

Life in the UK 2025

England



The Life in the UK Index

Carnegie UK's Life in the UK wellbeing index measures collective wellbeing across the UK. It is based on what people in England, Northern Ireland, Scotland and Wales tell us about their lives.

The purpose of this index is to assist governments and other decision makers across the UK to focus their attention on the things that really matter to people and to help us understand whether we are collectively living better or worse over time. The index will also help identify where progress is being made and the areas of our lives that require policy intervention.

- The evidence for the 2025 index was collected via a 26-question survey of 7,106 respondents using [Ipsos' KnowledgePanel](#), a random probability survey panel with selection based on a random sample of UK households. There were 4,466 respondents interviewed in England. The fieldwork was carried out between 8th and 14th May 2025.
- Questions are categorised into four domains to measure people's social, economic, environmental, and democratic wellbeing. The average of these scores results in the overall collective wellbeing score.
- The overall collective wellbeing index score and the wellbeing domain scores have a value of between 0 and 100. It should be noted these index scores are derived scores and not percentages.
- The collective wellbeing scores, domain scores, and individual questions were all analysed to compare aspects of life for different groups of people in different parts of the UK.
- Regression analysis is used to help understand which demographic characteristics are most associated both with collective wellbeing overall and with social, economic, environmental and democratic wellbeing, specifically. We have used this analysis to structure the discussion of the demographic characteristics impacting on wellbeing throughout this report.
- Throughout the report, figures with an asterisk (*) beside them are statistically significant changes, tested to 95%, which means that we can have a high level of confidence that these represent meaningful changes over time or differences between groups of people.

Many changes have happened in the world since we last conducted fieldwork in May 2024. Of particular note to the 2025 index, fieldwork was conducted in the week following local elections in 24 English council areas and six mayoral elections. This is also the first Life in the UK index since Labour won the UK general election in 2024 and formed the first Labour government in 14 years.

Carnegie UK has been working with leading social research agency Ipsos since the inception of Life in the UK, with Ipsos conducting the fieldwork and analysis of the survey. More information on the methodology used to create the index and the full technical report are available [here](#). Carnegie UK is committed to following the principles of the [Code of Practice for Statistics](#) in the production of our Life in the UK index. We outline how we adhere to these principles in our [Voluntary Statement of Compliance](#).

Carnegie UK works to put wellbeing at the heart of decision making. This report provides an independent and authoritative overview of collective wellbeing in England in 2025. We hope it makes the case for better measures of social progress and highlights where policy intervention is urgently required.

Contents

Introduction: Life in the UK - England 2025	4
Collective wellbeing in England 2025	5
Social wellbeing in England 2025	8
Economic wellbeing in England 2025	12
Environmental wellbeing in England 2025	16
Democratic wellbeing in England 2025	20
Collective wellbeing: standout statistics overview	24
Summary table of domain scores by key demographic characteristics	26



Introduction: Life in the UK - England 2025

At Carnegie UK, we are delighted to present the latest edition of our Life in the UK - England index, a landmark research programme we have now committed to delivering until at least 2030. This report provides robust evidence about what life is like for people across the country and reflects on patterns and trends in the scores since 2023.

England's overall collective wellbeing score has remained unchanged since 2023, with a score of **62 out of 100**. However, underneath this overall score there are emerging signs of progress in some areas.

Democratic wellbeing, still the lowest of the four domain scores by a wide margin at **42**, has recorded a small but statistically significant improvement of one point since 2024. Fewer people have low trust in the UK Government and in MPs than in previous years. Although the number of people who feel that they can influence decisions that affect the UK remains chronically low, improved trust in government and elected officials offers some hope that this can be changed with the right action.

No other domain scores have changed over the past three years, either positively or negatively, which emphasises that overall, the collective wellbeing of most people in England remains stagnant. Social and economic wellbeing scores both remain at **72**. People in England are however more likely than in 2023 to report being in good general health and to be able to afford to keep their homes warm enough. People are also more likely than in the previous two years to be able to get a GP appointment at a time when they need one. These are positive indicators that policy decisions can impact on important areas of people's day to day lives. We hope that if these trends continue, we will see a corresponding uptick in overall domain scores in the coming years.

People in England still have lower environmental wellbeing than people in Scotland, Northern Ireland and Wales, at **62**. There has been no real change to perceived levels of air pollution, but an increase in problems with litter and noise pollution since 2023.

Behind these headline figures, inequality remains a defining feature of life in England. Income, the area someone lives in, and being disabled all have a major effect on collective wellbeing.

Our aim at Carnegie UK is to ensure that everyone has what they need to live well together now and into the future. There remains an urgent need to address the root causes of the inequalities in our society: a person's wellbeing, and our collective wellbeing, should not be defined by avoidable structural imbalances.

We hope that this report helps ensure that those policy makers with the power to change things, from the local to the national, have the insight and tools they need to put wellbeing at the heart of decision-making.

