



State of the District Report (West Berkshire's JSNA) 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 – it is owned by, and for the benefit of, all Health and Wellbeing Board partners
 - Strategic – it is high level, identifying the key priorities for the area
 - Needs assessment – it outlines the health and wellbeing needs of residents.
- The current West Berkshire JSNA is not a single product, but a range of resources hosted on the [West Berkshire Observatory](#).
- A recent Local Government Association review of the West Berkshire Health and Wellbeing Board identified the desire to focus on a small number of priorities.
- To support this process, this rapid JSNA report 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 does not include mapping of assets, services that already exist to meet that need, or experiences of service users or providers.



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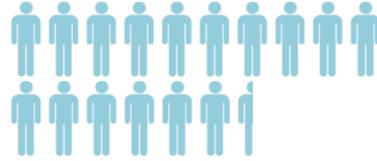
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Population & Demography

Population & Demography Summary

Total population - **165,112** (2024)



Population **increased** 5% between 2011 and 2021 - the largest increase was in **over-65s**, at **34%**.

1 in 8 people are from an **ethnic minority** group



2% projected **population growth** from 2025 to 2040, driven by a 27% increase in **over-65s**. Equates to approximately **9,000** people



1% of adults identify as **gay/lesbian** and **1%** as **bisexual**



General fertility rate fell by 27% over the last decade - more than the 20% decline seen nationally



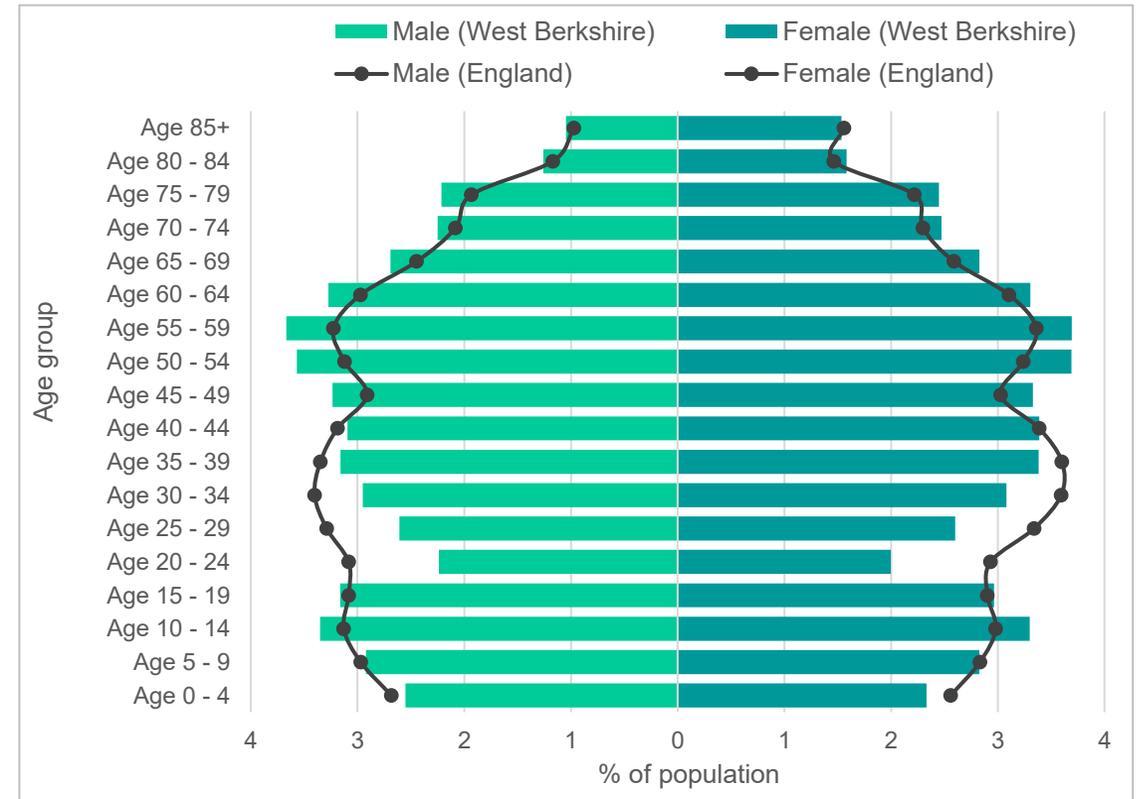
In 2023, all-cause **mortality** was **1,469**

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 West Berkshire's population.

Population - size

- The population of West Berkshire was estimated to be 165,112 people in 2024 .
- The largest age group in 2024 in West Berkshire was those aged 55 to 59 years, who made up 7.6% of the total population, compared to 35 to 39 years in the South East and 30 to 34 years in England.
- There were slightly more females (50.8%) than males (49.2%) in West Berkshire.

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



Population – 2011 and 2021 Census

- Between the 2011 and 2021 Census surveys the population increased by 5.0% (+7,626) (lower than the increases of 7.5% in the South East and 6.6% in England), while the number of households rose by 6.9%.
- By age group, the largest increase in the population was in those aged 65 years and over (33.4%, +7,886), which was much larger than the increase seen across England and the South East.

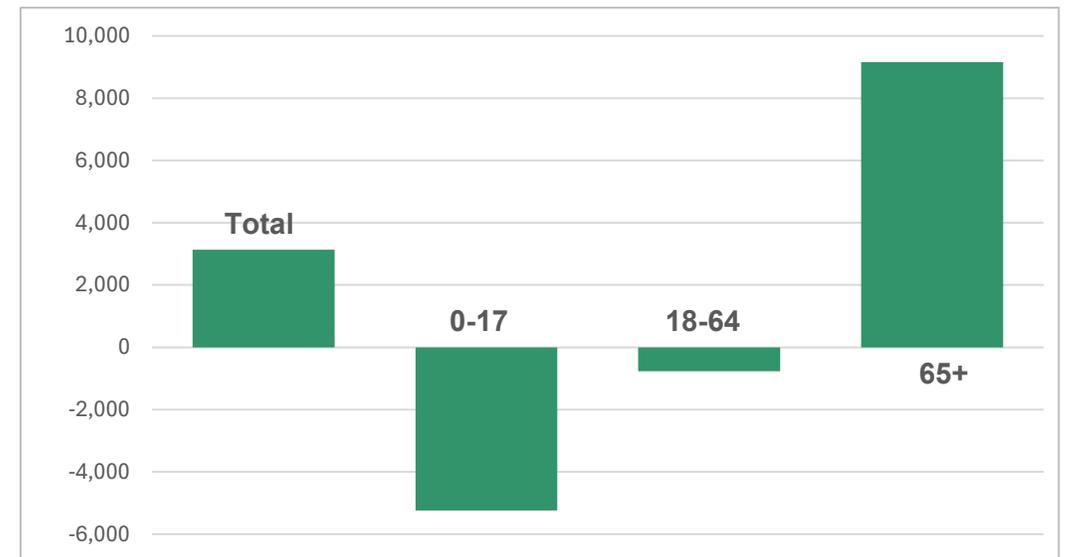
Number and percentage difference in the number of residents between the 2011 and 2021 Census by age group

Age group	West Berkshire		South East	England
	Difference (n)	%	%	%
All usual residents	7,625	5.0	7.5	6.6
Under 15 years	-341	-1.2	5.3	5.0
15-64 years	80	0.1	4.3	3.6
65+ years	7,886	33.4	21.7	20.1

Population projections

- The population in West Berkshire is projected to increase from 163,712 people in 2025 to 166,850 people in 2040, an increase of 1.9%, compared with an increase of 7.0% across the South East and 6.6% in England.
- The biggest factor in this population change is net internal migration, whereby there will be an overall increase of 4,853. There will also be more deaths than births (-2,528), an increase in net international migration (3,338) and a decrease in net cross-border migration (between UK countries) (-2,522).
- The number of children and young people (0-17 years) between 2025 and 2040 is predicted to decrease in West Berkshire by 5,246 people (-15.3%).
- The working population (18-64 years) will also fall slightly by 0.8% people (-733).
- The over 65s are projected to see the only increase of 26.7% (+9,158), as the population continues to age.
- In 2025, over 65s made up 21.0% of West Berkshire's population and in 2040, they will make up over one quarter (26.1%).

Projected actual change in numbers between 2025 and 2040 in West Berkshire



Ethnicity and Sexual orientation

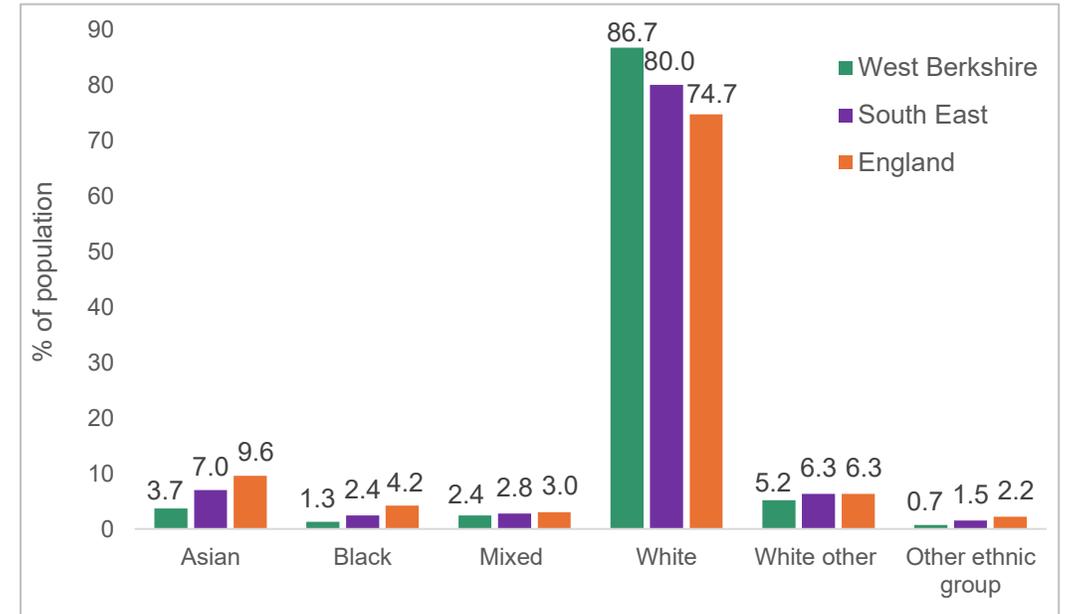
Ethnicity

- According to the 2021 Census, 13.3% of people in West Berkshire were from an ethnic minority group, lower than the South East (20.0%) and England (25.3%) averages.
- The largest broad ethnic minority group in West Berkshire was White other (5.2%), followed by Asian (3.7%), and Mixed (2.4%).
- The Gypsy Roma Traveller population in 2021 in West Berkshire was 0.2% (351 people), compared with 0.3% in both the South East and England.

Sexual orientation

- 1.1% of adults aged 16 and over identified themselves as gay or lesbian according to the 2021 Census in West Berkshire (South East and England, both 1.5%).
- 1.0% of adults aged 16 and over also identified themselves as bisexual (South East and England, both 1.3%).

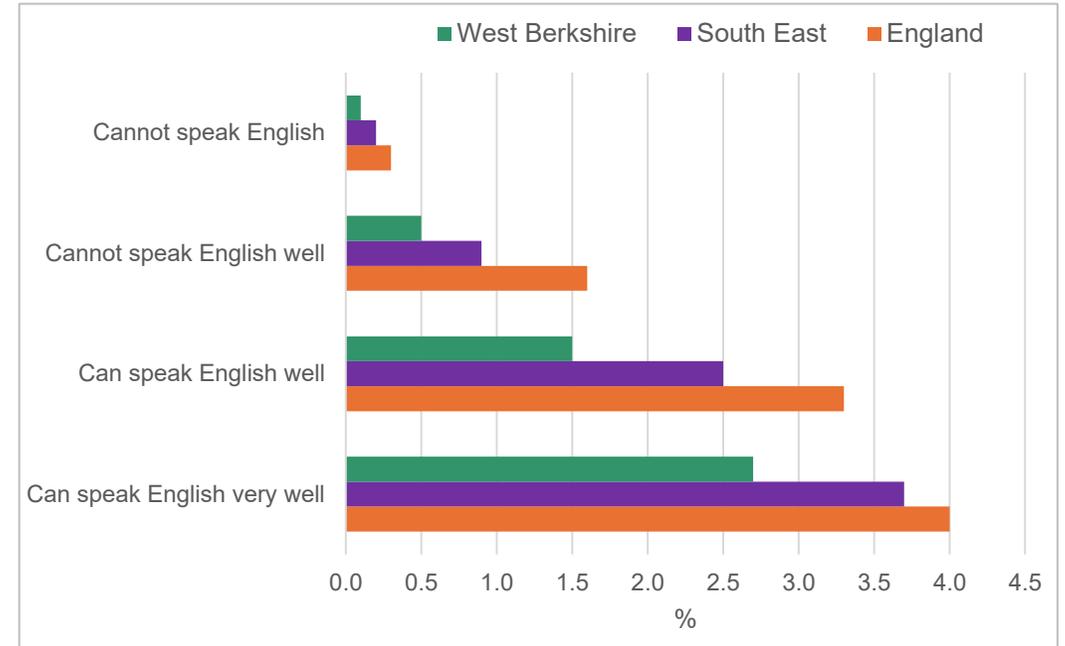
Proportion of resident population by ethnic group (2021)



Proficiency in English

- According to the 2021 Census, 95.2% of residents stated that their main language was English in West Berkshire, higher than the South East 92.8% and England 90.8% averages.
- Among those whose main language was not English (4.8%):
 - 2.7% said they could speak English very well
 - 1.5% could speak English well
 - 0.5% of people could not speak English well (South East 0.9%, England 1.6%).
 - 0.1% could not speak English at all (South East 0.2%, England 0.3%).

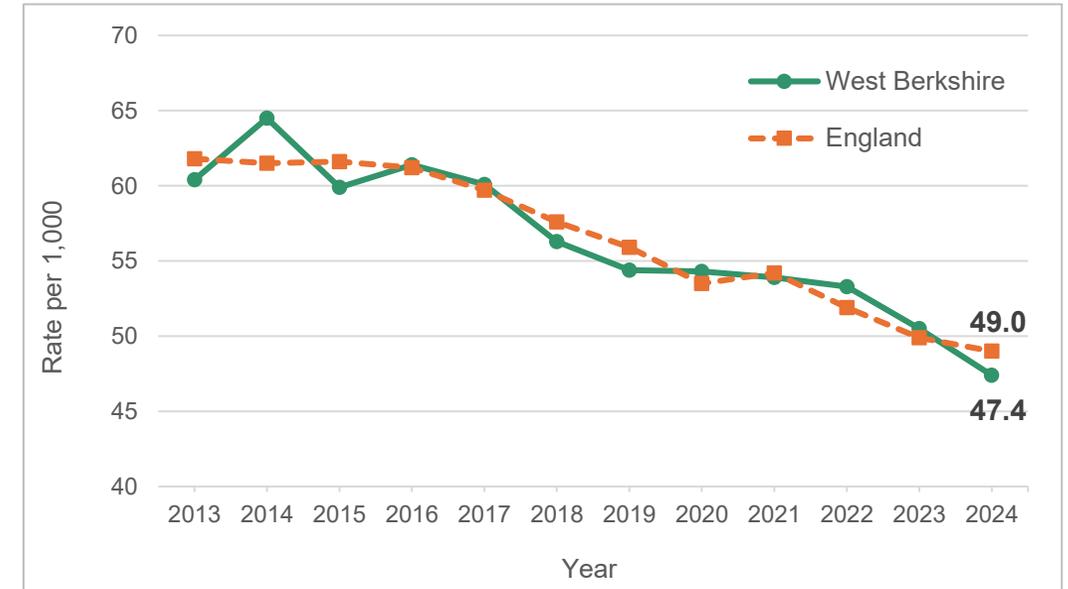
Percentage of people (aged 3 and over) whose main language was not English by how well they can speak English (2021)



Births & Deaths

- There were 1,363 live births in West Berkshire in 2024.
- In 2024 the general fertility rate (GFR) – which looks at the number of live births per 1,000 women of child-bearing age (15-44 years) – was 47.4, slightly lower than the South East (48.7) and England rates (49.0), although these were not statistical differences.
- In the last 10 years, there has been a 27% decrease in the GFR from 64.5 in 2014 to 47.4 in 2024. This decrease is higher than has been seen nationally (20%).
- The mean age of mothers was in West Berkshire in 2024 was 31.1 years (South East 31.3, England 31.0).
- In 2023, a total of 1,469 people died from all causes in West Berkshire.
- Of these, 420 (28.6%) died from cancer (South East 25.9%, England 25.6%), 346 (23.6%) died from Cardiovascular disease (South East 24.2%, England 24.1%), 152 (10.3%) died from Respiratory diseases (South East 12.0%, England 12.2%), and 157 (10.7%) died from Dementia and Alzheimer’s disease (South East 12.3%, England 11.6%).

