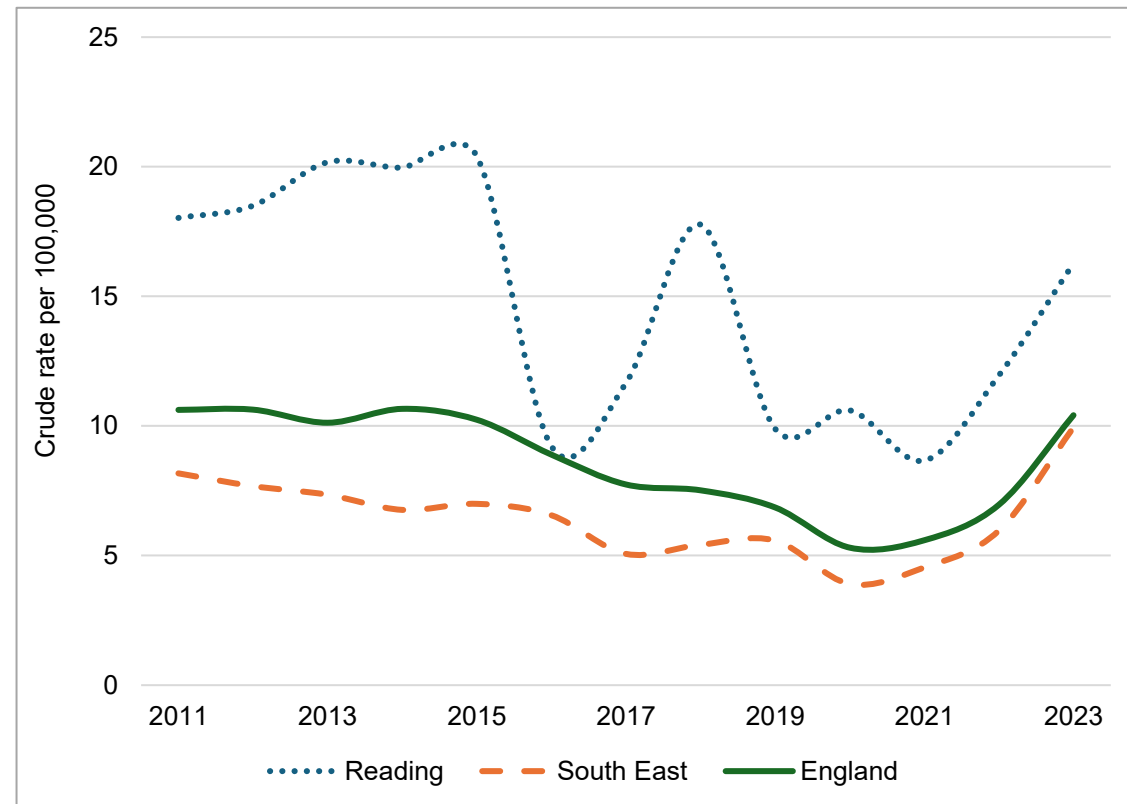
Sexually transmitted infections (STIs)

- In 2024, the rate of new STIs diagnoses (excluding chlamydia aged 24 and under) in Reading was 507.3 per 100,000, equivalent to 904 new diagnoses. This rate is significantly higher than the South East (333.2) but similar to the England rate (482.3 per 100,000). The rate in Reading is the second highest in the South East.¹

HIV

- Since 2021, the rate of new HIV diagnoses has increased in Reading from 8.7 per 100,000 to 16.3 in 2023, a relative increase of 87.9% (South East, 119.0% increase, England, 86.3%). The 2023 rate in Reading was significantly higher than the South East (9.9) and England rate (10.4 per 100,000).¹
- Whilst the percentage of late HIV diagnoses in Reading fell from 77.8% to 47.8% between 2019-21 and 2021-23 (South East, 47.5%, England, 43.5%), the percentage of late HIV diagnoses in heterosexual men, and heterosexual and bisexual women, remained at 50% or higher in 2021-23.

Rate of new HIV diagnosis (per 100,000 population)



Sexual and Reproductive Health (2)

Teenage pregnancy

- In 2021, the teenage pregnancy rate in Reading was 18.9 per 1,000 females aged 15-17, significantly higher than the South East (10.7) and England (13.1 per 1,000) rates. In the South East, Reading had the second highest rate and the highest rate compared with its nearest statistical neighbours.¹
- Between 2020 and 2021, the teenage pregnancy rate in Reading increased from 13.1 to 18.9 per 1,000 (the South East and England remained largely unchanged), and the number of under 18 conceptions increased from 34 to 50.