Sarah Davidson
CEO, Carnegie UK



Collective wellbeing in England 2025

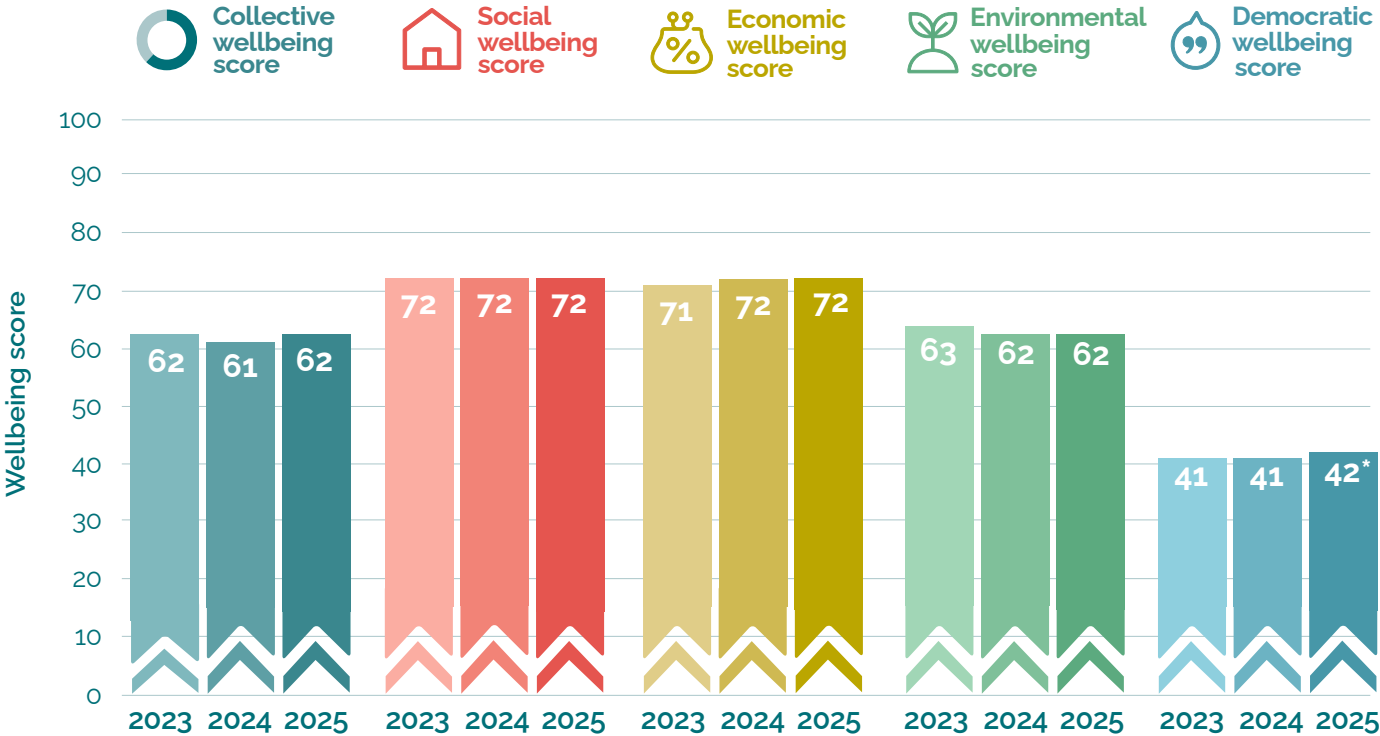
Now in its third year, Life in the UK is beginning to tell a slightly longer-term story of what life is like for people who live in England. Despite some limited progress, in 2025, the wellbeing of people in England is largely stagnant, and continues to be determined by the circumstances in which they live.

Overview of scores

Out of a possible score of 100, the collective wellbeing score of people in England in 2025 was **62**. This has shown no statistically significant change over time since we began the index three years ago.



However, there has been a statistically significant change in England's democratic wellbeing score, which has increased by one point from 41 to 42 since 2024. While this is still alarmingly low, it shows that change is possible. People's social, economic, and environmental wellbeing have neither improved nor worsened over the past three years.



* denotes statistically significant vs 2024 result.

Understanding what influences collective wellbeing

Although England's overarching collective wellbeing score has not changed over time, and three of the four domain scores also remain unchanged, there have been changes in some other aspects. This includes the improvement to democratic wellbeing and to some of the factors that contribute to overall wellbeing. These changes show that collective wellbeing continues to be affected by a wide range of factors, many of which are not in any one individual's or entity's power to control or change.

The index tells us that people's experience of life in England varies substantially according to their circumstances, highlighting the reality of inequality between people and within communities across the country.

In 2025 the following three factors stand out as particularly significant in predicting a lower or higher collective wellbeing score. These were also particularly significant in 2024: >

- **The higher the household income, the higher the collective wellbeing score:** People who have a household income of over £100,000 per year have a collective wellbeing score of **68**. This is 12 points higher than for those with a household income of below £26,000 per year.
- **As the level of area deprivation worsens, collective wellbeing decreases:** People who live in the least deprived areas (IMD5) have a collective wellbeing score of **67**, 12 points higher than for those in the most deprived areas (IMD1).
- **Being disabled is strongly associated with lower collective wellbeing:** Disabled people have a collective wellbeing score of **55**, nine points lower than for those who are not disabled.