General fertility rate (GFR) per 1,000 (2013 to 2024)



Please note that the y-axis of the graph does not start at 0.

Sources: [1] [Births](#), Office for National Statistics from NOMIS [2] [Mortality Profile - Data | Fingertips](#) | Department of Health and Social Care



Building Blocks of Life



Building Blocks of Life Summary



1,492 West Berkshire residents (1% of the population) live in an area that is among the 20% **most deprived** areas of England



11% of children under the age of 16 are living in **poverty**, and **9%** households are experiencing **fuel poverty**



17% of assessed properties have the **lowest energy efficiency ratings** (bands E, F and G)



Nearly a third of West Berkshire households (31%) live in **rented** accommodation



Between June 2023 and April 2025, **crime rates** increased in **7 categories***



There are **126 fast food outlets** (7.7 per 10,000 people), **498** premises licensed to sell **alcohol** (0.7 per square kilometre) and **18 gambling premises** recorded (1.1 per 10,000 people)



1.7% of people are living in areas at the highest risk of **food insecurity**



1 in 20 deaths among adults aged 30 and over were attributable to fine particulate matter (**air pollution**)

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.

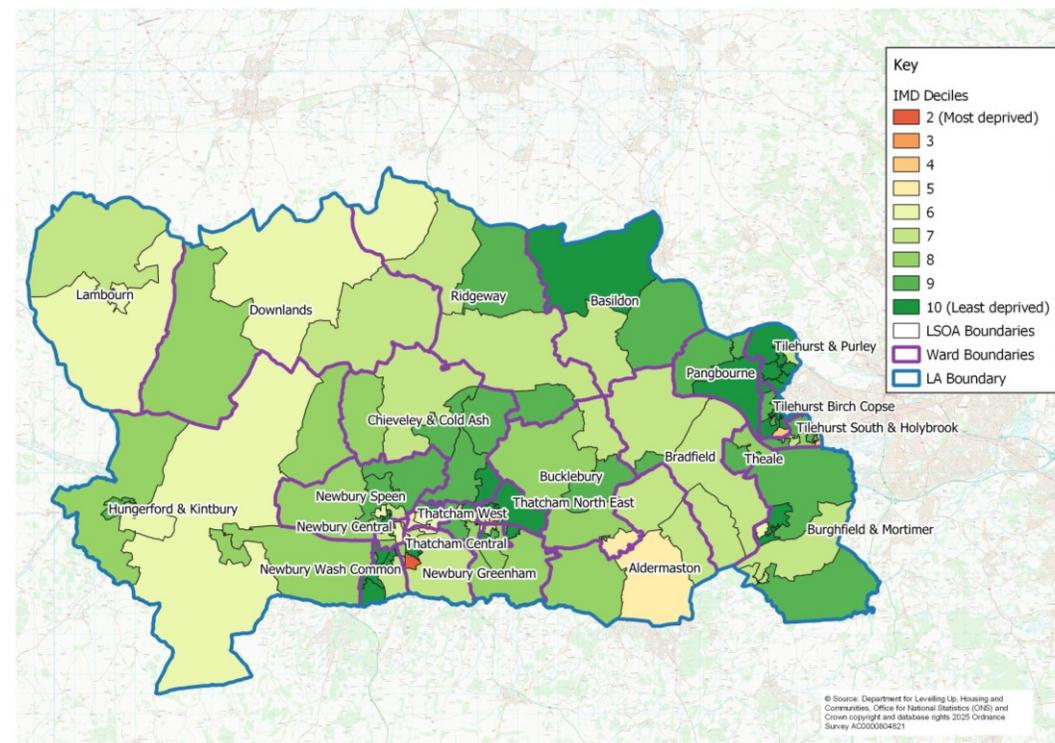
*bicycle theft, criminal damage and arson, drugs, public order, robbery, shoplifting, and anti-social behaviour

2019 Index of Multiple Deprivation

The Index of Multiple Deprivation (IMD) is the official measure of relative deprivation in England. There are 7 domains of deprivation* which combine to create the IMD.

- Overall, West Berkshire is ranked 146th out of 151 local authorities (1 being most deprived and 151 being the least), meaning that the district is one of the least deprived areas in England.
- 1,492 people in West Berkshire (0.9% of the population) live in the 20% most deprived areas of England.
- The most deprived areas (IMD deciles 2&3) of West Berkshire are located within the wards of Newbury Greenham and Thatcham North East.
- When looking at the individual domains of deprivation*, West Berkshire is the most relatively deprived in relation to Barriers to Housing & Services. 21.1% of people in West Berkshire (34,246 people) live in the 20% most deprived areas of England in relation to Barriers to Housing & Services.

2019 Index of Multiple Deprivation



*The seven domains of deprivation are income, employment, education skills & training, health deprivation & disability, crime, barriers to housing & services and living environment.

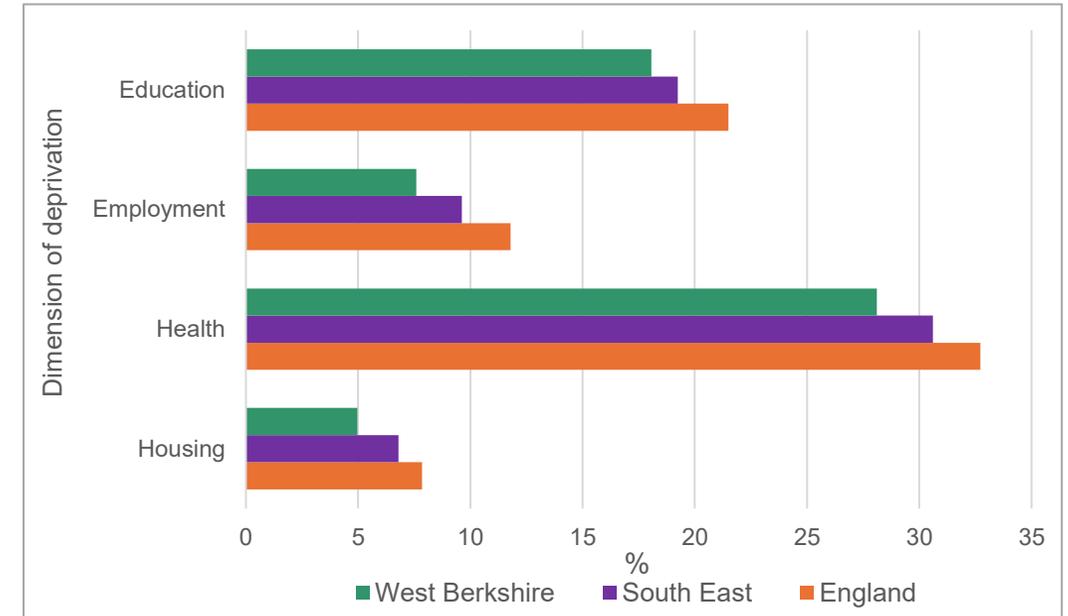
Sources: [1] Lower layer Super Output Area population estimates (supporting information) - Office for National Statistics. [2] English indices of deprivation 2019, Ministry of Housing, Communities and Local Government - GOV.UK



Household deprivation

- According to the 2021 Census, 44.0% of households in West Berkshire were deprived on at least one dimension of deprivation (29,337 households), compared with 48.0% in the South East and 51.6% in England.
- 1,450 households (2.2%) in West Berkshire were deprived on least three or four dimensions of deprivation compared with 3.0% in the South East and 3.9% in England.
- Households in West Berkshire were most likely to be deprived on the health dimension of deprivation (28.1% of households).

Dimensions of deprivation (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 to 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] ONS 2021 Census – Households by deprivation dimensions (TS011) from [Nomis - Official Census and Labour Market Statistics](#) [2] ONS 2021 Census from [Create a custom dataset - Office for National Statistics](#)



Poverty

Child poverty

- In 2023/24, 11.0% of children under the age of 16 years in West Berkshire were living in poverty (3,398 children) which is significantly lower than the South East (14.5%) and England averages (22.1%).
- Between 2014/15 and 2023/24, the proportion of children living in poverty in West Berkshire increased from 7.2% to 11.0%, a relative increase of 52.8% (compared with relative increases of 31.8% in the South East and 37.3% in England).

Fuel poverty

- 5,994 households in West Berkshire in 2023 were experiencing fuel poverty, meaning they are unable to afford adequate heating, this is equivalent to 8.5% of households, which is significantly lower than the South East (9.7%) and the England averages (11.4%).

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

[2] [ONS 2023 mid-year population estimates from Nomis - Official Census and Labour Market Statistics](#) [3] [Sub-regional fuel poverty data 2025 \(2023 data\)](#) - GOV.UK



Housing

Home ownership

- Based on the 2021 Census, 34.8% of households in West Berkshire owned their accommodation outright, compared to 34.3% in the South East and 32.5% in England.
- Just over 3 out of 10 households in West Berkshire (31.1%) lived in rented accommodation (30,736 households), split between social and private rented accommodation compared to 32.8% in the South East and 37.6 in England.

Overcrowding

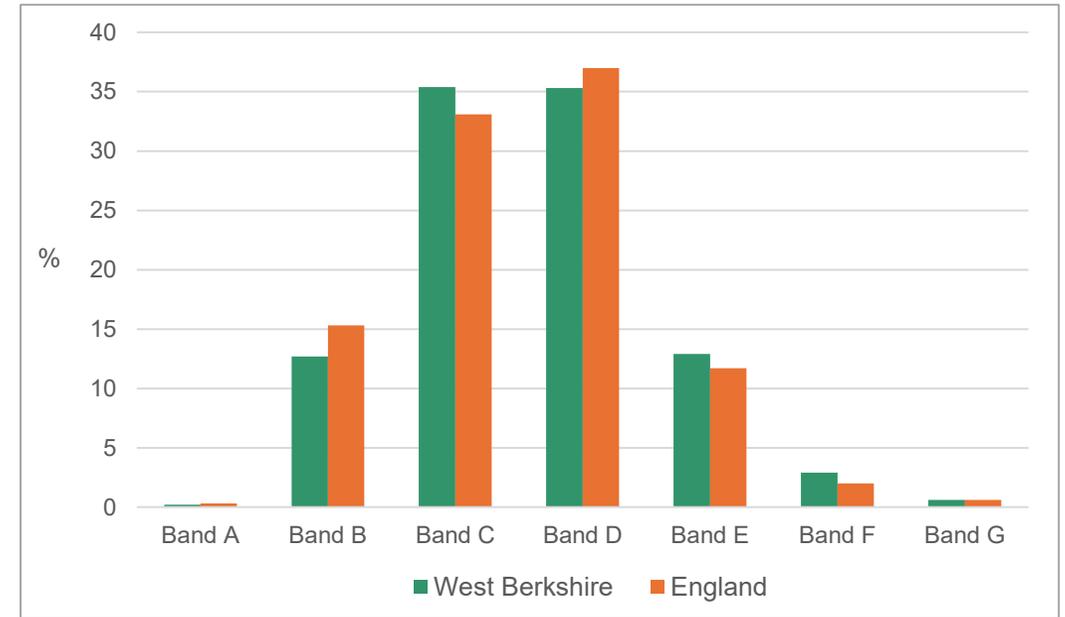
- 4.0% of households in West Berkshire were overcrowded in 2021 (2,672 households), that is, had fewer rooms than required for everyone living in the accommodation. The proportion of households overcrowded in West Berkshire is significantly lower than the South East (5.6%) and England (6.4%).

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 36,782 properties assessed in West Berkshire in 2023/24, only 62 fell into Band A (the most efficient).
- Properties in West Berkshire were most likely to have an energy efficiency rating of either Band C or D, whilst 6,054 assessed properties (16.5%) had energy efficiency ratings of Bands E, F or G (the lowest ratings) compared with 14.2% in England.

Energy efficiency of dwellings (2023/24)



Employment

- As of December 2024, 82.8% of people aged 16-64 in West Berkshire (85,200 people) were in employment compared with 78.7% in the South East and 75.7% in England.
- An estimated 2.8% of people (2,500) in West Berkshire were unemployed (South East, 3.5%, England, 3.9%).
- Data shows that certain groups of individuals are more likely to be unemployed than the general population. For example in 2022/23, only 20 (4.6%) people of working age receiving support for a learning disability were in paid employment in West Berkshire, 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 76.1 percentage points in West Berkshire, statistically higher than the South East (71.4) and England (70.9) averages.

Economic inactivity

- 14.5% of people aged 16-64 in West Berkshire (13,900 people) were economically inactive (not in employment or actively seeking employment) as of December 2024, this compares with 18.4% in the South East and 21.1% in England.
- Looking after the family or home (22.4%), being a student (22.3%), being retired (19.6%), other reasons (16.7%), and long-term sickness (13.2%) were the main reasons for people being economically inactive.
- 24.1% of economically inactive people in West Berkshire wanted a job (South East, 20.5%, England, 18.7%).

Jobs, Earnings and Qualifications

Occupations and earnings

- 60.3% of people aged 16 and over in West Berkshire (in December 2024) were employed in managerial/professional jobs (South East, 55.9%, England, 54.0%), 18.8% in administrative/skilled trades (South East, 18.6%, England, 17.7%), 8.5% in caring/leisure/sales jobs (South East, 13.7%, England, 14.0%), and 12.3% in process/machine/elementary occupations (South East, 11.6%, England, 14.0%).
- The average (gross) weekly pay (for full-time workers) in West Berkshire in 2024 was £813 compared with £779 in the South East and £732 in England – gross weekly pay in West Berkshire was higher among males (£931 versus £695).

Qualifications

- According to the 2021 Census, in West Berkshire, 24.4% of people aged 16 and over 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%), 16.9% had 2 or more A levels (South East, 17.4%, England, 16.9%), 37.0% had a degree or higher (South East, 35.8%, England, 33.9%).
- 18,484 people in West Berkshire (14.1%) had no qualifications compared with 15.4% in the South East and 18.1% in England.