Abortion rate

- The total abortion rate (all ages) in Reading in 2021 was 23.2 per 1,000, and among those aged 25 years and over, the abortion rate was 22.7 per 1,000. Both of these rates were significantly higher than regional and national averages and were the second highest rates in the South East.¹

HPV vaccination coverage

- In 2023/24, 78.7% of children aged 12-13 years old in Reading had received one dose of the HPV vaccine. This percentage was below the World Health Organisation target of 90% (South East, 78.6%, England, 72.9%).¹
- Since 2020/21, HPV vaccination coverage in Reading has fallen from 91.1% to 78.7%, a relative fall of 13.6%, compared with falls of 6.5% in the South East and 4.9% in England.

Cancer Screening

Cancer screening is a form of secondary prevention in which pre-cancerous or early cancerous changes can be detected, leading to earlier diagnosis and better outcomes.

- Bowel cancer screening coverage among 60-74 year olds in Reading has increased year on year since 2019. However, in 2024, coverage was 68.1% in Reading, significantly lower than the South East (74.0%) and England (71.8%).¹
- Breast cancer screening coverage among 53-70 year olds in Reading was 67.9% in 2024, significantly lower than the South East (72.8%) and England averages (69.9%). This means that over 5,000 women in Reading had not taken up breast cancer screening within three years of invitation. Coverage has declined locally, regionally, and nationally since 2010, although there was a slight increase in Reading in the last year.¹
- In 2024, cervical cancer screening coverage in Reading was 56.4% among 25-49 year olds and 68.6% for 50-64 year olds, both significantly lower than regional and national averages. This means that just over 23,500 women have not had a cervical screening in Reading in the last five and a half years.¹
- Cervical cancer screening coverage in Reading has declined since 2010 at a higher rate than seen regionally and nationally. Between 2010 and 2024, cervical screening coverage among 25-49 year olds fell by 17.6% in Reading compared with 7.9% in the South East and 8.0% in England. Among 50-64 year olds, coverage fell by 11.2% in Reading compared with 5.7% in the South East and 4.5% in England.
- For all of these measures of cancer screening, Reading had one of the lowest coverages in the South East.

Age Well

Age Well



People aged 65 years and over had an average of **4.2 long term conditions** (2025).



Life expectancy at age 65 for males and females is **lower** than the South East (2021-23).



A gap of **6.9 years** in life expectancy at age 65 between males living the **most and least deprived** areas, for females, the gap was **6.8 years** in 2021-23.



Males spent **40.9%** of their lives after the age of 65 **in poor health**, for females, it was **40.4%** (2021-23).



Over half (54.5%) of people aged 65 and over had **hypertension** (2025), putting them at higher risk of heart disease and stroke.



By 2035, it is estimated that **18,600** people aged 65+ will suffer from **2 or more health conditions**, **4,700** will suffer from **4 or more**.



54.4% of **adult social care users** aged 65+ and **78.7%** of **adult carers** did not have as much **social contact** as they would have liked (2023/24).

Age is the **biggest risk factor for most causes of death and disease**, and delaying and managing age-related decline is an important area of focus.

Population 65+

The table shows some of the main population characteristics of people aged 65 and over in Reading.¹

- Compared with people under 65, those aged 65 and over were:
 - More likely to be females
 - Have more long term conditions
 - More likely to live in multigenerational households
 - More likely to have higher levels of alcohol consumption
- 74.9% of people aged 65 and over in Reading were vaccinated against the flu in 2023/24, below the national target of $\geq 75\%$, and the third lowest in the South East.²

Population characteristics of people aged 65 and over in Reading (August 2025)

Characteristic*	Under 65	65 and over
Age	32.1 years	75.1 years
Ethnic minority	58.5%	30.2%
Female	46.7%	53.1%
Deprivation decile**	4.8	5.4
Number of chronic conditions	0.8	4.2
Multigenerational households	7.8%	13.0%
Current smokers	11.5%	9.3%
Medium/high alcohol consumption	3.4%	8.1%

* Data collected from GP systems.
** Deprivation decile: 1 = most deprived.

Life Expectancy at 65

Life expectancy at 65

Life expectancy at 65 is the average number of years a person can expect to live based on current mortality rates.