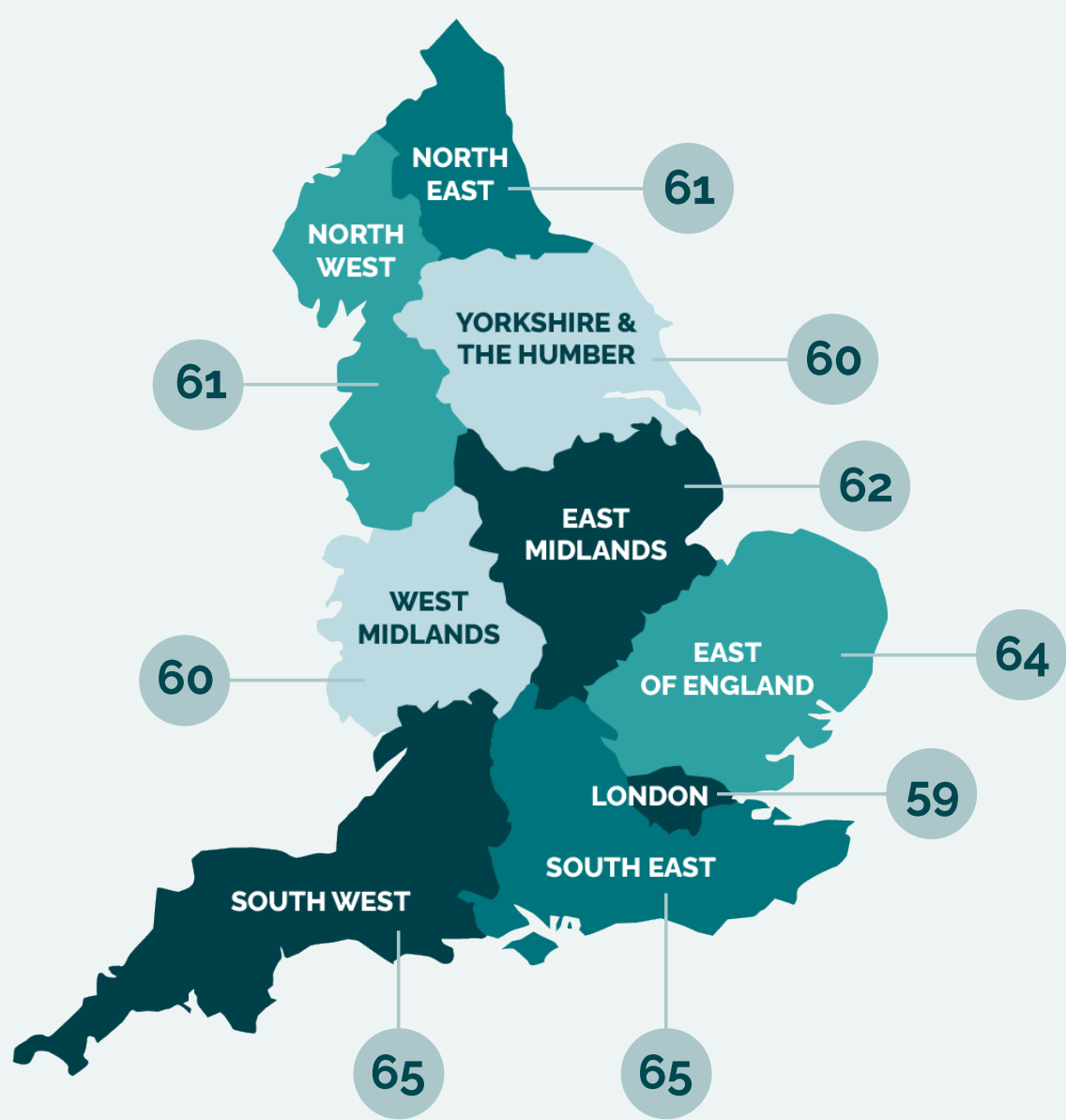
The following are also notable influences on people's collective wellbeing: >

- **Age:** People over the age of 55 have a collective wellbeing score of **66**. This is seven points higher than for those aged 16 to 34. Those aged 35 to 54 have a collective wellbeing score of **60**.
- **Number of children in the household:** Those with three or more children under the age of 15 in the household have a collective wellbeing score of **55**. This is eight points lower than for those with no children.
- **Housing tenure:** People who live in social housing have a collective wellbeing score of **52**. Those who rent from a private landlord have a collective wellbeing score of **56**, while homeowners have a score of **65**.
- **Urbanity:** People in urban areas have a collective wellbeing score of **61**. This is six points lower than those who live in rural areas.
- **Ethnicity:** Ethnic minorities (including White minorities) have a collective wellbeing score of **57**. This is six points lower than for those of White British ethnicity.
- **Gender:** Men have a collective wellbeing score of **63**. This is two points higher than for women

* Indices of multiple deprivation (IMD) is a measure of relative deprivation for small, fixed geographic areas of the UK. IMD classifies these areas into five quintiles based on relative disadvantage, with quintile 1 ('IMD1') being the most deprived and quintile 5 ('IMD5') being the least deprived.

Collective wellbeing scores by region in England

East of England	64	South West	65
East Midlands	62	South East	65
London	59	Yorkshire and The Humber	60
North East	61	West Midlands	60
North West	61		



The full visualisation of the UK map can be found on our website [here](#).

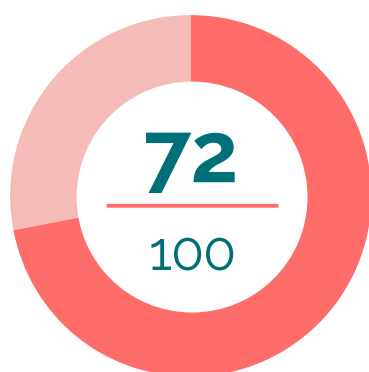


Social wellbeing in England 2025

We all have the support and services we need to thrive.



100



England scores 72 out of a possible 100 for social wellbeing.

Social wellbeing is about everyone being able to achieve their potential and contribute to society because they have their basic needs met. Our basic needs include having access to health and social care, education, housing, transport, digital resources and childcare.

To determine trends in social wellbeing, we asked questions about access to public services, community relationships, safety and community cohesion, and self-reported health and mental health.

