

Reading Statistics

Relationships

- Research has indicated that reading fiction is associated with higher levels of empathy and improved relationships with others.
- Jonathan Douglas, director of the National Literacy Trust - "Don't think it is basically up to the school to get a child reading. Everyone the child has contact with – parent, uncle, aunt, grandparent – has an active role to play in terms of supporting literacy."
- The nurturing and one-on-one attention from parents during reading aloud encourages children to form a positive association with books and reading later in life, as well as a more positive relationship with their parents.
- Children with low-education families can do as well as children with high-education families if they have access to books at home.
- Book sharing between a parent and their child promotes language and literacy development, in addition to strengthening the emotional bond between the two. These two factors are critical in improving the child's readiness for starting school.

Mental Health

- Literacy has been found to have a relationship with depression: 36% of those with low literacy were found to have depressive symptoms, compared to 20% of those with the highest levels of literacy.
- People who read books regularly are on average more satisfied with life, happier, and more likely to feel that the things they do in life are worthwhile. 76% of adults say that reading improves their life and the same number says it helps to make them feel good.
- Reading aloud to young children is not only one of the best activities to stimulate language and cognitive skills; it also builds motivation, curiosity, and memory.
- Reading aloud is a proven technique to help children cope during times of stress or tragedy.
- Students with below grade level reading skills are twice as likely to drop out of school as those who can read on or above grade level.

Education

- Statistics from 2014 show that one in five children in England cannot read well by the age of 11.
- Children who read books often go on to gain higher results in maths, vocabulary and spelling tests at age 16 than those who read less regularly.
- Children who enjoy reading are more likely to do better at reading than their peers who don't enjoy it. At age 14, children who enjoy reading have an average reading

age of 15.3 years, while those who don't enjoy reading have an average reading age of just 12 years, a difference of 3.3 years.

- Children who did not own books were two-and-a-half times more likely to read below their expected level than children who had their own books
- fewer than half of U.S. children ages 5 and under are read to every day, placing them at risk for reading delays and school failure.
- Books contain many words that children are unlikely to encounter frequently in spoken language. Children's books actually contain 50% more rare words than primetime television or even college student's conversations.
- Children who live in print-rich environments and who are read to during the first years of life are much more likely to learn to read on schedule.

Life Expectancy

- A team of public health researchers from Yale University looked at data for 3,635 Americans over age 50 collected from 1992 to 2012. Adjusting for age, sex, race, education, wealth, marital status, and depression, they found that those who read books were more likely to live longer. Over 12 years of follow-up, book readers were 20% less likely to die than non-book readers. Overall, the researchers calculated that book reading was associated with an extra 23 months of survival.
- The Coalition for Juvenile Justice (2001) reports that 82 percent of prison inmates are high school dropouts, and a very high proportion of them cannot read.
- Among adults at the lowest level of literacy proficiency, 43% live in poverty. Among adults with strong literacy skills, only 4% live in poverty.

Enjoyment

- In 2014/15, 30% of 5-15-year-olds in England had not visited a library in the last year. However, there are a significant number of regular library users in this age group: 20% had visited a library in the last week.
- Reading for pleasure is more important for children's cognitive development than their parents' level of education and is a more powerful factor in life achievement than socio-economic background.
- 3 in 10 children in the UK do not own a single book of their own
- Reading enjoyment is also key to children's own literacy practices, and children's reading enjoyment is more important than socioeconomic status in determining children's educational outcomes.