- Male life expectancy at age 65 in Reading was 18.4 years in 2021-23, significantly lower than the South East (19.3 years) but similar to England (18.7 years). Since 2013-15, male life expectancy at age 65 in Reading has remained unchanged and current life expectancy at 65 ranks Reading the third lowest compared with its nearest statistical neighbours.¹
- Female life expectancy in Reading at age 65 was 21.2 years in 2021-23, significantly lower than the South East (21.8 years) but similar to England (21.1 years). Female life expectancy at age 65 has remained unchanged since 2013-15 and current life expectancy at 65 ranks Reading the third lowest compared with its nearest statistical neighbours.

Inequality in life expectancy at 65

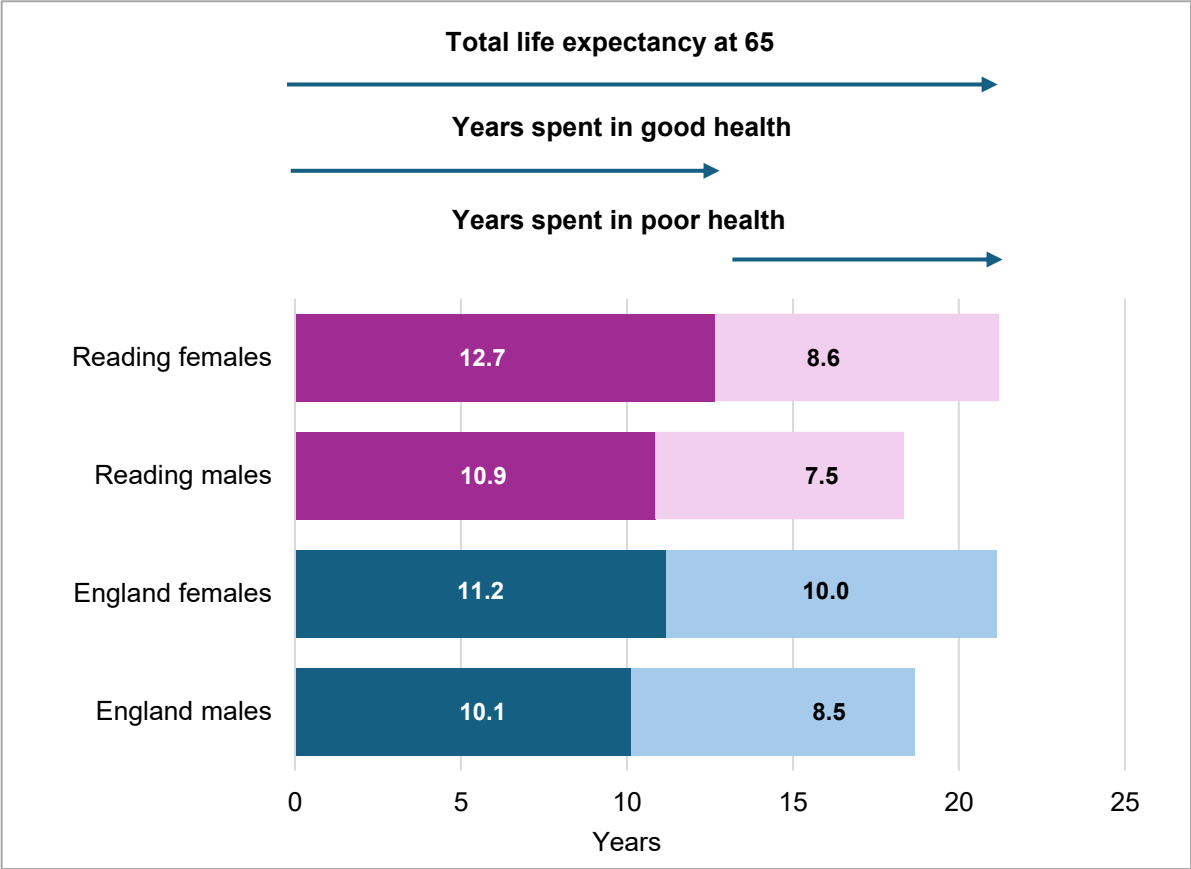
- There was a gap of 6.9 years in life expectancy at age 65 between males living in the most and least deprived areas of Reading in 2021-23 (South East, 4.7 years, England, 5.6 years). In 2011-13, this gap was 4.6 years. The current gap in male life expectancy at 65 in Reading is the second highest in the South East and this gap ranks Reading the second highest compared with its nearest statistical neighbours.¹
- There was a gap of 6.8 years in life expectancy at age 65 in Reading between females living in the most and least deprived areas in 2021-23 (South East, 4.0 years, England, 5.0 years). This gap was 4.2 years in 2011-13. The current gap in female life expectancy at 65 in Reading is the highest in the South East and this gap ranks Reading the highest compared with its nearest statistical neighbours.