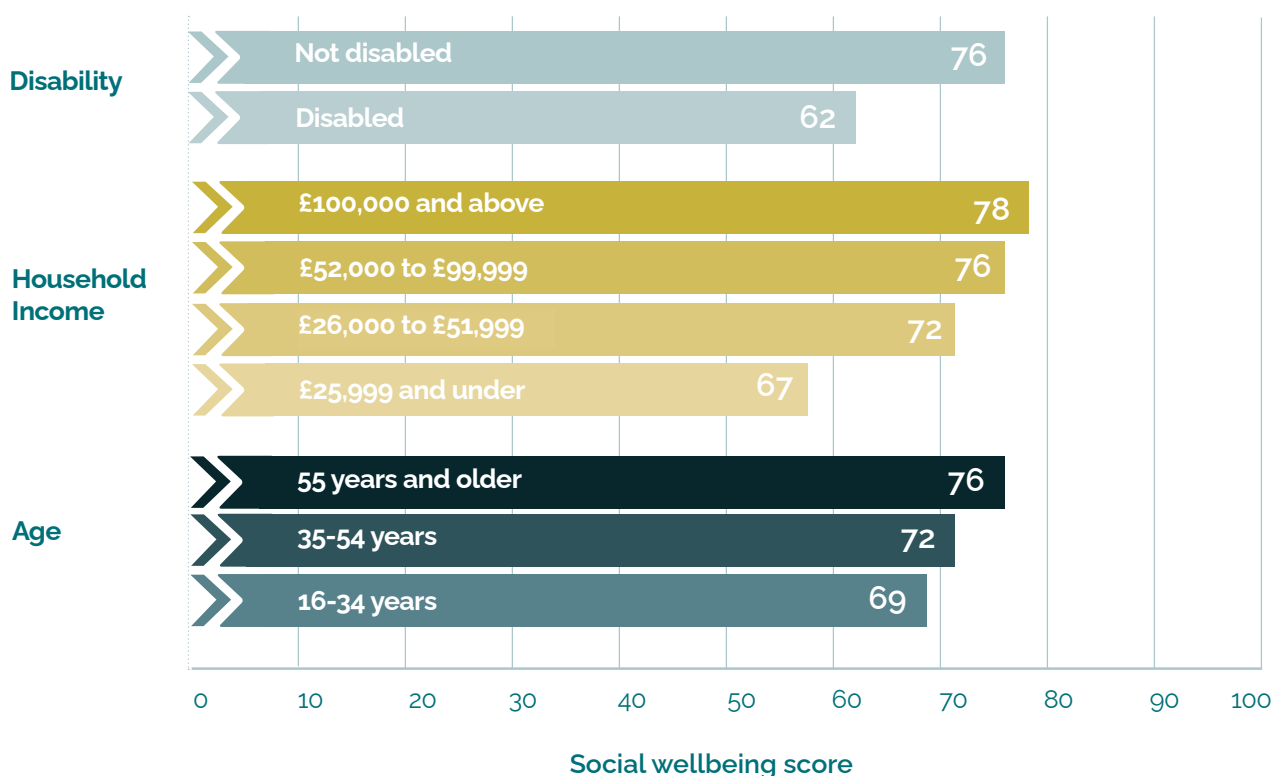
The people most likely to experience **high** levels of social wellbeing in England in 2025 are: >

- People who have a household income of over £100,000, who have a social wellbeing score of **78**. This is 11 points higher than for those earning up to £26,000.
- People who live in the least deprived areas, who have a social wellbeing score of **77**. This is 11 points higher than for those who live in the most deprived areas.
- People over the age of 55, who have a social wellbeing score of **76**. This is seven points higher than for those aged 16 to 34.
- Men, who have a social wellbeing score of **74**. This is three points higher than for women.

In contrast, the people who are likely to experience **low** levels of social wellbeing in England in 2025 are: >

- Disabled people, who have a social wellbeing score of **62**. This is 14 points lower than for those without a disability.
- People who live in social housing, who have a social wellbeing score of **63**. This is 12 points lower than for people who own their own home. Those who rent from a private landlord have a social wellbeing score of 67.
- People from an ethnic minority group (including White minorities), who have a social wellbeing score of **67**. This is six points lower than for those of White British ethnicity.
- People who live in an urban area, who have a social wellbeing score of **71**. This is five points lower than for those who live in rural areas.

Disability, income, and age have the biggest effect on social wellbeing in England



Social wellbeing - standout statistics

While some health measures, albeit not mental health, have improved, other indicators of social wellbeing are stagnant or have worsened.

- **68%** of people say they are in good general health, three percentage points higher than in 2023, while **35%** of people say that it is easy to get a GP appointment at a time they need one, six percentage points higher than in 2023.
- **65%** of people feel that they could rely on someone in their neighbourhood if they were alone and needed help. This is the same as in previous years but is significantly lower than in the other UK jurisdictions.
- **44%** of people report they have been unfairly treated or discriminated against in the last 12 months, three percentage points higher than in 2023.

Summary

The social wellbeing of people in England remains **72 out of 100**. This score has not changed since Life in the UK first reported in 2023. However, there has been some movement within certain aspects. Over time, self-reported general health has improved slightly, and people in England are now more likely to say that they find it easy to get a GP appointment when they need one.

The data continues to reveal deep and persistent inequalities. Disabled people, those on low incomes and younger people consistently report lower levels of social wellbeing. It is also particularly concerning that the number of people in England reporting that they have been treated unfairly or discriminated against remains high and is increasing.

Carnegie UK believes that everyone should have what they need to live well together. This includes health, fair treatment, and access to the services we all need, which are the building blocks of better wellbeing. The persistent gaps in social wellbeing show that, currently, not everyone has what they need.



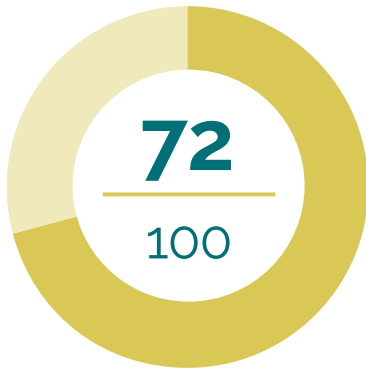


Economic wellbeing in England 2025

We all have a decent minimum living standard.

72

100



England scores **72** out of a possible **100** for economic wellbeing.

Economic wellbeing means that everyone has a decent minimum living standard and can absorb financial shocks. This includes access to a decent income, affordability, financial resilience, job opportunities and skills.

To determine trends in economic wellbeing, we asked questions about skills and job availability, and the affordability of essential items like food and fuel.