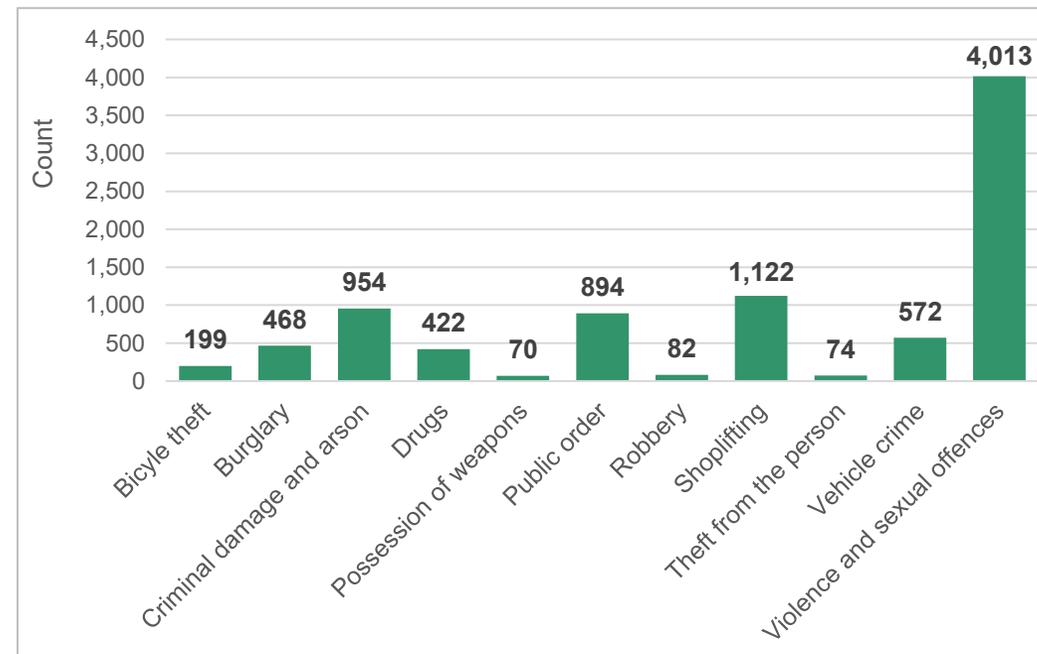
Financial Support - Claimants and Universal Credit

- 2,380 people aged 16 years and over in West Berkshire were claiming financial support as a result of being unemployed in May 2025. Of these 1,145 (48.1%) were female and 1,235 (51.9%) were male.
- The proportion of claimants in West Berkshire (aged 16-64 years) was 2.4% (females 2.3%, males 2.5%) compared with 3.2% in the South East and 4.2% in England. Since June 2023, the overall proportion of claimants in West Berkshire has increased from 2.0% to 2.5%, from 2.4% to 2.6% among 25-49 year olds, and from 1.6% to 2.0% among people aged 50 years and over.
- In March 2025, 11,186 people aged 16-65 years in West Berkshire were claiming Universal Credit (UC) (a payment to help with living costs for those on low incomes or out of work). Of these, 6,930 (62.0%) were female and 4,255 (38.0%) were male.
- The proportion of people claiming UC in West Berkshire was 11.2% (females 13.8%, males 8.6%) compared with 14.3% in the South East and 18.2% in England. Since April 2023, the proportion of UC claimants aged 16-24 years has increased from 6.6% to 7.4%, from 11.7% to 14.4% among 25-49 year olds, and from 6.3% to 8.4% among people aged 50 years and over.
- 3.0% of people aged 16-65 years in West Berkshire have been on UC between 1-3 years (South East, 3.8%, England, 4.9%), whilst 5.3% have been on UC for over three years (South East, 6.4%, England, 8.0%).

Crime

- Between May 2024 and April 2025, 9,876 crimes were recorded in West Berkshire.
- Violence and sexual offences, shoplifting, and criminal damage and arson were three most commonly recorded crimes in West Berkshire in this period.
- The overall crime rate in West Berkshire increased from 58.9 to 60.9 per 1,000 between April 2023 and April 2025.
- Between June 2023 and April 2025, recorded crime rates (rolling per 1,000) increased in West Berkshire among 7 of the 12 types of crime examined – bicycle theft, criminal damage/arson, drugs, public order, robbery, shoplifting, and anti-social behaviour.

Recorded crimes in West Berkshire by type of crime (May 2024 - April 2025)



Neighbourhood design

- There were 541 complaints made about noise in West Berkshire in 2023/24.
- 6,730 people in West Berkshire (4.2%) 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%). 3,690 people in West Berkshire (2.3%) were exposed to noise of 65dB(A) or more during the daytime (South East 3.0%, England, 4.3%).
- 6.5% of people in West Berkshire in 2024 (10,546 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%).
- 126 fast food outlets in West Berkshire in 2024 – the rate of fast food outlets locally was 77.1 per 100,000, similar to the South East (91.7) but significantly lower than England (115.9).
- 498 premises licensed to sell alcohol in West Berkshire in 2023/24, an average of 0.7 per square kilometre, significantly lower than the South East (1.4) and England average of 1.3.
- There were 18 gambling premises recorded by the Gambling Commission in West Berkshire in 2025, and the rate of gambling premises in West Berkshire was 11.0 (per 100,000 population), similar to the South East (10.7) and England rates (12.9). The rate in West Berkshire was the third highest compared with its statistical neighbours.

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 was an annual concentration of 6.3 (micrograms per cubic metre) of fine particulate matter (PM2.5) in West Berkshire in 2023 (South East, 6.7, England, 7.0). The main PM2.5 pollutants include road vehicles, industry, burning wood in closed stoves and open fires. The levels of PM2.5 in West Berkshire have fallen since 2018 from 9.8 to 6.3.
- In West Berkshire in 2023, an estimated 4.8% of deaths (equivalent to around 69 deaths) among adults aged 30 and over were attributable to PM2.5 (South East, 5.1%, England, 5.2%). This proportion has fallen in West Berkshire since 2018 from 7.3% to 4.8%.
- Area Quality Management Areas (AQMA) are defined areas where the level of certain pollutants exceed, or are likely to exceed national air quality objectives. Once an AQMA has been declared, the local authority is required to prepare a Local Air Quality Action Plan to bring the area in line with national emission reduction commitments.
 - In 2024, two AQMAs; Newbury AQMA and Thatcham AQMA were revoked as both areas recorded annual levels of Nitrogen Dioxide (NO₂) at or below the target of 36.0 µg/m³ for 3 continuous years.

*This value is a modelled estimate of vehicle miles in the local area.

Source: [1] [Wider Determinants of Health - Data | Fingertips | Department of Health and Social Care](#) [2] [Build a custom area profile - Office for National Statistics](#) [3] [Mortality Profile - Data | Fingertips | Department of Health and Social Care](#) [4] [West Berkshire AQMA Revocation Report 2024 – West Berkshire Council](#)



Environment

Transport

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

- 62 people were killed or seriously injured on West Berkshire roads in 2023. This is equivalent to a rate of 34.6 per billion vehicle miles*, compared to 89.8 across the South East and 91.9 across England.

Income and vulnerability

- In 2022, 1.7% of people in West Berkshire (2,784 people) were living in areas at the highest risk of food insecurity, meaning they do not always have access to enough food that is both sufficiently varied and culturally appropriate to sustain an active and healthy life.

*This value is a modelled estimate of vehicle miles in the local area.

Source: [1] [Wider Determinants of Health - Data | Fingertips | Department of Health and Social Care](#) [2] [Build a custom area profile - Office for National Statistics](#) [3] [Mortality Profile - Data | Fingertips | Department of Health and Social Care](#)



Start Well



Start Well Summary



Over a quarter of women (26%) are **obese during pregnancy**

2 out of 5 babies were **not breastfed** at 6-8 weeks old



The **infant mortality rate** was the **second highest** compared to our 15 statistical neighbours



More than **one in five** (21.0%) children starting primary school were **overweight or obese**. By the end of primary school (year 6) this had increased to nearly **one in three** (32.9%; 2023/24)



Nearly **a third** (33.2%) of all pupils and **over half** (59.5%) eligible for **free school meals** did not achieve a **good level of development*** by the end of Reception



Estimated **6,400** children aged 8-16yrs with a **mental health disorder** (2024)

2.6% of primary school pupils and **2.5%** of secondary school pupils had **social, emotional and mental health needs** (2022/23)



Over 1 in 7 pupils (15.2%) received **special educational needs** (SEN) support without an Education, Health and Care Plan (EHCP)



54.1 per 10,000 children on **Child Protection Plans** - higher than the South East and England (37.7 and 41.6 per 10,000; 2024)

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.

*achieving the expected level of development in five key areas of the Early Years Foundation Stage (EYFS) profile: Communication and Language, Physical Development, Personal, Social and Emotional Development, Literacy, and Mathematics.



Perinatal mental health

The perinatal period refers to pregnancy and the first year of life.

- Estimates for West Berkshire suggest that between 134 and 268 mothers experienced perinatal mental health problems in 2024.
- The estimated number of women who may have been affected by a range of perinatal mental health problems in West Berkshire in 2024 are shown in the table.

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

Mental health issue	National prevalence	Estimated West Berkshire number
Postpartum psychosis	0.2%	3
Chronic serious mental illness	0.2%	3
Severe depressive illness	3%	40
Mild-moderate depressive illness & anxiety	10-15%	134 - 201
Post-traumatic stress disorder	3%	40
Adjustment disorders & distress	15-30%	201 - 402

Maternal obesity, smoking, breastfeeding

- In 2023/24, 26.3% of women in West Berkshire were classified as obese during pregnancy (355 women), statistically similar to the South East (25.1%) and England (26.2%) averages.
- 5.9% of women smoked during pregnancy in West Berkshire in 2023/24 (78 women), statistically similar to the South East (6.8%) but significantly lower than England (7.4%).
- 75.5% of babies were breastfed at birth in West Berkshire in 2023/24, similar to the South East (74.2%) but significantly higher than England (71.9%); however, this means that 24.5% of newborn babies were not breastfed at birth in West Berkshire (310 babies).
- In 2023/24, 56.2% of babies in West Berkshire were breastfed at 6-8 weeks, which means 43.8% (620 babies) were not breastfed at 6-8 weeks. The proportion of breastfeeding babies in West Berkshire at 6-8 weeks was similar to the South East average of 57.1% but significantly higher than England (52.7%).

Low birth weight and infant mortality

Low birth weight

- 2.6% of full term babies born in West Berkshire in 2022 had a low birth weight (under 2,500 grams), equivalent to 36 babies.
- Whilst this proportion was similar to the South East (2.6%) and England (2.9%), it was the third highest compared with its 15 NHS statistical neighbours*.

Infant mortality

- Between 2021-23, 20 babies in West Berkshire died under the age of one, equivalent to a rate of 4.5 per 1,000 live births, similar to rates in the South East (3.3) and England (4.1), however, the infant mortality rate in West Berkshire was the second highest compared with its statistical neighbours*.
- It is important to note, that the actual number of deaths each year is very small which means the rates are subject to large annual variation and therefore should be interpreted with caution.

Infant mortality rate per 1,000 live births (2021-23) – West Berkshire and its nearest statistical neighbours

Area	Value	
England	4.1	
Neighbours average	-	
Warwickshire	4.7	
West Berkshire	4.5	
Worcestershire	4.5	
Calderdale	4.3	
Warrington	4.1	
Nottinghamshire	4.1	
Gloucestershire	3.7	
Central Bedfordshire	3.6	
Shropshire	3.5	
Buckinghamshire UA	3.5	
Darlington	3.5*	
Cheshire West and Chester	3.3	
South Gloucestershire	2.9	
Cheshire East	2.8	
Wiltshire	2.7	
Windsor and Maidenhead	2.6*	

*Areas similar to one another across a range of demographic and socio-economic characteristics
 Source: [1] Child and Maternal Health | Fingertips | Department of Health and Social Care



Immunisations

- The uptake of childhood immunisations in West Berkshire in 2023/24 were above the national target of >95% for the majority of vaccinations.

Flu vaccination

- 63.6% of two year olds and 63.3% of three year olds in West Berkshire 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%.
- 74.2% of primary school children in West Berkshire in 2023/24 received the flu vaccination, above the minimum national coverage target of >65%.

Vaccination coverage for childhood immunisations among children aged 0-5 years (2023/24)

Immunisation	Age group	West Berkshire	South East	England
DTaP IPV Hib HepB	12 months	95.9	93.5	91.2
MenB	12 months	95.5	92.9	90.6
Rotavirus	12 months	93.7	90.8	88.5
PCV	12 months	96.1	94.9	93.2
DTaP IPV Hib HepB	24 months	96.3	94.0	92.4
MenB booster	24 months	94.1	90.3	87.3
MMR (one dose)	24 months	95.3	91.5	88.9
PCV booster	24 months	95.2	90.7	88.2
Hib & MenC booster	24 months	95.3	91.0	88.6
DTaP & IPV booster	5 years	90.8	85.5	82.7
MMR (one dose)	5 years	96.5	93.5	91.9
MMR (two doses)	5 years	91.9	86.8	83.9

<90%	Under minimum coverage level required
90% to 95%	Met minimum coverage level; not met target
> 95%	Met or exceeded coverage target

Adverse childhood experiences (ACEs)

Adverse childhood experiences (ACEs) include various forms of physical and emotional abuse, neglect and family dysfunction.

- The tables shows the possible range of numbers of children aged 0-18 years who may have experienced ACEs in West Berkshire in 2024.

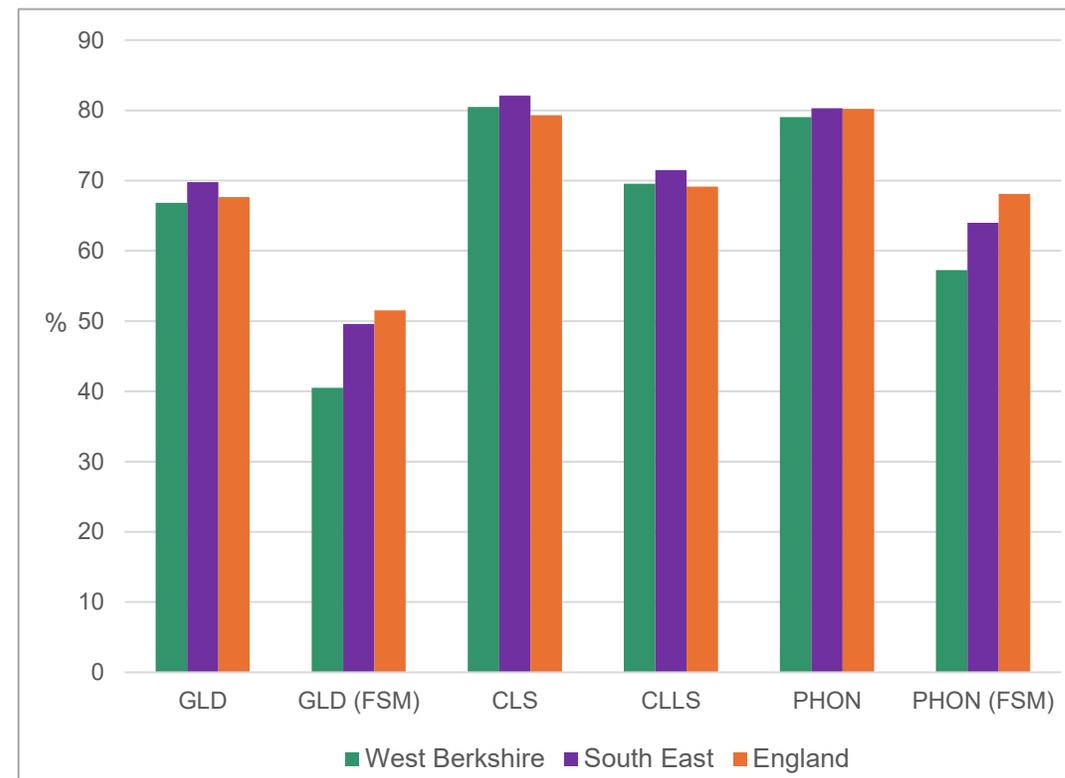
Estimated number of 0-18 year olds who experienced ACEs in West Berkshire (2024)

Adverse childhood experience	Estimate range	Low estimate	High estimate
Parental separation or divorce	18-25%	6,751	9,376
Emotional/psychological/verbal abuse	17-23%	6,376	8,626
Childhood physical abuse	14-17%	5,250	6,376
Exposed to domestic violence	12-17%	4,500	6,376
Household mental illness	11-18%	4,125	6,751
Household alcohol abuse	9-14%	3,375	5,250
Household drug abuse	4-6%	1,500	2,250
Childhood sexual abuse	3-10%	1,125	3,750
Household member in prison	3-5%	1,125	1,875

School Readiness

- There were 13,066 pupils attending primary schools in West Berkshire in 2023/24.
- At the end of Reception, 66.8% of pupils in West Berkshire had achieved a good level of development, significantly lower than the South East (69.8%) but similar to England (67.7%).*
- In West Berkshire, 40.5% of children who were eligible for free school meals achieved a good level of development, significantly lower than the South East (49.6%) and England averages (51.5%).*
- Pupils achieving expected levels in communication and language skills, and in communication, language and literacy skills by the end of Reception were higher in West Berkshire compared with England.
- Year 1 phonics screening checks in West Berkshire were similar to the South East and England.