Healthy Life Expectancy at 65

Healthy life expectancy (HLE) is the average number of years a person can expect to live in good health.

- For males aged 65 in Reading in 2021-23, HLE was 10.9 years, similar to the South East (11.2 years) and England (10.1 years). For females, it was 12.7 years, similar to South East (12.5 years) and England (11.2%).¹
- Males in Reading live an average of 7.5 years in poor health at age 65, meaning that 40.9% of their lives after 65 are spent in poor health (South East, 42.0%, England, 45.7%). Females live an average of 8.6 years in poor health, meaning 40.4% of their lives after 65 are spent in poor health (South East, 42.5%, England, 47.1%).
- Between 2011-13 and 2021-23, the percentage of years spent in poor health for males aged 65 in Reading increased from 38.2% to 40.9%, for females, it was unchanged.

Life expectancy and healthy life expectancy at 65 (2021-23)

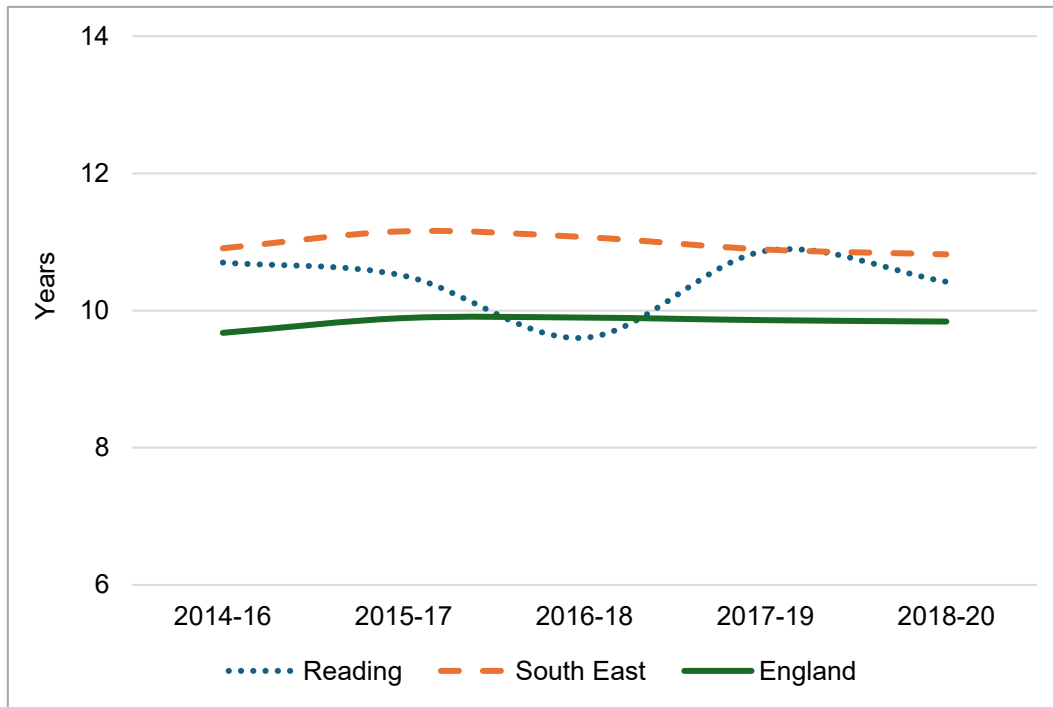


Disability Free Life Expectancy at 65

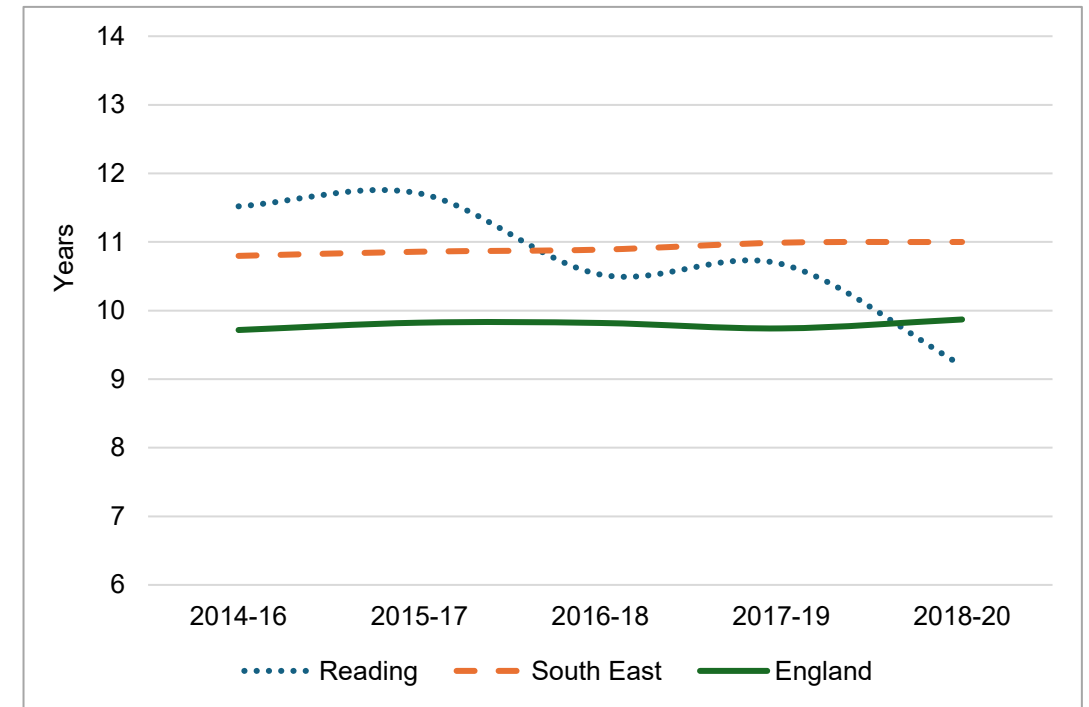
Disability free life expectancy (DFLE) is the average number of years a person would expect to live without a long lasting physical or mental health condition or disability that limits daily activities.

- In 2018-20, DFLE for males aged 65 in Reading was 10.4 years, similar to the South East (10.8 years) and England (9.8 years). For females, it was 9.2 years, similar to the South East (11.0 years) and England (9.9 years). For males aged 65 in Reading, DFLE has remained unchanged since 2014-16, whilst among females, it has fallen from 11.5 years to 9.2 years (regionally and nationally, DFLE at 65 has not changed for males or females).¹