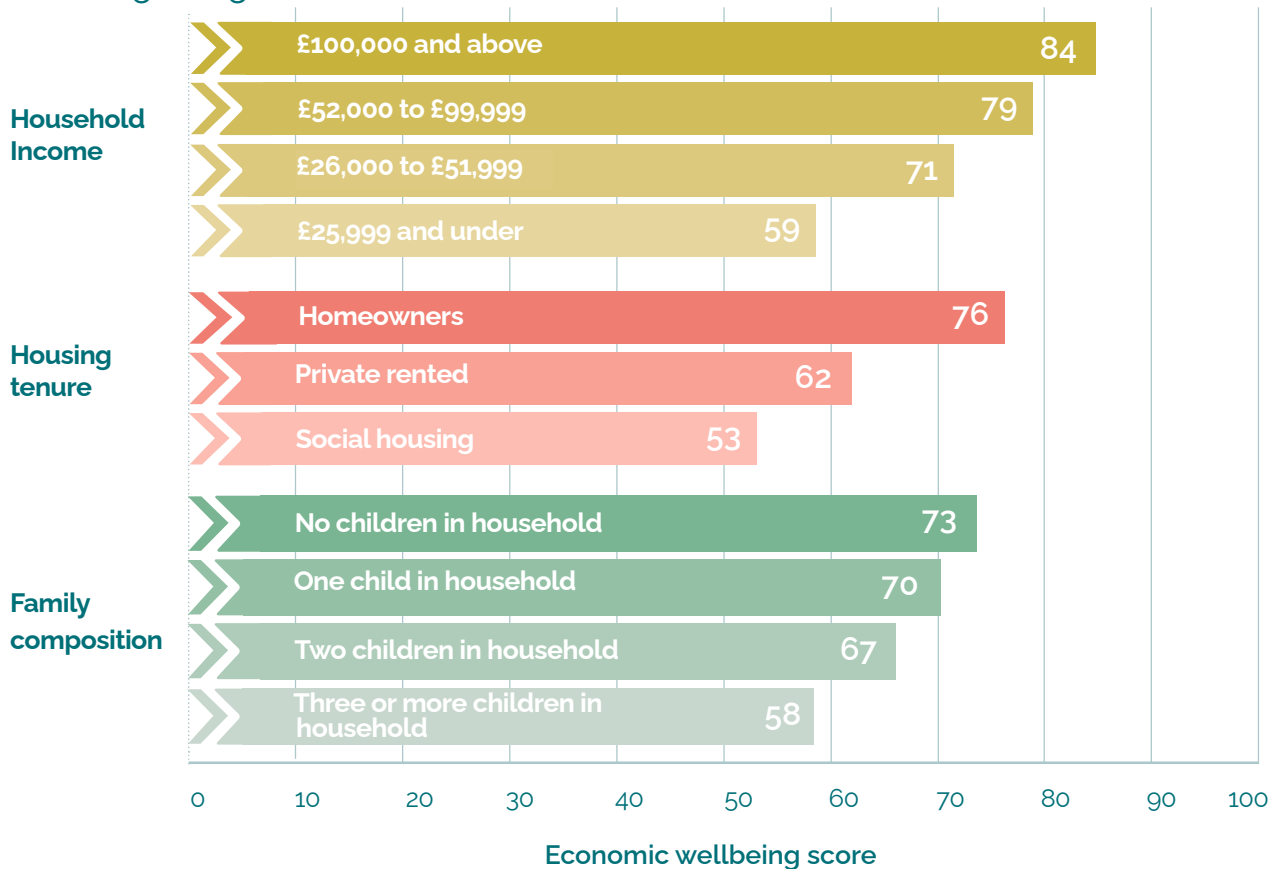
The people most likely to experience **high** economic wellbeing in England in 2025 are: >

- People with a household income of more than £100,000 per year, who have an economic wellbeing score of **84**. This is 25 points higher than for those with a household income of less than £26,000 per year. Those with a household income of between £52,000 and £99,999 have an economic wellbeing score of 79, and those with a household income of between £26,000 and £51,999 have an economic wellbeing score of 71.
- People who live in the least deprived areas, who have an economic wellbeing score of **78**. This is 15 points higher than for those who live in the most deprived areas.
- People over the age of 55, who have an economic wellbeing score of **76**. This is seven points higher than for people aged 16 to 34.
- Men, who have an economic wellbeing score of **73**. This is two points higher than for women.

In contrast, the people who are likely to experience **low** economic wellbeing in England in 2025 are: >

- People who live in social housing, who have an economic wellbeing score of **53**. This is 23 points lower than for people who own their own homes.
- People who have three or more children under the age of 16 in their household, who have an economic wellbeing score of **58**. This is 15 points lower than for those who have no children in their household. Those with two children under the age of 16 in the household have an economic wellbeing score of **67**.
- Disabled people, who have an economic wellbeing score of **61**. This is 14 points lower than for those without a disability.
- People from an ethnic minority group (including White minorities), who have an economic wellbeing score of **66**. This is seven points lower than for those of White British ethnicity.

Income, housing tenure, and family composition have the biggest effect on economic wellbeing in England



Economic wellbeing - standout statistics

More people can afford to keep their homes warm, but other areas of economic wellbeing have not improved and, in some cases, have deteriorated.

- **32%** of people are dissatisfied with the availability of jobs in their local area, ten percentage points higher than in 2023.
- **21%** of people cannot afford to pay for a week's annual holiday away from home, unchanged on previous years.
- **13%** of people cannot afford to keep their home adequately warm, an improvement of four percentage points since 2023.

Summary

The economic wellbeing of people in England in 2025 remains **72 out of a possible 100**. This has not changed since 2023, painting a picture of economic stagnation in terms of people's reported financial lived experience.

People's economic wellbeing is affected by a wide range of factors, most notably income, housing tenure, number of children in the household, and disability. Age, area deprivation and gender also continue to have a notable impact.