School readiness in primary school children (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)

*Note that provisional data for 2024/25 on school readiness appears to show that there has been an increase in the overall percentage of children achieving a good development in West Berkshire and also an increase among children who were eligible for free school meals.

Sources: [1] Schools, pupils and their characteristics, Academic year 2024/25 - Explore education statistics - GOV.UK [2] Child and Maternal Health - Data | Fingertips | Department of Health and Social Care



Education and dental health – Primary Years

Key Stage 2 attainment

- In 2023/24, 55.0% of Year 6 pupils (10-11 year olds) in West Berkshire met the expected standard in reading, writing and maths, significantly lower than the South East (60.8%) and England (61.1%). This means that 45.0% of pupils did not meet the standard.

Dental health

- 16.9% of five year olds in West Berkshire experienced tooth decay in 2021/22, similar to the South East average (21.2%) but significantly lower than the England average (23.7%).
- Five year olds in West Berkshire had an average of 0.51 decayed, missing or filled teeth in 2021/22, similar to the South East (0.72) but significantly lower than England (0.84).

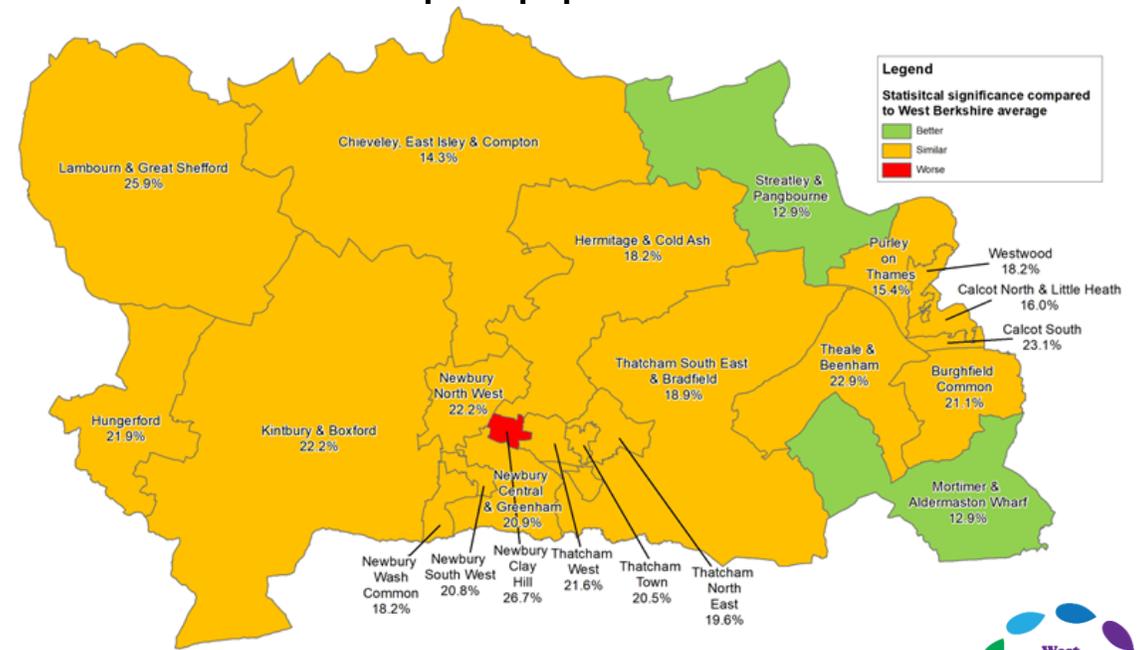
Healthy weight – Reception pupils

- In 2023/24, 1.0% of all Reception pupils (4-5 year olds) in West Berkshire were underweight, the same as the South East and similar to England (1.2%).
- 21.0% of pupils were overweight or obese (excess weight), equivalent to around 305 pupils. Prevalence of excess weight in West Berkshire was similar to the averages in the South East (20.8%) and England (22.1%).
- Prevalence of excess weight among children in Reception varies within West Berkshire.
 - In 2021/22 to 2023/24, 1 small area (MSOA*) in West Berkshire had a significantly higher prevalence of excess weight than the West Berkshire average (19.7%), which was Newbury Clay Hill (26.7%) (this area is highlighted in red on the map).

Inequalities

- The prevalence of excess weight among Reception pupils living the 20% most deprived areas of West Berkshire was 32.7% (2021/22-2023/24). This was significantly higher than the prevalence among children living in the 20% least deprived areas of 18.9%.

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



*MSOA – Middle layer Super Output Area is a small geographical area comprising of between 5,000-15,000 people.

Sources: [1] Obesity, physical activity and nutrition - Data | Fingertips | Department of Health and Social Care [2] Local analysis of National Child Measurement Programme (NCMP) data



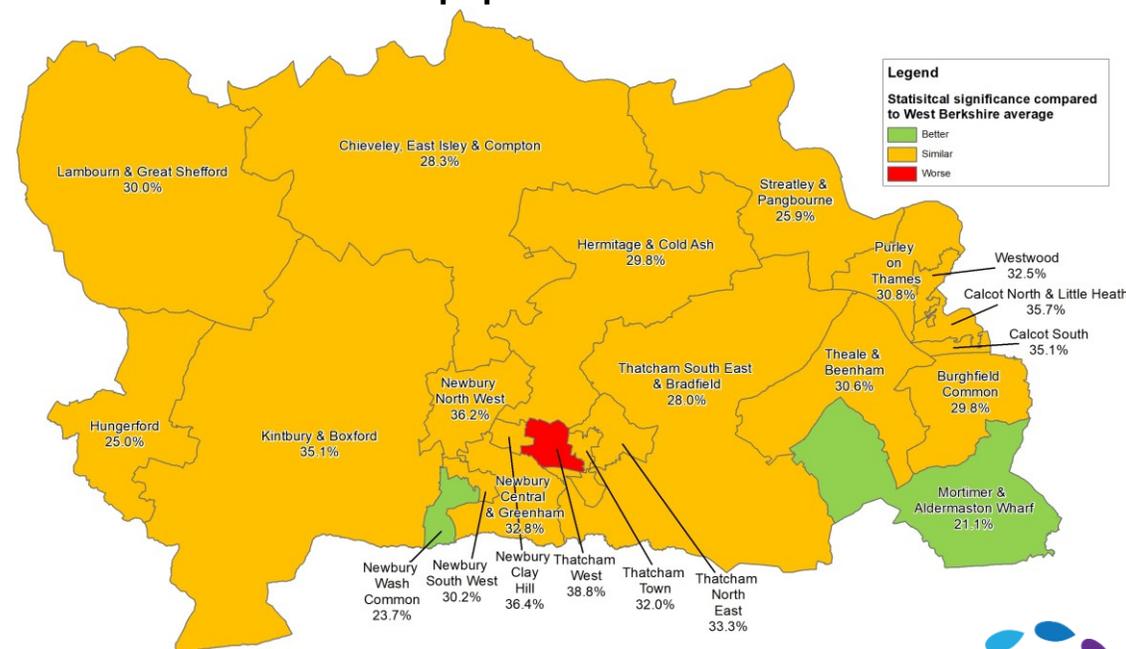
Healthy weight – Year 6 pupils

- In 2023/24, 1.2% of all Year 6 pupils (10-11 year olds) in West Berkshire were underweight, similar to averages in the South East and England (both 1.7%).
- 32.9% of pupils were overweight or obese, equivalent to around 550 pupils. This prevalence was similar to the South East average (32.7%) but significantly lower than the England average (35.8%).
- Prevalence of excess weight among children in Year 6 varies within West Berkshire.
 - In 2021/22 to 2023/24, 1 small area (MSOA*) in West Berkshire had a significantly higher prevalence of excess weight than the West Berkshire average (31.1%), which was Thatcham West (38.8%) (this area is highlighted in red on the map).

Inequalities

- The prevalence of excess weight among Year 6 pupils living in the top 20% most deprived areas was 34.9% (2021/22-2023/24), higher than the prevalence of Year 6 children living in the 20% least deprived areas of 28.7%, although this was not a statistical difference.

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



*MSOA – Middle layer Super Output Area is a small geographical area comprising of between 5,000-15,000 people.

Sources: [1] [Obesity, physical activity and nutrition - Data | Fingertips | Department of Health and Social Care](#) [2] [Local analysis of National Child Measurement Programme \(NCMP\) data](#)



Mental wellbeing – Primary Years

- 2.6% of primary school pupils* in West Berkshire (354 pupils) had social, emotional and mental health (SEMH) needs in 2022/23, similar to the South East (2.9%) and England (2.8%) averages.
- Since 2015/16, the proportion of primary schools pupils with SEMH needs has increased in West Berkshire from 1.5% to 2.6%, which appears to be similar to the trend seen nationally.
- In 2024, an estimated 727 children aged 8-10 years had a possible mental health disorder in West Berkshire, whilst an additional 941 children had a probable mental health disorder meaning that in total 1,668 children aged 8-10 years were estimated to have either a possible or probable mental health disorder.

*This includes pupils from all state-funded primary. It does not include pupils from special schools, alternative provision schools or independent schools.

Sources: [1] [Child and Maternal Health - Data | Fingertips | Department of Health and Social Care](#)[2] [Mental Health of Children and Young People in England, 2023 - wave 4 follow up to the 2017 survey - NHS England Digital](#) [3] [ONS 2024 mid-year estimates from Nomis](#)



Children who may need extra support – Secondary years

- During 2023/24, 2,695 children in West Berkshire had an episode of need at some point during the year.
- As of 31 March 2024, there were 1,065 children in need (CIN) in West Berkshire; the CIN rate in West Berkshire (301.5 per 10,000 children under 18) was similar to the South East rate (316.5) but significantly lower than the England average (332.9).
 - Abuse or neglect (45.6%), family in acute stress (15.9%), and family dysfunction (15.9%) were the three most common primary needs among children in need in West Berkshire.
 - 7.6% of children in need in West Berkshire had a disability recorded (81 children) – a learning (44.4%) or mobility disability (40.7%), followed by autism (38.3%) were the three most common disabilities recorded (children can have more than one disability recorded).
- There were 191 children in need on Child Protection Plans (CPP) in West Berkshire as of 31 March 2024; this is a rate of 54.1 per 10,000 children under 18, which was significantly higher than the rates in the South East (37.7) and England (41.6).

Children who may need extra support – Secondary years (2)

- There were 187 children in care in West Berkshire as of 31 March 2024; this is equivalent to a rate of 52.9 per 10,000 children under 1, similar to the South East (56.2) but significantly lower than England (69.7).
 - The majority of children in care in West Berkshire were under 16 (70%), male (65%) and of White ethnicity (80%).
 - 25 of the 187 children in care in West Berkshire were unaccompanied asylum-seeking children (13.4%) – this compares with 14.3% in the South East and 8.8% in England.
- In 2024/25, 15.2% of pupils (4,009) in state funded-schools in West Berkshire received special educational needs (SEN) support/SEN without an Education, Health and Care Plan (EHCP), significantly higher than the South East (13.7%) and England (14.0%). Whilst 1,315 pupils (5.0%) had an EHCP, significantly lower than the South East (5.3%) but similar to England (5.2%).
- Numbers and proportions of SEN pupils receiving support and pupils with an EHCP have risen year on year since 2019/20 in West Berkshire (as they have regionally and nationally).
- The most common types of need for children with SEN in West Berkshire in 2024/25 were: autistic spectrum disorder (1,354, 25.4%), a specific learning disability (999, 18.8%), and social, emotional and mental health needs (944, 17.7%) (children can have more than one need).

Education – Secondary Years

- 70.0% of Year 11 pupils in West Berkshire in 2023/24 achieved grade 4 or above (a ‘standard’ pass) in their English and Mathematics GCSEs, significantly higher than the South East (67.4%) and England (65.4%) – this means that 30.0% of pupils in West Berkshire failed to achieve a standard pass.
- 48.9% of pupils in West Berkshire 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 West Berkshire (which measures the average achievement of pupils in up to eight qualifications) among Year 11 pupils in 2023/24 was 48.0 compared with 47.2 for the South East and 46.1 for England.
- 15.5% (4,111 pupils) of state-funded pupils (all school types) were known to be eligible for free school meals (FSM) in West Berkshire in 2024/25, significantly lower than the South East (20.6%) and England (25.7%). Since 2015/16, the proportion of pupils eligible for FSM has increased in West Berkshire from 6.8% to 15.5% (it has also increased regionally and nationally).
- In 2023/24, 2.6% of 16-17 year olds in West Berkshire (96 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%) averages.

Mental wellbeing – Secondary Years

- In West Berkshire, 2.5% of secondary school pupils (315 pupils) had social, emotional and mental health needs in 2022/23, significantly lower than the averages for the South East (3.4%) and England (3.5%). Since 2015/16, this proportion has increased in West Berkshire from 1.6% (similar to the trend regionally and nationally).
- In 2024, an estimated 1,628 children aged 11-16 years had a possible mental health disorder in West Berkshire, whilst an additional 3,081 children had a probable mental health disorder. In total, 4,710 children aged 11-16 were estimated to have either a possible or probable mental health disorder in West Berkshire.
- 30 children aged 10-14 were admitted to hospital in West Berkshire in 2022/23 as a result of self-harm, equivalent to a rate of 275.3 per 100,000, which was similar to the rates in the South East (240.7) and England (251.2). Although a fall in the most recent period, the rate in West Berkshire has increased by more than 2.5 times since 2018/19.
- 50 young people aged 15-19 were admitted to hospital in 2022/23 in West Berkshire due to self-harm, equivalent to a rate of 526.5 per 100,000. This rate was statistically similar to the South East (557.7) and England (468.2) averages.

