

REGIONAL FACT SHEET: BOLTON

441 of the 5,867 (7.5%) of the Health Snapshot entries were from people living in Bolton.

Demographics

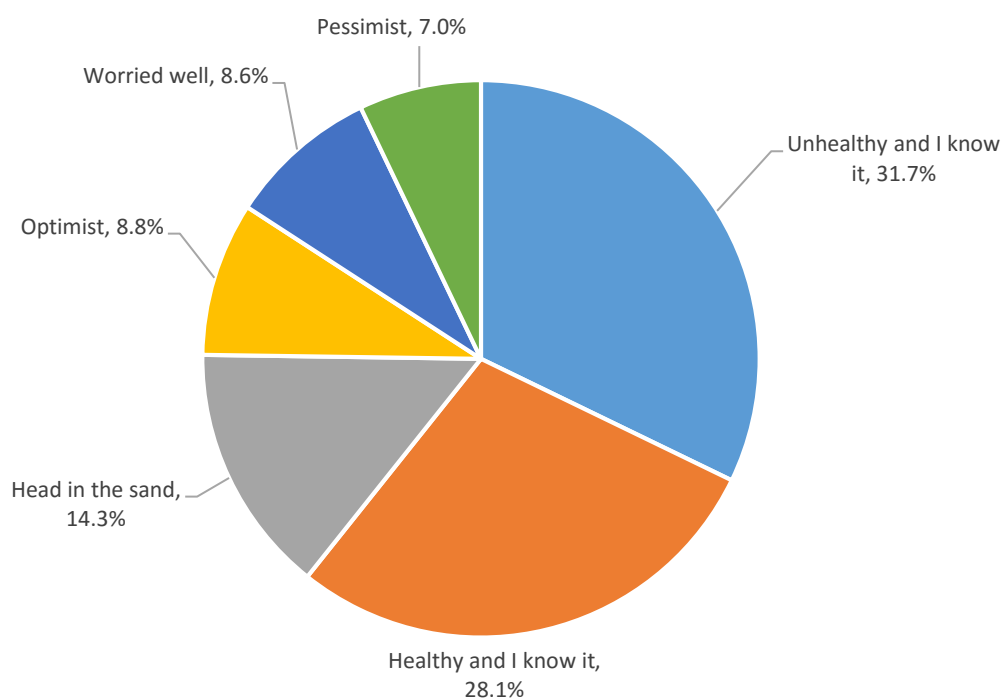
Gender	% of total who completed the Health Snapshot
Female	63.9%
Male	35.1%
Non-Binary	0.0%
Rather not say	0.9%

Age group	% of total who completed the Health Snapshot
17 or less	9.5%
18 to 34	25.4%
35 to 44	19.3%
46 to 65	35.4%
66 to 79	8.8%
80 or more	1.1%
Rather not say	0.5%

Ethnic group	% of total who completed the Health Snapshot
White: British	80.7%
Asian British or Asian: Indian	7.3%
White: Other	2.3%
Asian British or Asian: Pakistani	2.3%
Black British or Black: African	1.6%
Other	1.4%
Rather not say	0.9%
Black British or Black: Other	0.9%
White: Irish	0.7%
Asian British or Asian: Other	0.7%
Asian British or Asian: Chinese	0.7%
Asian British or Asian: Caribbean	0.7%

Employment status	% of total who completed the Health Snapshot
Employed	51.5%
Not working – due to disability	4.8%
Not working – due to ill health	5.0%
Not working – retired	12.2%
Rather not say	2.5%
Student	12.7%
Unemployed	11.3%

Typology	% of total of BOLTON data	% of total of GM data
Unhealthy and I know it	31.7%	34%
Healthy and I know it	28.1%	13%
Head in the sand	14.3%	18%
Optimist	8.8%	18%
Worried well	8.6%	4%
Pessimist	7.0%	10%
Excluded	1.4%	3%



Online Workshop

Overview

256 (58.0%) of the people who identified themselves as living in Bolton in the Health Snapshot joined the online workshop.

12.5% of the contributions in the online workshop were made by people who identified themselves as living in Bolton.

Contributions

By coding

Theme	% of total contributions
Facilities – Environment	27.2%
Resources	22.4%
Self-awareness, belief and confidence	14.8%
Social norms	8.1%
Physical limitation	6.5%
Support networks	6.0%
Legislation	4.9%
Provision of private services/products	4.1%
Provision of public health and social care information/services	3.2%
N/A	2.7%

Top ideas – Solutions

- **Idea title:** More walking & cycling (48 likes, 0 dislikes, 6 comments)

“I've recently got a fitbit, & it's really difficult to be active enough except for days when I'm walking to get to places like work or the shops, when I easily make the recommended 10,000 steps. It needs to be easier & more pleasant for people to walk & cycle more.

I can easily walk or cycle the distance to most things I need to get to, but often it's not nice to do so with busy roads, cars parked on pavements, aggressive drivers, etc. We need to make big changes so it's not the easiest option for people to jump in their cars. This should include things like traffic speed reduction, better public transport, pleasant & safe walking environments, proper cycle lanes that are safe convenient & direct (and are more than a bit of paint in the gutter). It won't be popular at first, but if it means children can get places safely on their own, busy roads don't act as a barrier splitting up communities, and people don't get asthma or bronchitis so much, then it'll be worth it.”

- **Idea title:** The hamster wheel is on turbo charge... (26 likes, 0 dislikes, 1 comment)

“Both full time working parents to 3 children. Life is not just busy, busy can be fun, exciting, new- its tinged with feeling over worked, under valued and overwhelming demands. Stress can be a good thing-thrive on a challenge, the change, the novelty.....but this stress is leading to irritability, fatigue, burnout. It's the modern illness! My daily commute in gridlocked traffic to travel just 14 miles one way taking an hour -adding 2 hours to a working day. (M60/A580)

Demanding job in the NHS where the tag line seems to be stretch us as thin as possible and do double the work with an overlying suggestion of down banding. Need better local leisure centres, open for longer so more accessible, more variety of local classes- yoga, tai chi, novel classes. More social groups for the 12-17/18 year group. My stress levels would be better with more available time at work to do a job well, time to think, to reflect, to plan- not just rush around all day. Time to care. More time at home to cook proper meals, enjoy local leisure facilities, spend quality time with family....the simple things really.”

- **Idea title:** Access for all (16 likes, 0 dislikes, 3 comments)

“Create more community classes for all levels to help people manage their own health, especially for those with long term conditions. Transport to places is a HUGE barrier to some people who need assistance with walking, don't drive, no family to take them. Link up with Voluntary Groups to do local pick up/drop off; enable people to access services/ gain social support/engage in physical activity/manage mood.”