In 2025, more people agreed that they can afford to keep their home adequately warm than in 2024. There have been no other improvements to people's ability to afford the things that enable them to thrive, like socialising with friends outside their home, or a week's holiday away from home. Nor have there been changes to people's economic resilience, measured by whether people could afford an unexpected but necessary bill of £850. The proportion dissatisfied with the availability of job opportunities in their local area has increased sharply. Overall, the picture is mixed.



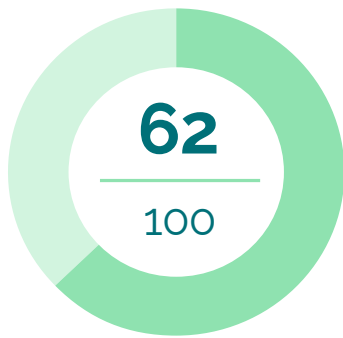


Environmental wellbeing in England 2025

We all live within the planet's natural resources.



100



England scores 62 out of a possible 100 for environmental wellbeing.

Environmental wellbeing means that everyone has access to green and blue spaces and collectively we live within the planet's natural resources, protecting the environment for future generations.

To determine trends in environmental wellbeing, we asked questions about access to and the quality of local parks, rivers and other green and blue spaces, and about noise pollution, air pollution, and litter in local areas. We also asked about levels of satisfaction with efforts to preserve the environment.

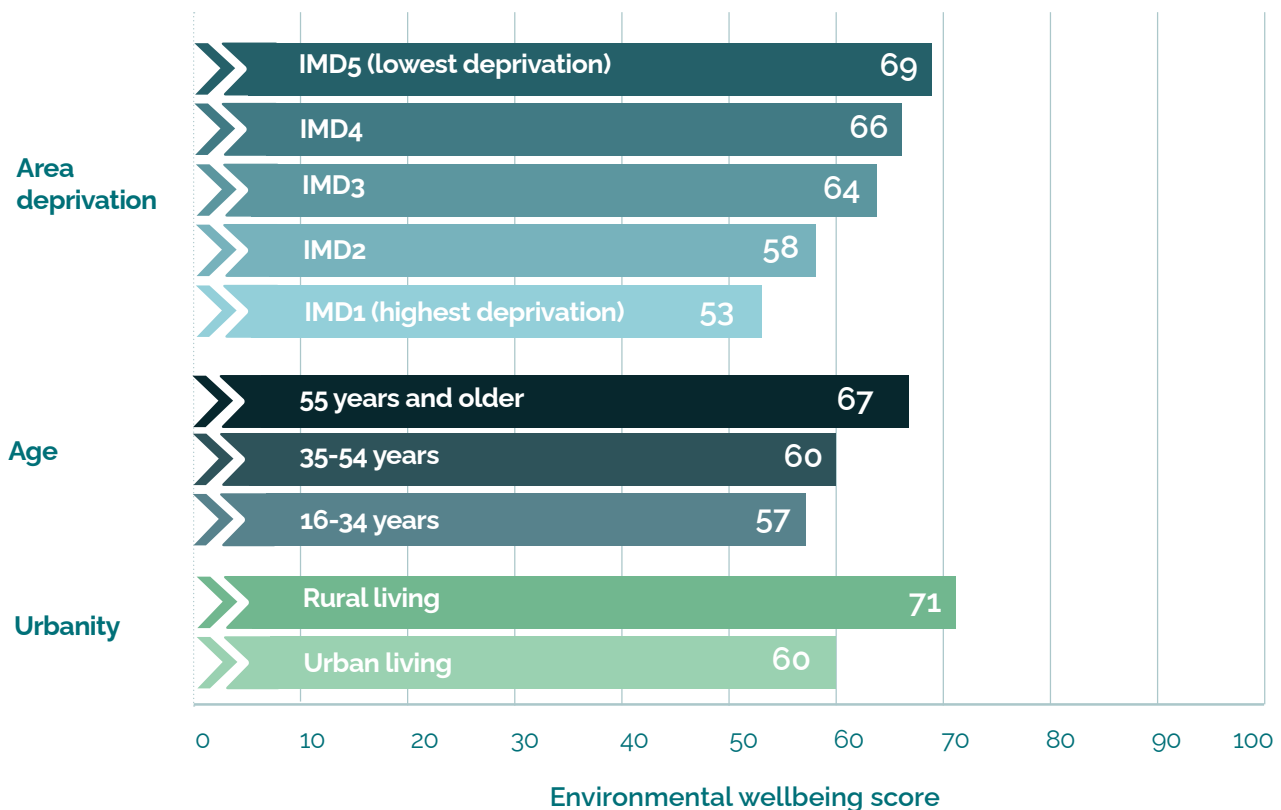
The people most likely to experience **high** environmental wellbeing in England in 2025 are: >

- People who live in a rural area, who have an environmental wellbeing score of **71**. This is 11 points higher than for those who live in urban areas.
- People over the age of 55, who have an environmental wellbeing score of **67**. This is ten points higher than for those aged 16 to 34.
- People with a household income of over £100,000, who have an environmental wellbeing score of **65**. This is six points higher than for those with a household income of below £26,000.

In contrast, the people who are likely to experience **low** environmental wellbeing in England in 2025 are: >

- People who live in the most deprived areas, who have an environmental wellbeing score of **53**. This is 16 points lower than for those who live in the least deprived areas.
- People who live in London, who have an environmental wellbeing score of **55**. This is seven points lower than the average for England.
- Disabled people, who have an environmental wellbeing score of **58**. This is five points lower than for people who are not disabled.

Area deprivation, age, and urbanity have the biggest effect on environmental wellbeing in England



Environmental wellbeing - standout statistics

More people are facing problems with their local environment, although fewer are dissatisfied with how much is being done to preserve the environment in the UK.

