

Investing in a reading nation



Reading transforms lives.

All Australians deserve access to the life-changing benefits of reading for pleasure. Join the mission and invest in Australia as a reading nation.

People who read regularly report higher self-esteem, are less lonely, and are 58% more likely to empathise with others.¹ Reading slows the heart rate, reduces stress² and can even extend our lives.³ High reading rates are seen globally as a sign of a healthy, democratic society.

Reading is at risk.

Despite the huge benefits, 44% of Australians have low literacy⁴ and 25% of Australians have not read or listened to a single book in a year.⁵

Reading rates are in decline, with numbers of non-readers increasing.⁶ Meanwhile, rates of misinformation are climbing.

Join our mission to transform the lives of all Australians through the power of reading. Find out more at australiareads.org.au or get in touch hello@australiareads.org.au

Australia Reads is an industry collaboration on reading



AUSTRALIAN
SOCIETY
of AUTHORS

BookPeople
.org.au



Australian Library and
Information Association

The benefits of reading

A **20% reduction in mortality** was observed for those who read books, compared to those who did not.⁷

74% of children agree that reading fiction and nonfiction is a **way to help them understand the world**.⁸

Those who read 30 mins a week are **18% more likely to report an increase in self-esteem** and greater life satisfaction.⁹

43% of readers say **reading helps them get a better night's sleep**.¹⁰



Statistics Cited:

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