Lifestyles – Secondary Years

- National estimates for a range of risky lifestyle behaviours have been applied to 11-15 year olds in West Berkshire in 2024.
- These figures estimate that in West Berkshire in 2024:
 - Over 1,200 children tried smoking
 - Around 1,000 were e-cigarettes users
 - 800 drank alcohol in the last week
 - Around 1,400 children had taken drugs at some point

Lifestyle behaviour estimates among 11-15 year olds in West Berkshire (2024)

Lifestyle	England prevalence	West Berkshire number
Ever tried smoking	11.3%	1,269
Current smokers	3.3%	372
Smoked in the last week	1.8%	197
Ever used e-cigarette	24.8%	2,785
Current e-cigarette users	8.7%	981
Ever had an alcoholic drink	37.0%	4,157
Drunk alcohol in last week	7.2%	804
Ever taken drugs	12.6%	1,411
Taken drugs in last year	9.3%	1,042
Taken drugs in last month	5.2%	586

Live Well



Live Well Summary



Cancers account for **over a 6th** (17.3%) of the overall burden of disease across all age groups



In recent time periods, **deprivation inequality in life expectancy** has been **increasing** for females (after a period of decreasing inequality)



Women can expect to **live longer** than men (84.6 years vs 81.3) but live a longer proportion of time **in poor health** (19% vs 17%)



Over the last decade, the number of **years spent in poor health** in has increased by about **2 years** for both males and females (2011-13 - 2021-23)



People with a **serious mental illness** are over **5 times** more likely to die under the age of 75 than those without - the **8th** highest rate in England



Ethnicity, being **born outside the UK**, **socioeconomic status** and **deprivation** level, explain **almost all** of the difference in West Berkshire's premature mortality compared the local authority with the lowest rate of premature mortality



The number of people living with **hypertension** is predicted to increase by 8.6% from 26,000 people to **28,000** people by 2047



6 out of 10 adults (18 yrs+) were classed as **overweight or obese** in West Berkshire, equivalent to around **77,980 people**

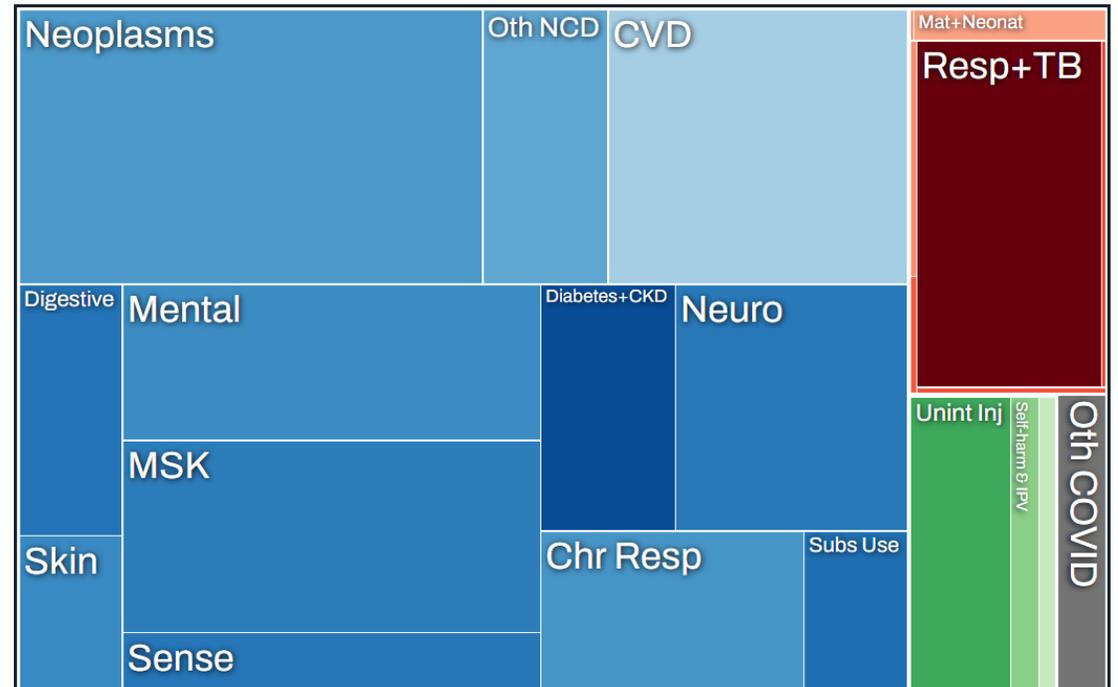
The freedoms of adult life give opportunities for **careers, child-raising, community activities and social life**, but all of these have **associated risks to health**. Behaviours and experiences sustained over a long period can have a significant effect on the risk of developing long term conditions,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

Burden of disease and death

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

- The tool estimates that the highest burden of disease across all age groups in West Berkshire is cancers (neoplasms) (17.3% of total DALYs*), followed by cardiovascular diseases (11.2%), musculoskeletal diseases (10.9%), mental health (8.8%) and respiratory diseases (8.8%).
- The top three risk factors that are driving this in West Berkshire are tobacco, high BMI and high fasting plasma glucose.
- The highest burden of disease in terms of deaths, is cancers, contributing to 29.0% of deaths, followed by cardiovascular diseases (21.2%) and respiratory diseases (16.7%).

Causes of Disability Adjusted Life Years (DALYs) in West Berkshire - all ages (2021)



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

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

Source: [1] Institute for Health Metrics and Evaluation - [Global Burden of Disease](#)



Life Expectancy (LE)

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

- In 2021-23, the **average LE for males in West Berkshire was 81.3 years and 84.6 for females**, both statistically higher than the England average.
- LE increased very slightly for males and remained the same for females compared to the previous time period (2020-22).
- In recent decades LE has risen steadily however, since the COVID-19 pandemic improvements in LE have stalled with LE decreasing for males and females in West Berkshire – for males this is the second period in a row where LE has increased, which shows that LE may be recovering.

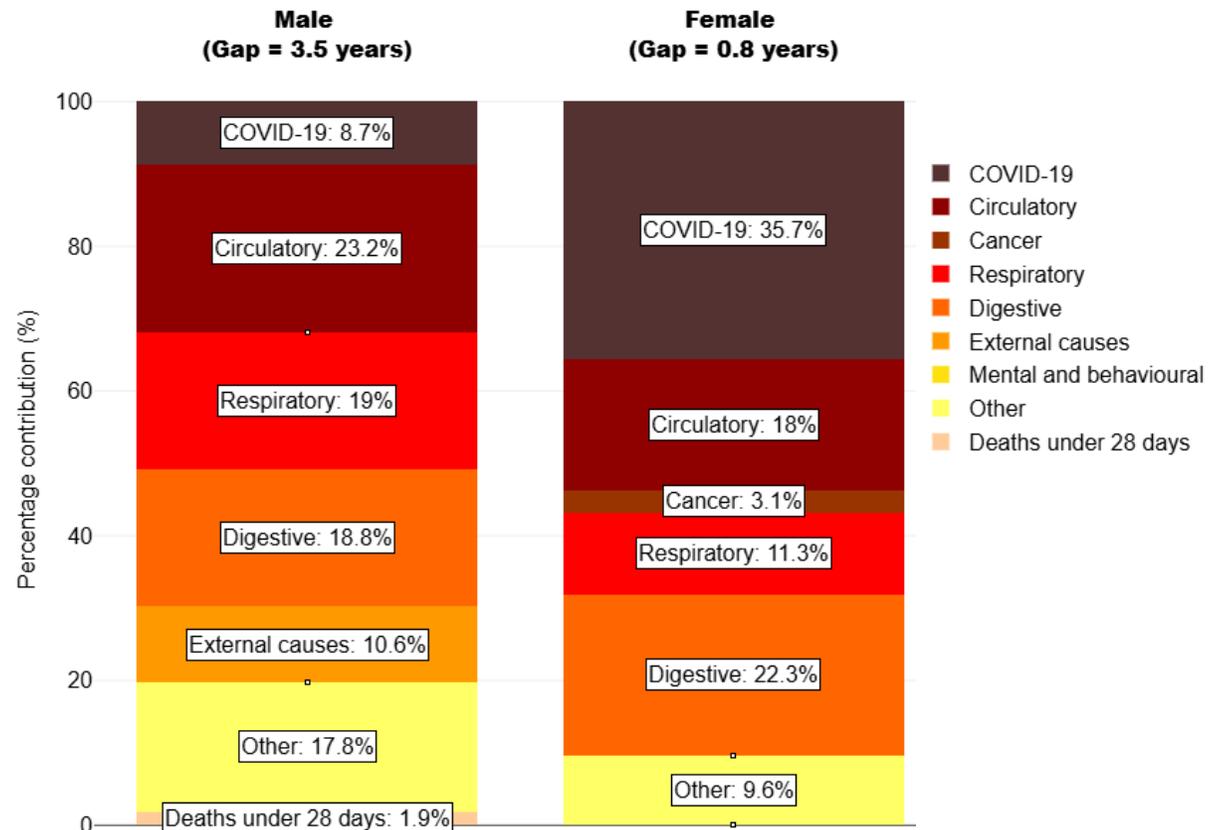
Inequalities in Life Expectancy

- It is estimated that in 2021-23, the difference in LE for females living in the most and least deprived areas in West Berkshire was, on average 4.6 years. Among males, the gap is higher at 5.5 years.
- In recent time periods, inequality in LE has been increasing for females (but following a period of decreasing inequality).

Contributors to the gap in life expectancy

- The biggest contributors to the gap in life expectancy between the 20% most and 20% least deprived areas amongst males in 2020-21 in West Berkshire was cardiovascular diseases (23.2%), such as heart disease or stroke. This is followed by respiratory (19.0%) and digestive diseases (18.8%).
- For females, the biggest contributor to the gap in life expectancy in 2020-21 was COVID-19 (35.7%), followed by digestive (22.3%) and circulatory diseases (18.0%).

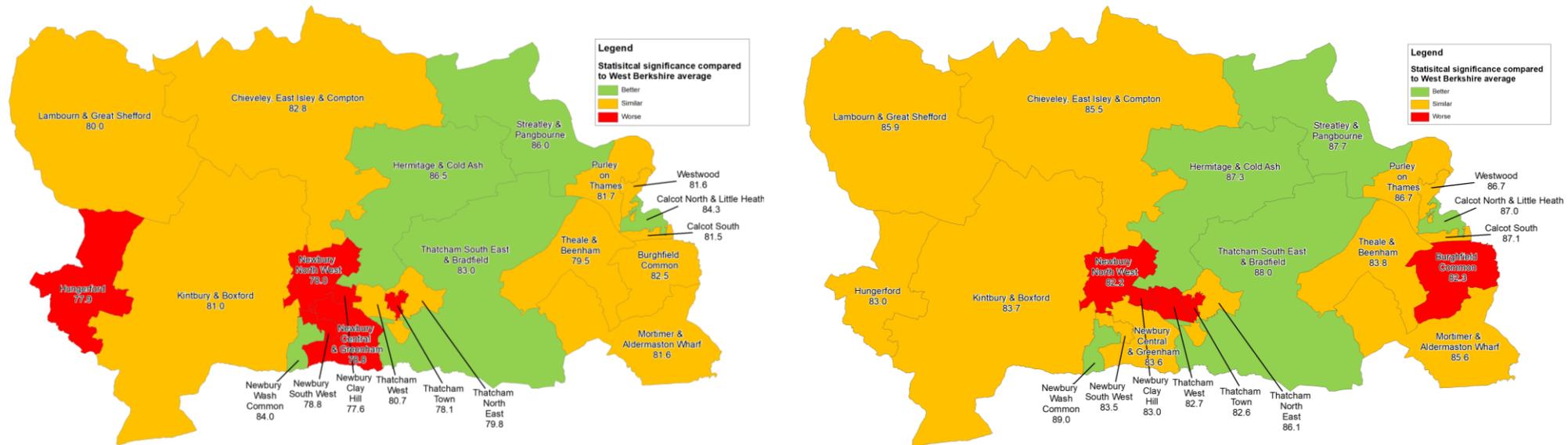
Percentage contribution to the gap in life expectancy between most and least deprived quintiles (2020-21)



Variation in Life Expectancy within West Berkshire

- There is geographical variation within West Berkshire with male life expectancy ranging from 86.5 years in Hermitage & Cold Ash, to 77.6 years in Newbury Clay Hill, a difference of 8.9 years.
- Female life expectancy ranges from 89.0 years in Newbury Wash Common to 82.2 years in Newbury North West, a difference of 6.8 years.
- There are 6 small areas (MSOAs*) in West Berkshire that have a life expectancy that is statistically lower than the West Berkshire average for males, and 4 small areas for females (these are highlighted in red on the map).

Life Expectancy at birth (2019-23) by MSOA in West Berkshire – Males (left) and Females (right)



Note that these life expectancy values are based on provisional population data.

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

Source: [1] Local health, public health data for small geographic areas - Data | Fingertips | Department of Health and Social Care

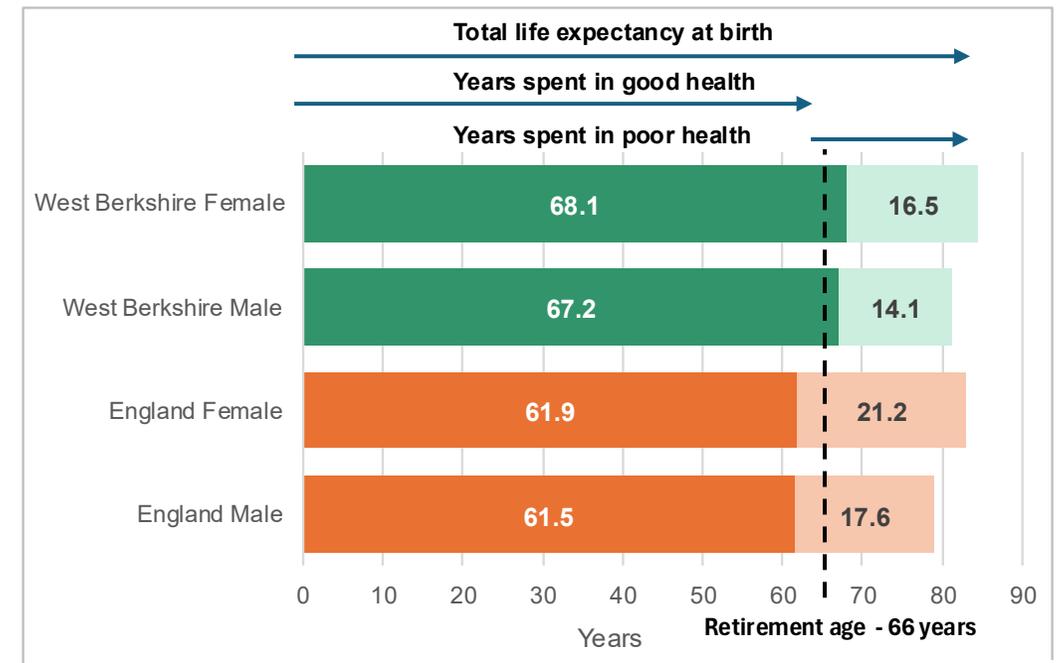


Healthy Life Expectancy (HLE)

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

- In West Berkshire **HLE estimates are 67.2 years for men and 68.1 years for women** (2021-23). These estimates are above the regional and national averages. In the latest time-period, female HLE is the second lowest and males HLE matches the lowest it has been in West Berkshire in the last 10 years.
- Men in West Berkshire, live an average of 14.1 years in poor health, meaning that **17.4% of their life is spent in poor health** (compared to 22.2% across England).
- Women in West Berkshire, live an average of 2.4 more years than men in poor health (16.5 years), meaning that **19.5% of their life is spent in poor health** (compared to 25.5% across England) .
- Between 2011-13 and 2021-23, the number of years spent in poor health in for both males and females appears to have worsened. For males this has increased from 12.3 years to 14.1 and for females from 14.2 years to 16.5.