Male disability free life expectancy at 65



Female disability free life expectancy at 65



Long term Conditions

- Information about long term or chronic conditions in Reading are collected by GPs on disease registers.¹
- Among people aged 65 and over, the long term conditions with the highest prevalence in Reading in August 2025 were:
 - Hypertension – 54.5%
 - Diabetes – 21.8%
 - Chronic kidney disease – 19.7%
 - Non-diabetic hyperglycaemia – 18.3%
 - Cancer – 13.3%

* Not all conditions will be recorded on primary care registers.

Prevalence of long term conditions* recorded on GP registers among people aged 65 and over in Reading (August 2025)

Condition	Under 65 (%)	65 and over (%)	65 and over (number)
Asthma	4.0	9.9	2,246
Atrial fibrillation	0.3	9.8	2,222
Cancer	1.2	13.3	3,034
Chronic kidney disease	0.6	19.7	4,476
Chronic obstructive pulmonary disease	0.4	6.5	1,473
Coronary heart disease	0.6	10.1	2,303
Dementia	0.0	4.6	1,044
Depression	10.5	13.1	2,988
Diabetes	3.6	21.8	4,964
Epilepsy	0.5	1.0	224
Heart failure	0.2	6.1	1,397
Hypertension	6.4	54.5	12,400
Learning disability	0.6	0.4	93
Mental health	0.9	1.8	414
Non-diabetic hyperglycaemia	3.4	18.3	4,168
Palliative care	0.1	3.4	763
Peripheral arterial disease	0.1	1.8	417
Rheumatoid arthritis	0.3	2.1	476
Stroke/transient ischaemic attack	0.4	7.2	1,649