- **84%** of people have problems with litter or rubbish on the street, three percentage points higher than in 2023.
- **66%** of people experience problems with noise pollution, four percentage points higher than in 2023.
- **41%** of people are dissatisfied with efforts to preserve the environment in the UK, though this is three percentage points lower than in 2023.

Summary

The environmental wellbeing of people in England has remained stable overall with a score of **62 out of a possible 100**, no higher than in 2023. This score, like in previous years, varies widely according to factors such as where people live, whether someone is disabled, and their household income. Living in a rural area or in the least deprived areas continues to have a strong positive effect on environmental wellbeing.

Although the result has improved over the years, two in five people in England remain dissatisfied with efforts being taken to preserve the environment. Combined with the widespread nature of environmental problems such as litter and noise pollution, this dissatisfaction suggests that people across England believe current environmental conditions are not good enough.

Taking care of our local environments has positive benefits beyond the domain of environmental wellbeing and can also improve things like our physical and mental health, and satisfaction with our communities, especially when improvements are made in partnership with local communities.





Democratic wellbeing in England 2025

We all have a voice in decisions that affect us.

42

100

DOWNING
STREET SW1
CITY OF WESTMINSTER



England scores 42 out of a possible 100 for democratic wellbeing.

Democratic wellbeing is about everyone having a voice in decisions made that affect them. This means having local and national leaders who support participation, foster trust, and encourage diversity.

To understand democratic wellbeing, we asked questions about levels of trust in local, regional and national government(s), perceptions of personal ability to influence decisions.

Although England's democratic wellbeing score has improved by one point in 2024, it is still chronically low for all, with some groups of people likely to have especially low democratic wellbeing.

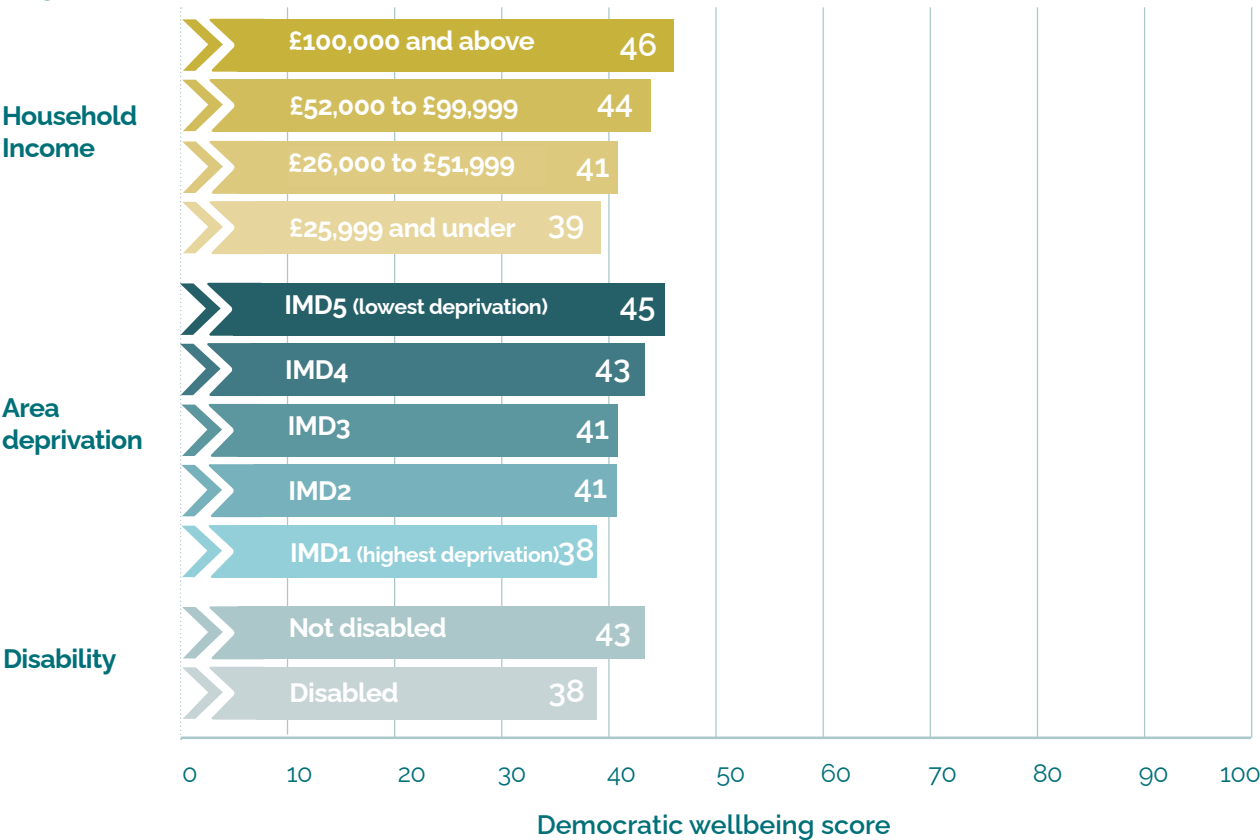
The people most likely to experience **higher** democratic wellbeing in England in 2025 are: >

- People with a household income of more than £100,000 per year, who have a democratic wellbeing score of **46**. This is seven points higher than for people whose household income is below £26,000. Those whose household income is between £52,000 and £99,999 are also more likely to have higher democratic wellbeing, with a score of **44**.

In contrast, the people who are likely to experience **lower** democratic wellbeing in England in 2025 are: >

- People who live in the most deprived areas, who have a democratic wellbeing score of **38**. This is seven points lower than for those who live in the least deprived areas.
- Disabled people, who have a democratic wellbeing score of **38**. This is five points lower than for those without a disability.

Income, area deprivation, and disability have the biggest effect on democratic wellbeing in England



Democratic wellbeing - standout statistics

Trust in the UK Government has improved, but trust in some other institutions is falling and absolute trust remains low across the board.

