



Good Things

Digital Nation

2026

With the support of the National Digital Inclusion Network:



Happier

82% say the internet helps them connect with friends and family



Better off

74% have better opportunities for learning or employment



Healthier

74% say they use online tools to help them manage their health



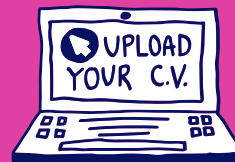
People with higher digital financial capability save £815 more per year



72% of adults lack confidence using AI in daily life



55% of working people can't complete essential digital tasks for work



40% of adults are worried about being left behind as more services move online

8 million adults lack basic digital skills

Those left offline are:



66% are 65+

48% in ill health

More likely to be older or in ill health



2.4 x more likely to lack qualifications than those who're comfortably online



2.5 x more likely to be on low income



1.6 million adults can't access the services they need online

73% of UK adults think digital inclusion should be part of how public services are designed



72% think the government should be doing more to tackle digital exclusion

82% think everyone should have the skills and access needed to use the NHS app safely and confidently

Only 1 in 3 adults are comfortably online

Digital inclusion is worth £13 billion to the UK economy