Dementia

- In 2025, 1,578 people aged 65 and over were estimated to have dementia in Reading (7.1% of those aged 65 and over).¹⁻²
- Currently in Reading, 1,347 people (0.54%) (all ages) are registered on GP practice registers as of 2023/24. This prevalence in Reading is significantly lower than the South East (0.82%) England averages (0.76%).³
- The prevalence of dementia in Reading increased from 0.44% in 2012/13 to 0.54% in 2023/24, a relative increase of 24.0% compared with relative increases of 38.9% in the South East and 34.0% in England.³
- The estimated dementia diagnosis rate for people aged 65 and over in Reading in 2025 was 68.1 per 100, similar to the South East (63.3) and England rate (65.6 per 100) but significantly higher than the national aspiration to identify two-thirds of people with dementia.³

Sources: (1) [Institute of Public Care, Oxford Brookes University \(POPPI\)](#)

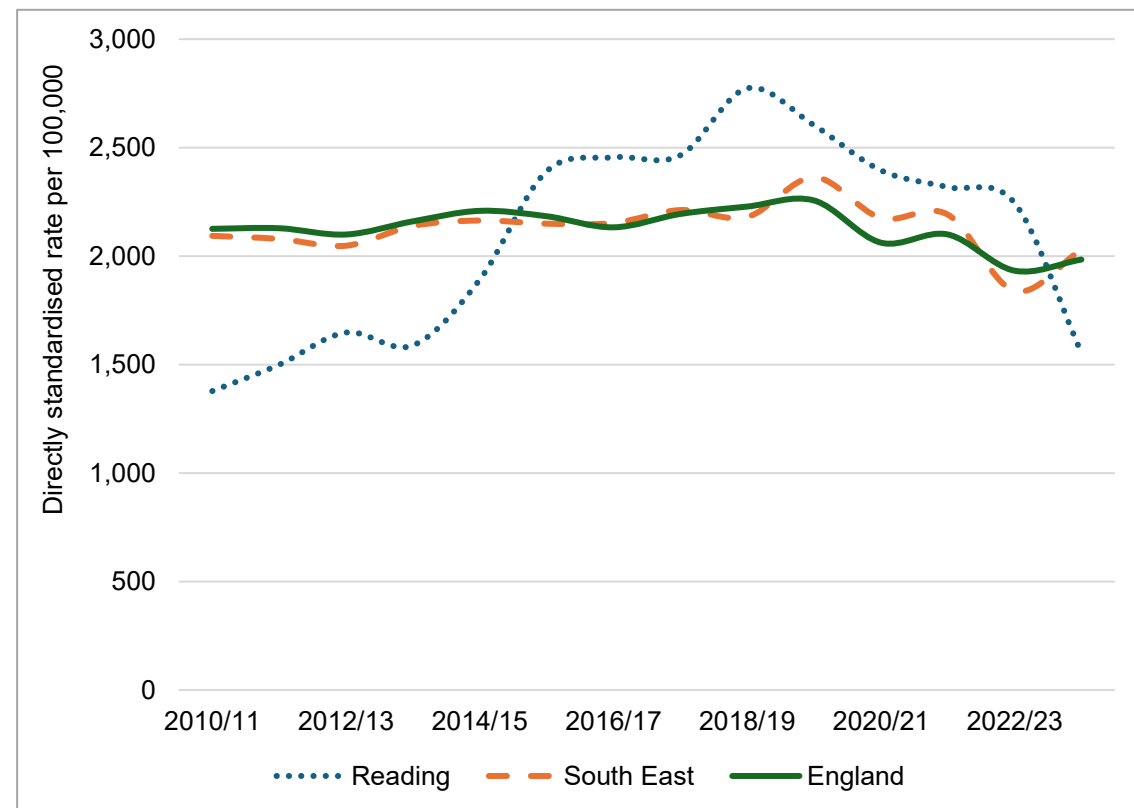
(2) [Office for National Statistics \(2024 Mid-Year Population Estimates\)](#)

(3) [Department of Health and Social Care \(Fingertips - Dementia Profile\)](#)

Falls and Fractures

- In 2023/24, there were 345 emergency hospital admissions due to falls in people aged 65 and over in Reading.
- The hospital admission rate of 1,554.4 per 100,000 was significantly lower than the South East (2,029.2) and England rates (1,984.0 per 100,000).¹
- The admission rate fell significantly in Reading between 2022/23 and 2023/24.
- In the next 10 years, the number of people predicted to have a fall and the number of hospital admissions due to falls is predicted to increase (see [Support Arrangements – Future Estimates](#)).
- There were 95 emergency hospital admissions for hip fractures in people aged 65 and over in Reading in 2023/24, and the hospital admission rate of 416.0 per 100,000 was significantly lower than the rates in the South East (535.6) and England (547.1 per 100,000).¹