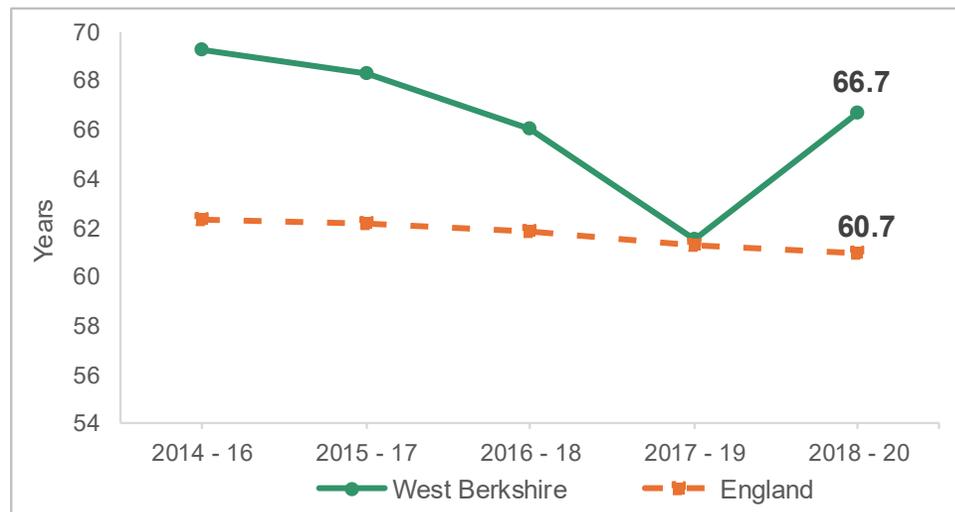
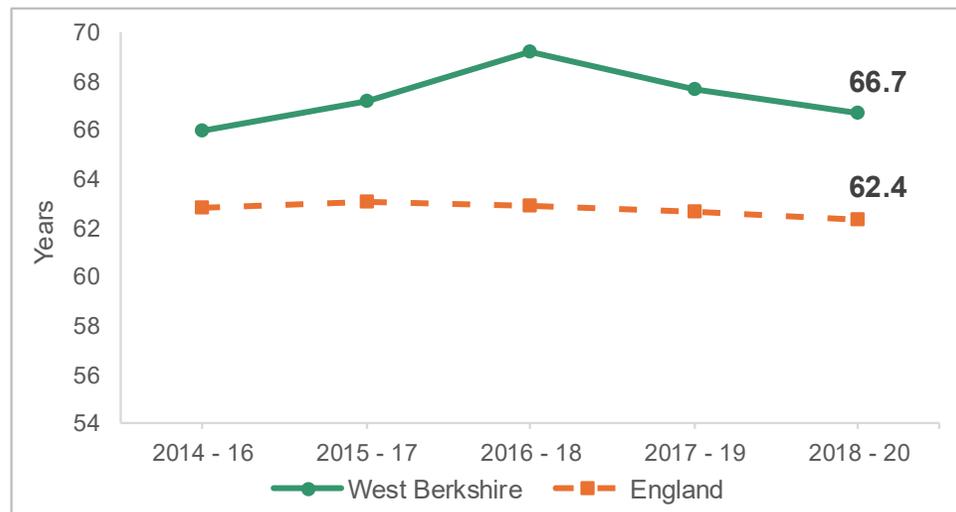
Life Expectancy and Health Life Expectancy (2021-23)



Disability free life expectancy (DFLE)

- 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 was 66.7 years for both males and females in West Berkshire. These were both statistically better than the national and South East averages for males (62.4 and 64.3, respectively) and females (60.9 and 63.1 respectively).
- In recent time periods, the DFLE for males has decreased, despite a small overall increase from 2014-16 to 2018-20 of 0.7 years. For females, overall DFLE has decreased in West Berkshire by 2.6 years from 69.3 years in 2014-16 to 66.7 years in 2018-20, despite a significant increase in the latest time period.

Disability Free Life expectancy in West Berkshire and England – Males (left) and Females (right)



Please note that the y-axis of the charts do not start at 0.

Source: [1] Public Health Outcomes Framework - Data | Fingertips | Department of Health and Social Care



Premature mortality

Premature deaths describe any death of a person less than 75 years of age.

- In 2021 to 2023 there were 1,199 premature deaths in West Berkshire, equivalent to a rate of 266.3 per 100,000. This rate is significantly lower than the national (349.1) and regional (304.6) averages and one of the lowest in the South East region.
- It appears that rates of premature mortality are decreasing again after a slight increase during the COVID-19 pandemic, which is similar to the trend seen nationally.
- In West Berkshire, 510 premature deaths (42.5% of all premature deaths) were caused by cancer in 2021 to 2023 (compared to 34.7% in England).

Under 75 excess mortality rate is a calculation of how much more likely people with a serious mental illness (SMI) are to die before the age of 75 compared to people without a SMI. A rate of 0% would mean no difference in risk and a rate of 100% would mean twice the risk.

- Between 2021 and 2023, the excess under 75 mortality rate in adults with SMI was 525.2% in West Berkshire. This is statistically higher than the England and South East rates and the 8th highest rate in England. This means in those with a SMI in West Berkshire are over 5 times more likely to die under the age of 75 compared to those without.

Premature & preventable mortality

Existing evidence suggests mortality rates vary depending on ethnicity, being born outside the UK, socioeconomic status and an area's deprivation level.

- West Berkshire's premature mortality rate is 21% higher than Richmond upon Thames, the local authority with the lowest rate in England and Wales.
- After accounting for ethnicity, being born outside the UK, socioeconomic status and deprivation level, West Berkshire's premature mortality rate decreased to 1% higher than Richmond upon Thames.
- This means that these factors explain almost all of the difference in West Berkshire's premature mortality compared to Richmond upon Thames.

Preventable mortality is that deaths are considered preventable if they could mainly be avoided through effective public health and primary prevention interventions.

- There were 487 deaths under the age of 75 were considered preventable in West Berkshire in 2021 to 2023, equivalent to a rate of 108.5 per 100,000, significantly lower than the regional (138.2) and national averages (163.7).

Disability & 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, 14.7% of people in West Berkshire are disabled under the Equality Act with 5.1% of the total population reported being limited or a lot in their day-to-day activities and 9.6% limited a little.

General health

- In 2021, 3.4% reported their general health to be bad or very bad (5,405 people), compared to 5.0% in England.

Learning disabilities

- In 2025, 2,305 people (aged 18-64 years) are estimated to be living in West Berkshire with a learning disability.
- Currently in West Berkshire, 852 people (0.5%) with a learning disability are registered on GP practice registers in 2023/243.

Long term conditions

Long term or chronic conditions are conditions that generally lasts a year or longer and impacts on a person's life.

- Patient records from GP practice registers provide data of patients diagnosed with selected long term conditions.
- The long term conditions with the highest prevalence in West Berkshire were:
 - Hypertension (16.4%)
 - Depression (13.1%)
 - Asthma (6.7%)
 - Non-diabetic hyperglycaemia (6.4%)

Prevalence of selected long term conditions recorded on GP registers among people in West Berkshire – all ages (2025)

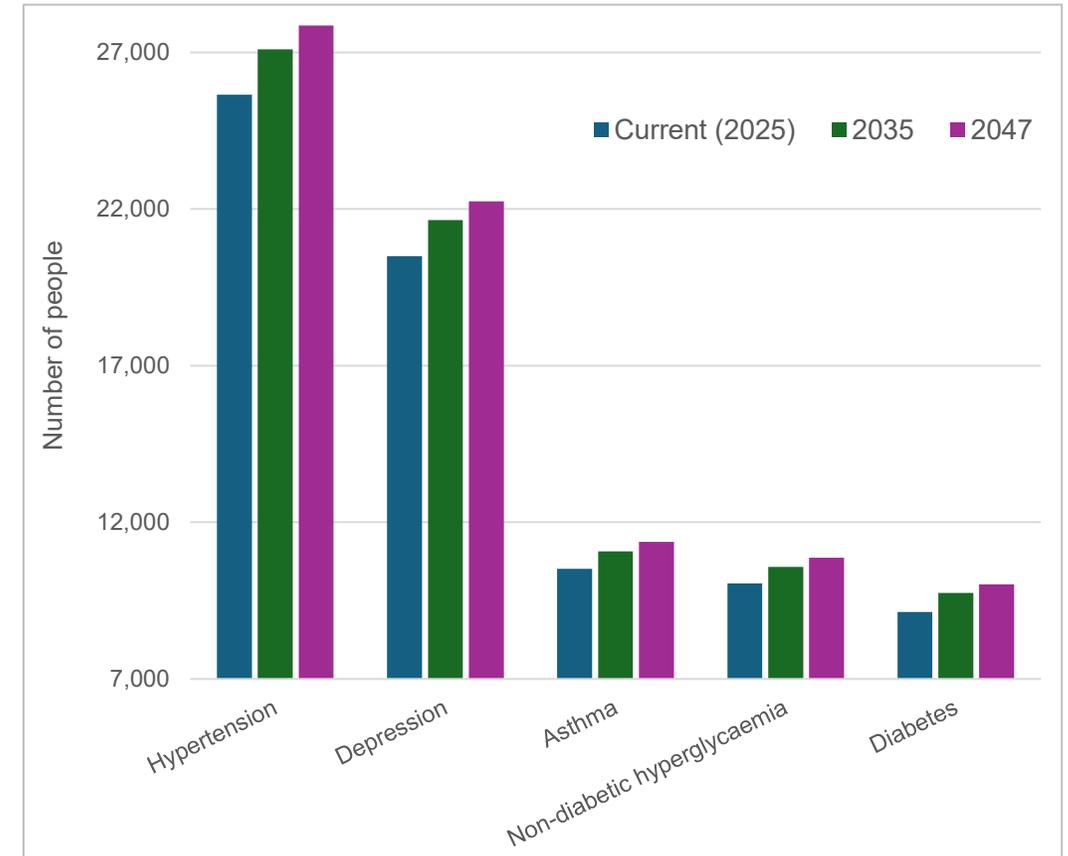
Long term condition	Number of people	Prevalence (%)
Asthma	10,512	6.7
Atrial Fibrillation	3,952	2.5
Cancer	7,220	4.6
CHD	4,054	2.6
CKD	6,772	4.3
COPD	2,464	1.6
Dementia	1,307	0.8
Depression	20,491	13.1
Diabetes	9,142	5.9
Epilepsy	1,065	0.7
Heart failure	2,013	1.3
Hypertension	25,651	16.4
Learning disability	863	0.6
Mental health	1,141	0.7
Non-diabetic hyperglycaemia	10,045	6.4
Osteoporosis	700	0.4
Palliative care	737	0.5
Peripheral arterial disease	713	0.5
Rheumatoid arthritis	1,067	0.7
Stroke and TIA	2,866	1.8

Long term conditions (2)

The number of people living with long term conditions is predicted to increase as a result of the ageing population because of increasing life expectancy.

- In 2023/24, there were 25,651 people in West Berkshire with hypertension. This is predicted to increase to 27,856 people by 2047 (8.6%).
- The number of people with depression, asthma, non-diabetic hyperglycaemia and diabetes is predicted to also rise by 2047.

Current and predicted number of people in West Berkshire with some of the most common long term conditions



Please note that these numbers are crude estimates that assume the current proportion of over 65s diagnosed with these conditions will remain the same going forward.

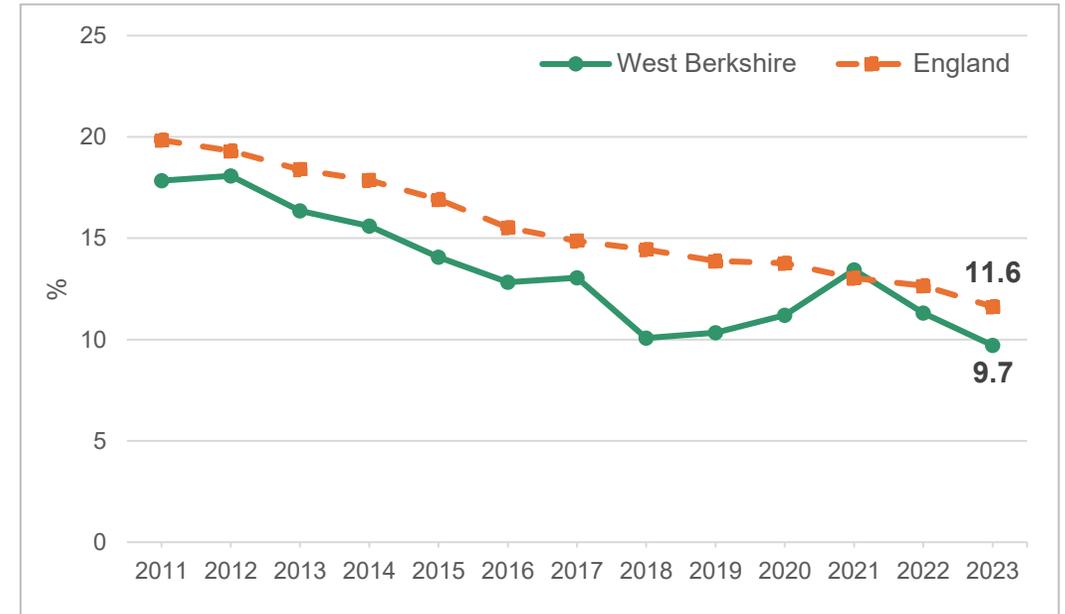
Sources: [1] Connected Care System Insights accessed August 2025 [2] [Population projections for local authorities by single year of age and sex, England - Office for National Statistics](#)



Smoking Prevalence

- In 2023, 9.7% of the adult population (aged 18+ years) were estimated to be current smokers in West Berkshire, equivalent to around 12,420 people. This prevalence is statistically similar to the England average (11.%)¹.
- Smoking prevalence in West Berkshire has decreased by 45.6% between 2011 and 2023.
- In West Berkshire, residents who rent from local authorities / housing associations are more likely to smoke in relation to the England average, although this is not a statistical difference (35.7% vs 24.9%).
- By socioeconomic group, smoking prevalence is highest for those in routine and manual roles (15.1%), followed by those who have never worked or in long term unemployment (13.2%), both lower than the national averages for these groups, although not statistically different.
- In 2017-19 there were 407 deaths attributable to smoking in West Berkshire, equivalent to a rate of 149.9 per 100,000.

Smoking prevalence in adults (aged 18 and over)



Healthy Weight, Physical Activity & Diet

Healthy Weight

- In 2023/24, 6 out of 10 adults (18 yrs+) were classed as overweight or obese in West Berkshire (60.9%), equivalent to around 77,980 people.
- This is a decrease compared to the previous year (65.3%) but remains similar to the England average of 64.5%.

Physical Activity

- In 2023-24, 3 out of 4 adults aged 16+ years (76.5%) in West Berkshire met the recommended 150 minutes of moderate intensity physical activity per week in 2023/24, which is well above the South East (66.8%) and national (63.7%) averages. This ranked West Berkshire 5th highest of all 317 English Local Authorities.
- Despite this, this means that nearly 1 in 4 adults (23.5%) are not meeting physical activity recommendations.