- **43%** of people in England have low trust in the UK Government, an improvement of nine percentage points since 2024 when over half (52%) had low trust. People in England are more likely to trust the UK Government than people in the other UK jurisdictions.
- **41%** of people have low trust in big tech companies, six percentage points higher than in 2023.
- **28%** of people have low trust in the local council for their area, three percentage points higher than in 2023.
- Only **7%** of people feel that they can influence decisions that affect the UK, though this is one percentage point higher than in 2023.

Summary

The democratic wellbeing of people in England has improved slightly since 2024, by one point overall and is now **42 out of 100**. This is largely because of increased trust in the UK Government, but also in institutions like banks and the news media.

Fewer factors correlate to high and low levels of democratic wellbeing than we see in the other three domains. This is largely because low democratic wellbeing is common across more groups: in other words, poor democratic wellbeing is universal. This should be of concern to policy makers.

There has been an improvement in trust in the UK Government since last year, with fewer people reporting low trust. This could be connected to the election of a new UK government in 2024. We will be interested to explore in future years if proximity to democratic events (e.g. general elections or local elections) consistently correlates with changes in aspects of people's democratic wellbeing.

However, despite the overall improvement in trust in the UK Government, the percentage of people who feel that they can influence decisions affecting the UK remains unchanged since last year at just 7%.



Collective wellbeing: standout statistics overview



Social wellbeing – standout statistics

While some health measures, albeit not mental health, have improved, other indicators of social wellbeing are stagnant or have worsened.

- 68% of people say they are in good general health, three percentage points higher than in 2023, while 35% of people say that it is easy to get a GP appointment at a time they need one, six percentage points higher than in 2023.
- 65% of people feel that they could rely on someone in their neighbourhood if they were alone and needed help. This is the same as in previous years but is significantly lower than in the other UK jurisdictions.
- 44% of people report they have been unfairly treated or discriminated against in the last 12 months, three percentage points higher than in 2023.



Economic wellbeing - standout statistics

More people can afford to keep their homes warm, but other areas of economic wellbeing have not improved and, in some cases, have deteriorated.

- 32% of people are dissatisfied with the availability of jobs in their local area, ten percentage points higher than in 2023.
- 21% of people cannot afford to pay for a week's annual holiday away from home, unchanged on previous years.
- 13% of people cannot afford to keep their home adequately warm, an improvement of four percentage points since 2023.



Environmental wellbeing - standout statistics

More people are facing problems with their local environment, although fewer are dissatisfied with how much is being done to preserve the environment in the UK.

- **84%** of people have problems with litter or rubbish on the street, three percentage points higher than in 2023.
- **66%** of people experience problems with noise pollution, four percentage points higher than in 2023.
- **41%** of people are dissatisfied with efforts to preserve the environment in the UK, though this is three percentage points lower than in 2023.



Democratic wellbeing - standout statistics

Trust in the UK Government has improved, but trust in some other institutions is falling and absolute trust remains low across the board.

- **43%** of people in England have low trust in the UK Government, an improvement of nine percentage points since 2024 when over half (52%) had low trust. People in England are more likely to trust the UK Government than people in the other UK jurisdictions.
- **41%** of people have low trust in big tech companies, six percentage points higher than in 2023.
- **28%** of people have low trust in the local council for their area, three percentage points higher than in 2023.
- Only **7%** of people feel that they can influence decisions that affect the UK, though this is one percentage point higher than in 2023.



Collective wellbeing in England 2025: Scoring summary



Social wellbeing



Economic wellbeing



Environmental wellbeing



Democratic wellbeing



The collective wellbeing score for England in 2025 is 62 out of a possible 100.

Summary table of domain scores by key demographic characteristics

		Collective wellbeing	Social wellbeing	Economic wellbeing	Environmental wellbeing	Democratic wellbeing
	Total	62	72	72	62	42
Disability	Not disabled	64	76	75	63	43
	Disabled	55	62	61	58	38
Age	16-34 years	59	69	69	57	42
	35-54 years	60	72	70	60	40
	55 years & over	66	76	76	67	43
Household Income	£25,999 and under	56	67	59	59	39
	£26,000 to £51,999	62	72	71	63	41
	£52,000 to £99,999	66	76	79	64	44
	£100,000 & above	68	78	84	65	46
Area deprivation	1st quintile (highest deprivation)	55	66	63	53	38
	2nd quintile	60	70	69	58	41
	3rd quintile	63	74	72	64	41
	4th quintile	65	75	76	66	43
	5th quintile (lowest deprivation)	67	77	78	69	45
Housing tenure	Social rented	52	63	53	55	38
	Private rented	56	67	62	57	39
	Homeowners	65	75	76	64	43
Gender	Women	61	71	71	62	42
	Men	63	74	73	63	42
Ethnicity	Asian	55	64	63	53	40
	Black	56	67	59	59	37
	Mixed/multiple	58	68	68	58	39
	Other ethnicity*	59	67	66	59	42
	Other White	60	71	72	56	43
	White British	63	74	73	64	42
	Ethnic minorities (including White minorities)	57	67	66	56	40
Children	One child in household	60	72	70	59	40
	Two children in household	60	72	67	62	41
	Three or more children in household	55	67	58	57	39
	No children in household	63	73	73	63	42
Urban areas	Urban living	61	71	71	60	41
	Rural living	67	76	76	71	43

* denotes small base size (50-99)

Life in the UK 2025

England



ISBN: 9978-1-917536-06-6

Carnegie UK Trust
Andrew Carnegie House
Pittencrieff Street
Dunfermline
Fife, Scotland
KY12 8AW

T +44 (0)1383 721445

www.carnegieuktrust.org.uk

Registered Charity No: SC 012799 operating in the UK
Registered Charity No: 20142957 operating in Ireland
Incorporated by Royal Charter 1917