Hospital admissions for falls at 65 (per 100,000 population)



Multi-morbidity

- The number of people with multiple conditions is estimated to increase over the coming years, particularly among those with complex multi-morbidity (4+ diseases). By 2035, it is estimated in Reading that:
 - 18,585 people aged 65 and over could suffer from two or more health conditions
 - 4,660 people aged 65 and over could suffer from four or more health conditions¹⁻²
- Nationally, multi-morbidity estimates show that, by 2035:
 - 17.0% of people aged 65 and over will live with four or more conditions, nearly a doubling from 9.8% in 2015
 - An increase in the prevalence of people aged 65 and over affected by diseases and impairments of which cancer will see the greatest rise in prevalence from 12.6% in 2015 to 23.7% in 2035
- An estimated prevalence in those aged 65 and over by 2035:
 - Arthritis – 62.6%
 - Hypertension – 55.9%
 - Respiratory disease – 24.4%
 - Cancer – 23.7%
 - Diabetes – 21.6%

Sources: (1) [Age and Ageing; Kingston et al](#)

(2) [Office for National Statistics \(Subnational population projections for England: 2022-based\)](#)

Support Arrangements – Future Estimates

- The table shows the estimated number of a range of health conditions that people aged 65 and over in Reading could experience by 2035.¹
- By 2035, over 8,600 people aged 65 and over, for instance, could be suffering from cardiovascular disease, 8,400 could be obese, nearly 7,300 people could have suffered a fall.

Estimated number of health conditions in Reading among people aged 65 and over

Health condition	2025	2035
Disabled – activities limited a little*	4,051	4,866
Disabled – activities limited a lot*	3,437	4,223
Dementia	1,578	1,987
Cardiovascular disease	7,164	8,641
Falls	5,949	7,270
Falls – hospital admissions	701	855
Mobility**	4,095	5,060
Obesity	6,908	8,379
Diabetes	3,429	4,160

* Day-to-day activities.

** Unable to manage at least one daily activity on their own.

Support Arrangements – Future Estimates (2)

- The table shows the estimated number of support arrangements that people aged 65 and over in Reading could experience by 2035.¹
- By 2035, over 7,200 people aged 65 and over, for instance, could need help with at least one domestic task, 7,300 could need help with at least one self-care activity, 6,300 people could have unmet needs for their self-care activities.

Estimated number of support arrangements in Reading among people aged 65 and over

Support arrangement	2025	2035
Provision of unpaid care (<20 hours)	919	1,093
Provision of unpaid care (20-49 hours)	327	390
Provision of unpaid care (50+ hours)	914	1,091
Provision of unpaid care (total)*	2,158	2,575
Need help with at least 1 domestic task	5,934	7,239
Unmet need for at least 1 domestic task**	3,447	4,209
Need help with at least 1 self-care activity	6,005	7,290
Unmet need for at least 1 self-care activity**	5,185	6,296