Diet

- The percentage of adults (16+ yrs) who reported eating 5 or more portions of fruit and vegetables a day in West Berkshire in 2023/24 was 36.9%, significantly above the England average (31.3%).

Substance use - Alcohol

- In 2023/24, there were 605 adults in structured drug and alcohol treatment in West Berkshire. Since 2009/10 there has been an overall increase in the numbers in treatment.
- There were 2,129 hospital admissions due to alcohol-related harm* in 2023/24, a rate of 1,263 per 100,000 population. This remains statistically better than the national and regional averages.
- In West Berkshire, there has been an overall increase in the rate of hospital admissions due to alcohol-related harm* among men since 2020/21, however this remains better than the national average.
- There were 44 alcohol-related deaths in West Berkshire in 2023, a rate of 26.2 per 100,000, significantly lower than the national (40.7) and regional (35.6) averages.
- In 2023, 39.5% of clients completed alcohol treatment successfully (did not re-present to treatment within 6 months). This is statistically similar than the England (34.2%) and South East (34.3%) averages.

*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.

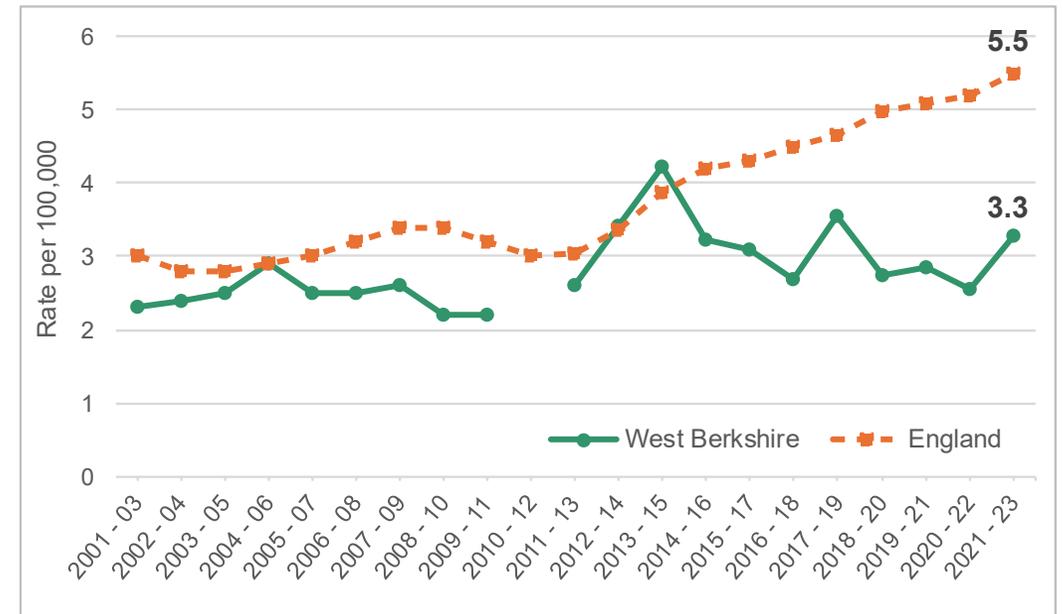
Sources: [1] [NDTMS - ViewIt – Adult](#) [2] [Alcohol Profile | Fingertips](#) | Department of Health and Social Care



Substance use - Drugs

- In 2023/24, there were 215 adults in structured opiate treatment (e.g. Heroin, Morphine) and 120 adults for non-opiate only treatment (e.g. Cannabis, Cocaine) in West Berkshire.
- In 2023, 5.8% of clients completed opiate drug treatment successfully and 34.9% for non-opiate. Both of these percentages were slightly higher than the England averages, although these were not significant differences.
- In the period 2021-23 there were 15 deaths from drug use, a rate of 3.3 per 100,000 population, statistically lower than the national average (5.5) but similar to the South East average (4.3).
- In England, the rate of deaths from drug use appears to be increasing, but the trend in West Berkshire is less clear.

Deaths from drug misuse per 100,000 population (2001-03 to 2021-23)



Mental Health

Self-Reported Personal Wellbeing

The Office for Health Improvement and Disparities (OHID) has developed four key indicators for self-reported wellbeing, including life satisfaction, happiness, anxiety and feelings of worthwhileness.

- Self-reported wellbeing in West Berkshire was comparable to regional and national wellbeing estimates in 2022/23.
- Of West Berkshire residents, 3.7% reported a low life satisfaction score (compared to 5.6% nationally), 8.8% reported a low happiness score (8.9% nationally) and 4.8% reported a low worthwhile score (4.4% nationally).
- Of all indicators, the percentage of residents reporting a high anxiety score was highest with 24.4% in West Berkshire, slightly higher than 24.0% regionally and 23.3% nationally, although not statistically different.

Depression

- In 2022/23, in West Berkshire there were 17,231 patients diagnosed with depression. This is equivalent to 13.9% of all registered patients, which is significantly higher than the England average prevalence of 13.2%. Similar to the regional and national trend the prevalence of depression in West Berkshire has been increasing since 2012/13 however the increase seen has been larger in West Berkshire.

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

Sources: [1] [Personal well-being in the UK](#) - Office for National Statistics [2] [Mental health and wellbeing JSNA | Fingertips](#) | Department of Health and Social Care



Mental Health - Loneliness & Social Isolation

- In the period 2021/22 - 22/23, the percentage of adults who felt lonely often or always in West Berkshire was 4.5%, statistically better than the regional (6.1%) and national averages (6.8%) and the second lowest percentage in the South East.
- Despite a small increase in the last time period, the percentage of those feeling lonely has decreased by 15%, which is different from the national trend where there has been an overall increase.
- The percentage of adult carers (aged 18+) who have as much social contact as they would like in West Berkshire was statistically similar to the national average (28.3% vs 30.0% respectively). Levels have decreased significantly in recent years by 19.4 percentage points since 2012/13.

Self harm and deaths by suicide

Hospital admissions for self-harm

- In the latest time period, there was a significant fall in the rate of emergency hospital admissions for intentional self-harm compared to the previous year in West Berkshire, resulting in the rate (91.3 per 100,000) being lower than the national average (117.0) and one of the lowest out of West Berkshire's nearest statistical neighbours.
- Among 20- to 24-year-olds, the rate of hospital admissions as a result of self-harm in West Berkshire in 2022/23 was 359.7 per 100,000, statistically higher than the England average of 244.4 but statistically similar to the South East (298.7). The rate of hospital admissions for intentional self-harm in this age group has been decreasing since 2016/17 but rates remain higher than the national average.

Deaths by suicide

- In the 3 year period 2021-23, there were 29 deaths by suicide, equivalent to a rate of 6.8 per 100,000 which is significantly lower than the England average (10.7). Of these 20 (68.9%) were male and 9 (31.0%) were female.
- West Berkshire has the lowest rate in the South East and out of its NHS nearest statistical neighbours. In West Berkshire, this appears to be driven by the fact that the suicide rate among males has almost halved since 2019-21.

Sexual & reproductive health

- In 2024, the STI testing rate (excluding chlamydia aged 24 and under) in West Berkshire was 2,364.0 per 100,000, equivalent to 3,862 people tested. This rate remains significantly lower than the England (4,088.0) and South East averages (3,201.0) which could indicate barriers in accessing sexual health services.
- However, West Berkshire has a significantly lower STI testing positivity than England and the lowest out of its NHS statistical neighbours which could indicate a lower burden of disease.

Detection of chlamydia in 15 to 24-year-olds is important in assessing the effectiveness of sexual health services. A higher detection rate indicates success in chlamydia diagnosis and opportunistic testing.

- In 2024, the detection rate of chlamydia among females aged 15 to 24 years in West Berkshire was 1,183 per 100,000, statistically lower than the national average and lower than the recommended detection rate by UKHSA (3,250). Since the COVID-19 pandemic, there has been an overall decrease in the detection rate in West Berkshire and nationally.
- The proportion of females aged 15-24 years screened for chlamydia is also significantly below the England average (13.7% vs 18% respectively).

Sexual & reproductive health (2)

HIV

- In 2024, the HIV testing rate in West Berkshire was 1,046.8 per 100,000, equivalent to 1,698 tests. This rate remains significantly lower than the England (2,770.7) and South East averages (2,272.2)¹. Despite an increase in the testing rate between 2013 and 2019, there has been an overall drop in the since 2019 with the rate not yet returning to pre-pandemic levels.
- In West Berkshire, between 2021 and 2023, 40.0% of HIV diagnoses were made at a late stage of infection (CD4 count <350 cells/mm³ within 3 months of diagnosis) (equivalent to approximately 2 people) compared to 43.5% in England.
- Also between 2021 and 2023, all of the of HIV diagnoses (100%) among gay, bisexual and other men who have sex with men were at a late stage of diagnosis. The exact number of people was suppressed due low numbers but it is likely to be less than 5 people. Therefore, this value should be interpreted with caution.

Teenage pregnancy

- In 2021, the under 18s conception rate in West Berkshire was 8.3 per 1,000 females aged 15-17, significantly lower than the South East (10.7) and England (13.1) averages.
- Rates have been falling year on year since 2014, however there was a small increase in the latest period, up from 6.9 in 2020.

Homelessness & Rough sleeping

- During the financial year 2023/24, 552 households were owed a duty under the Homelessness Reduction Act, equivalent to 8.3 per 1,000. This is significantly below the regional (11.3) and national (13.4) averages.
- Despite a decrease in the rate of households owed a duty between 2020/21 and 2022/23 in West Berkshire, overall there has been a relative increase of 25% since 2019/20.
- Data from the Ministry of Housing, Communities and Local Government estimates that in West Berkshire in autumn 2024, there were 13 people sleeping rough on a single night. This number is up 86% (relative change) compared to the previous year but down 77% compared to the peak number of recorded rough sleepers in West Berkshire in 2014.

Rate of households owed a duty under the Homelessness Reduction Act (2019/20 to 2023/24)



Age Well

Age Well Summary



People aged 65 years and over had an average of **4 long term conditions** (2025)

Life expectancy at age 65 is significantly higher than for England (2021-23)



There was a gap of **3.1 years** in life expectancy at 65 between males living the **most and least deprived** areas in 2021-23; for females, the gap was **4.4 years**



An estimated **2,400** people aged 65 years and over with **dementia** (7.3%, 2025): the recorded prevalence of dementia has increased by **53%** since 2012/13



Over half (51.1%) of residents aged 65 and over had **hypertension** (2025), putting them at higher risk of heart disease and stroke



190 emergency hospital admissions for **hip fractures** in people aged 65+ in 2023/24. The rate has increased by **21%** in the last two years, in contrast to the national decrease



By 2035, it is estimated that **28,000** people aged 65+ will suffer from **2 or more health conditions**, **7,000** will suffer from **4 or more health conditions**



Well over half (58%) of **adult social care users** aged 65+ and **70%** 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 years and over in West Berkshire.
- Compared with people under 65 years, those aged 65 and over in West Berkshire were: more likely to be female, have a higher number of chronic conditions, and were likely to have higher levels of alcohol consumption.

Flu vaccination

- 84.5% of people aged 65 years and over in West Berkshire were vaccinated against the flu in 2023/24, above the national target of >75%.

Population characteristics of people aged 65 years and over in West Berkshire (2025)

Characteristic*	Under 65 yrs	65 yrs and over
Average age of group	33.8 years	75.4 years
Ethnic minority	23.7%	14.8%
Female	49.2%	53.0%
Deprivation decile**	7.5	7.6
Number of long term conditions	1.0	3.9
Multigenerational households	5.5%	5.7%
Current smokers	10.0%	6.7%
Medium/high alcohol consumption	6.3%	13.0%

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

Sources: [1] Connected Care System Insights accessed August 2025 [2] Public Health Outcomes Framework - Data | Fingertips | Department of Health and Social Care



Life Expectancy at 65

Life expectancy at 65 is an estimate of the average number of years at age 65 years a person would survive if they experienced the age specific mortality rates for that area and time period throughout their life after that age.

- **At age 65, males in West Berkshire will live a further 20.0 years on average**, significantly higher than the South East (19.3 years) and England (18.7 years) averages. **Females in West Berkshire will live a further 22.1 years**, similar to the South East average (21.8 years) but significantly higher than England average (21.1 years).
- Life expectancy for males and females at 65 in West Berkshire has remained unchanged since 2015-17.

Inequality in life expectancy at 65

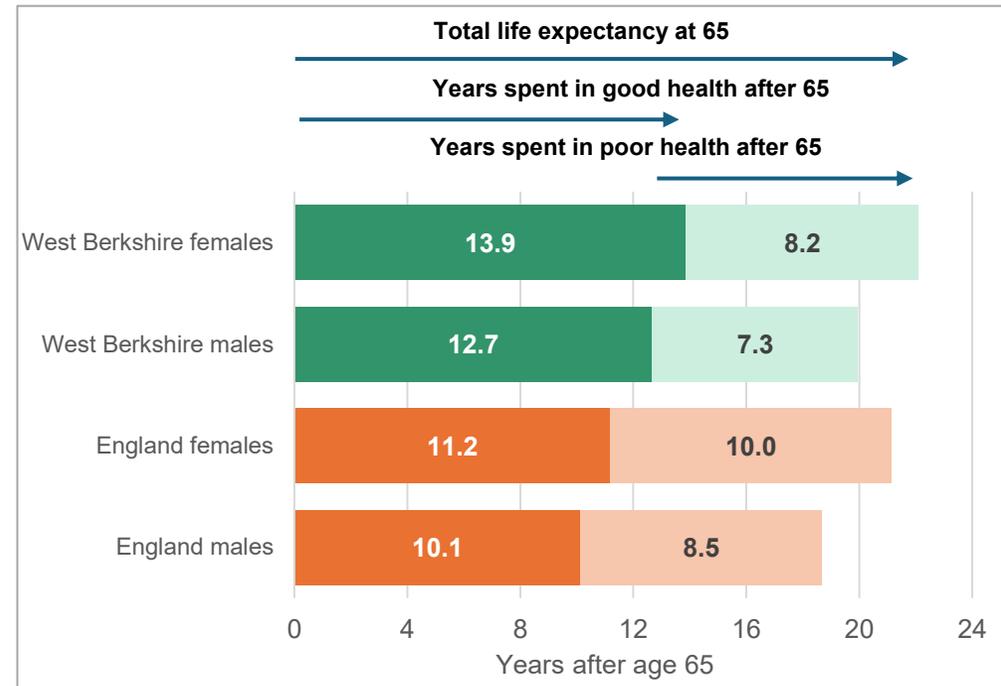
- There was a gap of 3.1 years in life expectancy at age 65 between males living in the most and least deprived areas of West Berkshire in 2021-23 (South East, 4.7 years, England, 5.6 years); in 2011-13, this gap was 3.6 years.
- There was a gap of 4.4 years in life expectancy at age 65 in West Berkshire between females living in the most and least deprived areas in 2021-23 (South East, 4.0 years, England, 5.0 years); in 2011-13, this gap was 4.3 years.

Healthy Life Expectancy at 65

Healthy life expectancy (HLE) at 65 is the average number of years a person aged 65 years would expect to live in good health based on contemporary mortality rates and prevalence of self reported good health.