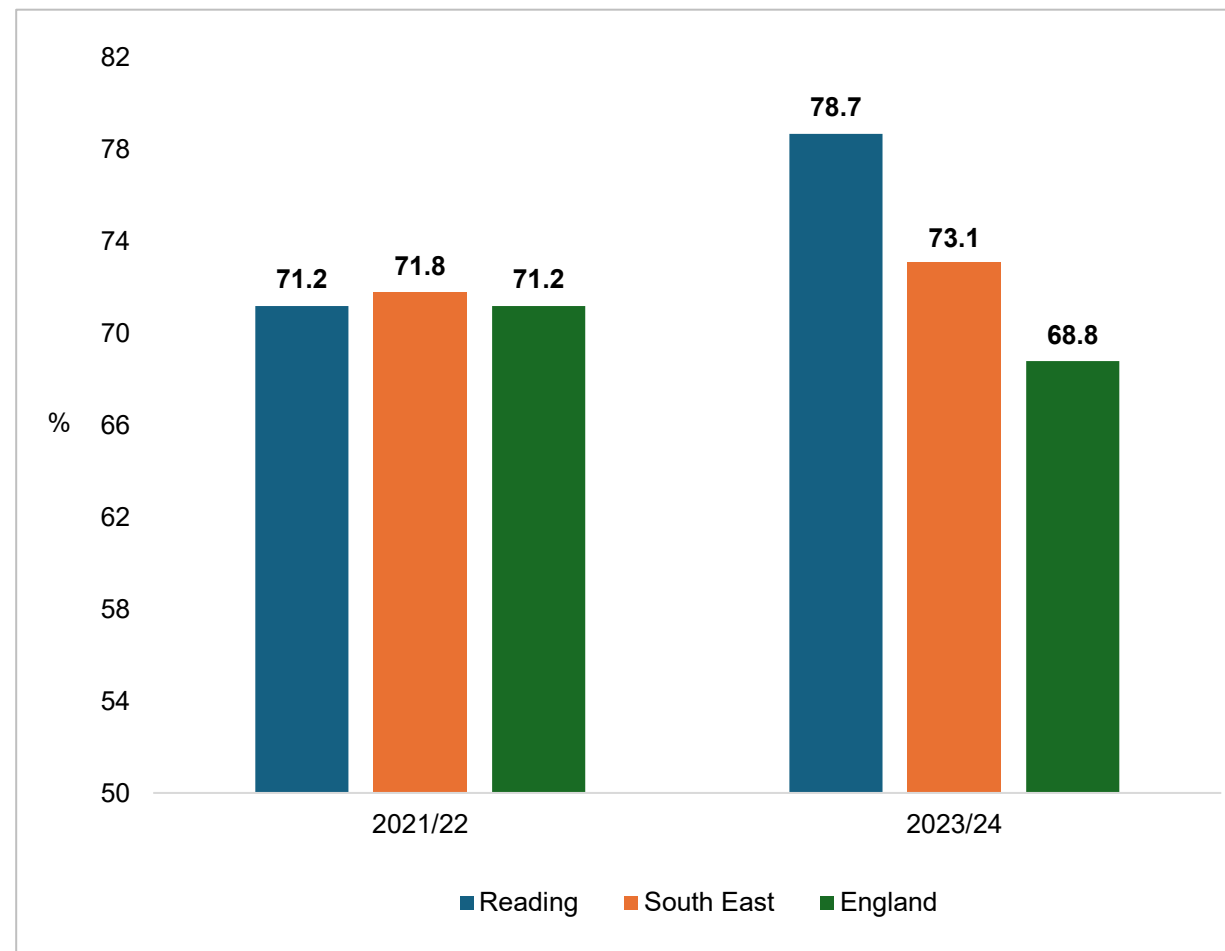
* Figures may not sum due to rounding.

** People not receiving adequate or any help for their activities.

Social Isolation

- In 2023/24, over half (54.4%) of adult social care users aged 65 and over in Reading reported not having as much social contact as they would like, similar to the South East (57.4%) and England averages (56.9%).¹
- The percentage of adult carers aged 65 and over in Reading who did not have as much social contact as would like was 78.7%, similar to the South East (73.1%) and England averages (68.8%).¹
- Since 2021/22, there was a relative increase of 10.5% among carers aged 65 and over in Reading who reported not having as much social contact as they would like compared with a 1.8% increase in the South East and a fall of 3.4% in England.

Percentage of adult carers aged 65 and over who don't have as much social contact as they would like



Please note that the Y axis of the chart does not start at 0.

Winter Mortality

Winter mortality compares the number of deaths that occurred in the winter period (December to March) with the average of the non-winter periods (the preceding August to November and the following April to July).

- Between August 2021 and July 2022, there were 30 more winter deaths in Reading compared to non-winter deaths, which is a winter mortality index of 8.5%. This is similar to the averages across the South East (8.6%) and England (8.1%).¹
- It should be noted that, as these numbers are relatively small, they are subject to random fluctuation.
- Cold homes and fuel poverty contribute to excess winter deaths. Nationally, estimates suggest that 10% of excess winter deaths are directly attributable to fuel poverty and 21.5% are attributable to cold homes.²

Sources: (1) [Department of Health and Social Care \(Fingertips - Public Health Outcomes Framework\)](#)

(2) [Institute of Health Equity \(Fuel poverty, cold homes and health inequalities in the UK\)](#)

For any questions relating to this data or to request
Public Health Intelligence support, please email:

BWPH.Informatics@reading.gov.uk