- HLE for males aged 65 in West Berkshire in 2021-23 was 12.7 years, similar to the South East (11.2 years) but significantly better than England (10.1 years). For females, it was 13.9 years, similar to South East (12.5 years) but significantly better than England (11.2%).
- Males in West Berkshire aged 65 will spend an average of 7.3 years of their estimated remaining years in poor health, equating to 36.5% of their remaining life after 65 (compared to 45.7% nationally).
- Females aged 65 live an average of 8.2 years of their estimated remaining years in poor health, equivalent to 37.3% of their remaining life after 65 (compared to 47.1% nationally).

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

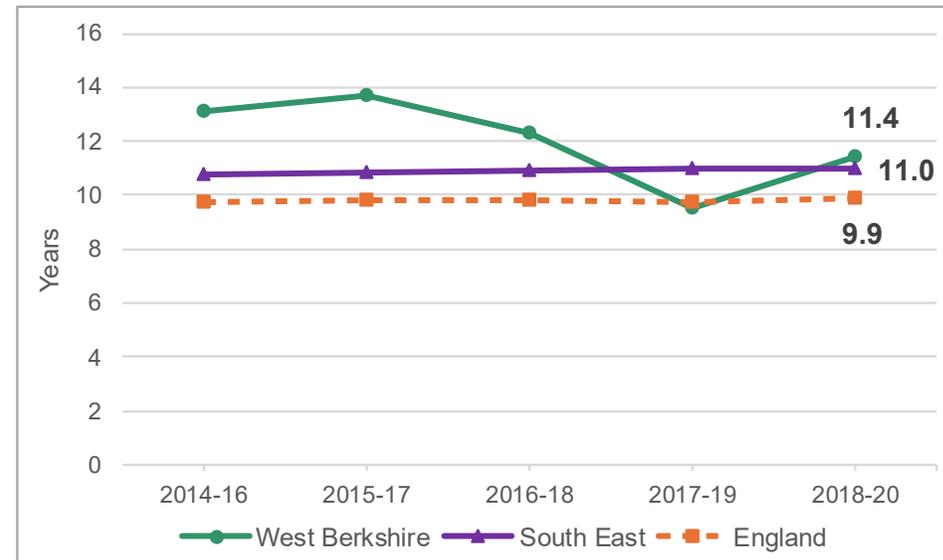
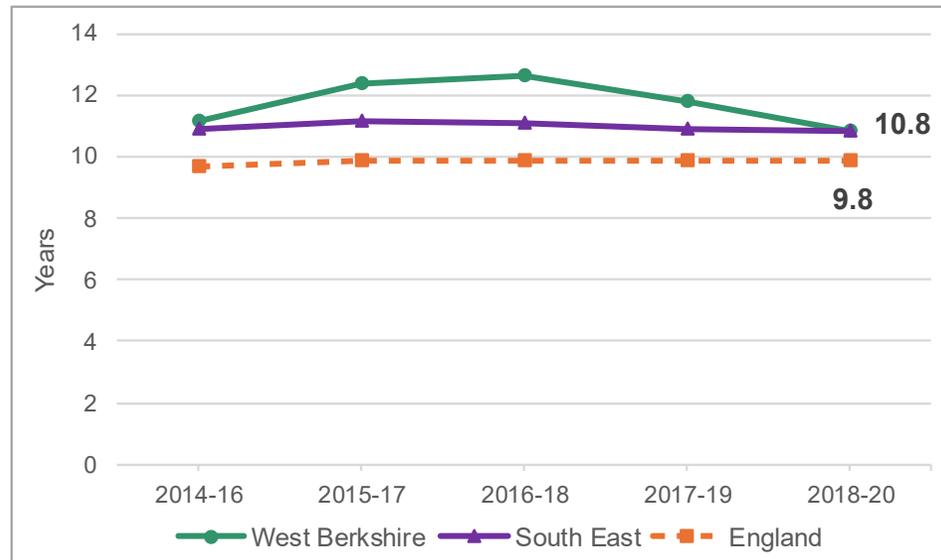


Disability Free Life Expectancy at 65

Disability Free Life Expectancy (DFLE) is the average number of years a person aged 65 years 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 years in West Berkshire was 10.8 years, similar to the South East (10.8 years) and England (9.8 years), for females, it was 11.4 years, similar to the South East (11.0 years) and England (9.9 years).

Disability Free Life Expectancy in West Berkshire, South East and England – Males (left) and Females (right)



Long term conditions in those aged 65+ years

Long term or chronic conditions are conditions that generally lasts a year or longer and impacts on a person's life.

- Information about common long term conditions in West Berkshire are collected by GPs on disease registers.
- Among people aged 65 years and over in West Berkshire, the three most common conditions recorded were:
 - Hypertension (51.1%)
 - Non-diabetic hyperglycaemia (19.6%)
 - Chronic kidney disease (18.9%)

Prevalence of long term conditions recorded on GP registers among people aged under 65 years and 65+ years in West Berkshire (2025)

Condition	Under 65 yrs	65+ yrs	65+ yrs number
Asthma	6.1%	9.3%	2,948
Atrial fibrillation	0.5%	10.4%	3,304
Cancer	1.9%	15.3%	4,864
Chronic kidney disease	0.6%	18.9%	5,989
Chronic obstructive pulmonary disease	0.5%	5.7%	1,821
Coronary heart disease	0.7%	9.8%	3,121
Dementia	0.0%	4.0%	1,269
Depression	13.3%	12.5%	3,966
Diabetes	3.2%	16.2%	5,125
Epilepsy	0.6%	1.0%	332
Heart failure	0.3%	5.2%	1,665
Hypertension	7.6%	51.1%	16,208
Learning disability	0.6%	0.3%	89
Mental health	0.7%	0.9%	280
Non-diabetic hyperglycaemia	3.0%	19.6%	6,231
Peripheral arterial disease	0.1%	1.9%	590
Palliative care	0.1%	2.1%	656
Rheumatoid arthritis	0.4%	1.8%	586
Stroke/transient ischaemic attack	0.5%	7.0%	2,220

Please note not all long term conditions will be recorded on primary care registers
Sources: [1] Connected Care System Insights accessed August 2025



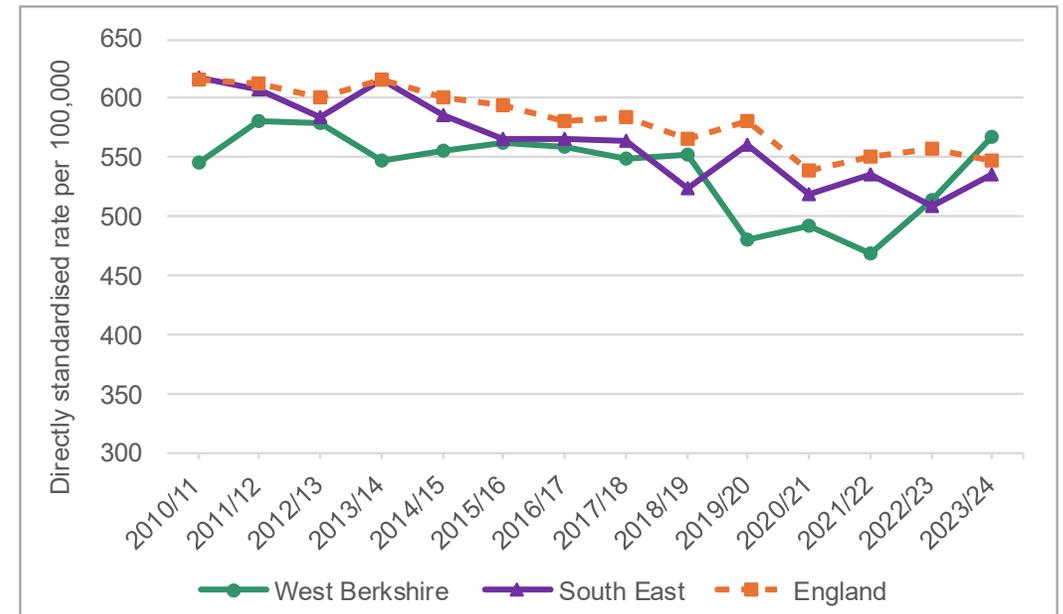
Dementia

- In 2025, 2,441 people aged 65 years and over are estimated to have dementia in West Berkshire (7.3% of those aged 65 and over).
- Currently in West Berkshire, 1,233 people (0.78%) are registered on GP practice registers as of 2023/24. This prevalence lower than the South East average (0.82%) but slightly higher than the England average (0.76%), although these were not statistical differences.
- The prevalence of dementia has increased relatively by 53% in West Berkshire since 2012/13.
- The estimated dementia diagnosis rate for people aged 65 years and over in West Berkshire in 2025 was 63.7 per 100, slightly lower than the national average (65.6), although not statistically different, and also lower than the national aspiration to identify two-thirds of people with dementia.

Falls and Fractures

- In 2023/24, there were 510 emergency hospital admissions due to falls in people aged 65 years and over in West Berkshire, equivalent to a rate of 1,533.2 per 100,000, significantly lower than the South East (2,029.2) and England rates (1,984.0).
- In the next 10 years, the number of people predicted to have a fall and number of hospital admissions as a result it is predicted to increase (see [Support Arrangements – Future estimates](#)).
- There were 190 emergency hospital admissions for hip fractures in people aged 65 years and over in West Berkshire in 2023/24, a rate of 567.8 per 100,000. This was slightly higher than the rates in the South East (535.6) and England (547.1), although these were not statistical differences.
- In the last two years there has been a 21.0% increase in the rate of hospital admissions for hip fractures in West Berkshire, which is different to the trend nationally which saw a small decrease of 0.7%.

Hospital admissions for hip fractures in people aged 65 years and over (2010/11 to 2023/24)



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

Source: [1] Public Health Outcomes Framework - Data | Fingertips | Department of Health and Social Care



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 West Berkshire that:
 - 28,056 people aged 65 years and over could suffer from 2 or more health conditions
 - 7,035 people aged 65 years and over could suffer from 4 or more health conditions
- Nationally, multi-morbidity estimates show that, by 2035:
 - 17.0% of people aged 65 years and over will live with 4 or more conditions, nearly a doubling from 9.8% in 2015.
 - An increase in the prevalence of people aged 65 years 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 years and over of:
 - Arthritis - 62.6%
 - Hypertension - 55.9%
 - Respiratory disease - 24.4%
 - Cancer - 23.7%
 - Diabetes - 21.6%

Health conditions – Future estimates

- The table shows the estimated number of a range of health conditions that people aged 65 years and over in West Berkshire could experience by 2035.
- By 2035, nearly 13,400 people aged 65 years and over could be suffering from cardiovascular disease, 12,700 could be obese and 11,400 people could have suffered a fall.

Estimated number of people aged 65 years and over in West Berkshire experiencing a range of health conditions (2025 and 2035)

Health condition	2025	2035
Disabled – activities limited a little*	6,013	7,349
Disabled – activities limited a lot*	4,084	5,271
Dementia	2,441	3,233
Cardiovascular disease	11,106	13,379
Falls	9,151	11,401
Falls – hospital admissions	1,072	1,386
Mobility**	6,297	8,126
Obesity	10,582	12,693
Diabetes	5,334	6,395

* Day-to-day activities

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

Source: [1] Institute of Public Care, Oxford Brookes University (POPPI)



Support Arrangements – Future estimates (2)

- The table shows the estimated number of support arrangements that people aged 65 years and over in West Berkshire could experience by 2035.
- By 2035, nearly 11,500 people aged 65 years and over, for instance, could need help with at least one domestic task, 11,500 could need help with at least one self-care activity and nearly 10,000 people could have unmet needs for their self-care activities.

Estimated number of people aged 65 years and over in West Berkshire who could experience a range of support arrangements (2025 and 2035)

Support arrangement	2025	2035
Provision of unpaid care (<20 hours)	1,437	1,690
Provision of unpaid care (20-49 hours)	412	492
Provision of unpaid care (50+ hours)	1,372	1,660
Provision of unpaid care (total)*	3,219	3,841
Need help with at least 1 domestic task	9,161	11,458
Unmet need for at least 1 domestic task**	5,328	6,651
Need help with at least 1 self-care activity	9,305	11,478
Unmet need for at least 1 self-care activity**	8,037	9,949

* Figures may not sum due to rounding

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

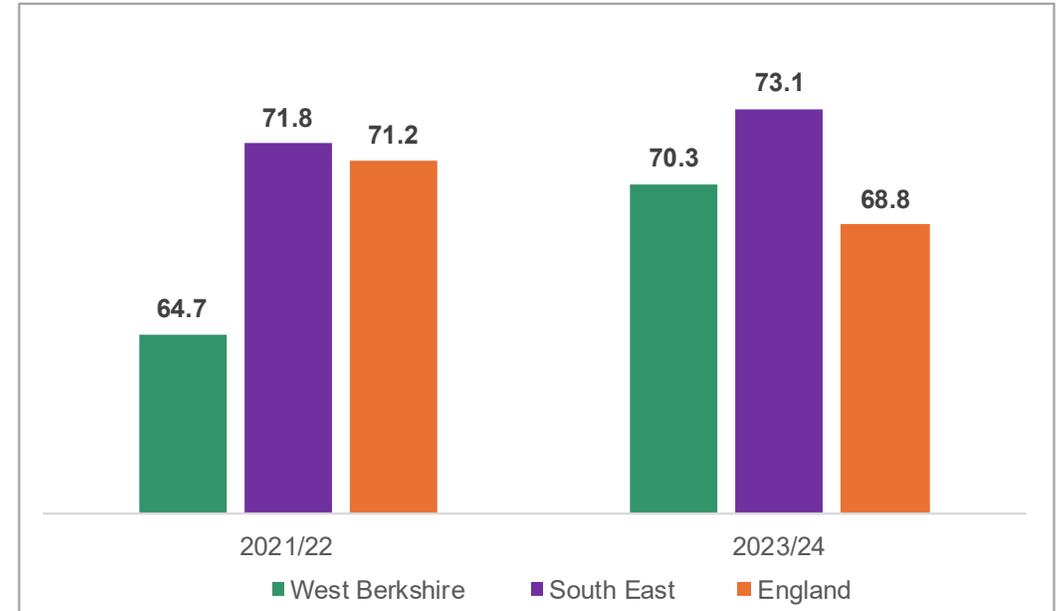
Source: [1] Institute of Public Care, Oxford Brookes University (POPPI)



Social isolation

- In 2023/24, well over half (58.0%) of adult social care users aged 65 years and over in West Berkshire reported not having as much social contact as they would like, similar to the South East (57.4%) and England averages (56.9%).
- The percentage of adult carers aged 65 years and over in West Berkshire who did not have as much social contact as they would like was 70.3%, similar to the South East (73.1%) and England averages (68.8%).
- Since 2021/22, there was a relative increase of 8.7% among carers aged 65 years and over in West Berkshire 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 years and over who don't have as much social contact as they would like (2021/22 and 2023/24)



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

Source: [1] Measures from the Adult Social Care Outcomes Framework, England, 2023-24 - NHS England Digital



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 following April to July).

- Between August 2021 and July 2022, there were 30 more winter deaths in West Berkshire compared to non-winter deaths, which is a winter mortality index of 7.6%. This was statistically similar to the averages across the South East (8.6%) and England (8.1%)
- It should be noted that these numbers are relatively small (statistically speaking), they are therefore subject to random fluctuation year on year.
- Cold homes and fuel poverty contribute to the phenomenon of excess winter deaths. Nationally, estimates suggest that some 10.0% of excess winter deaths are directly attributable to fuel poverty and 21.5% are attributable to cold homes.

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

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