

## REGIONAL FACT SHEET: BURY

345 of the 5,867 (5.9%) of the Health Snapshot entries were from people living in Bury.

### Demographics

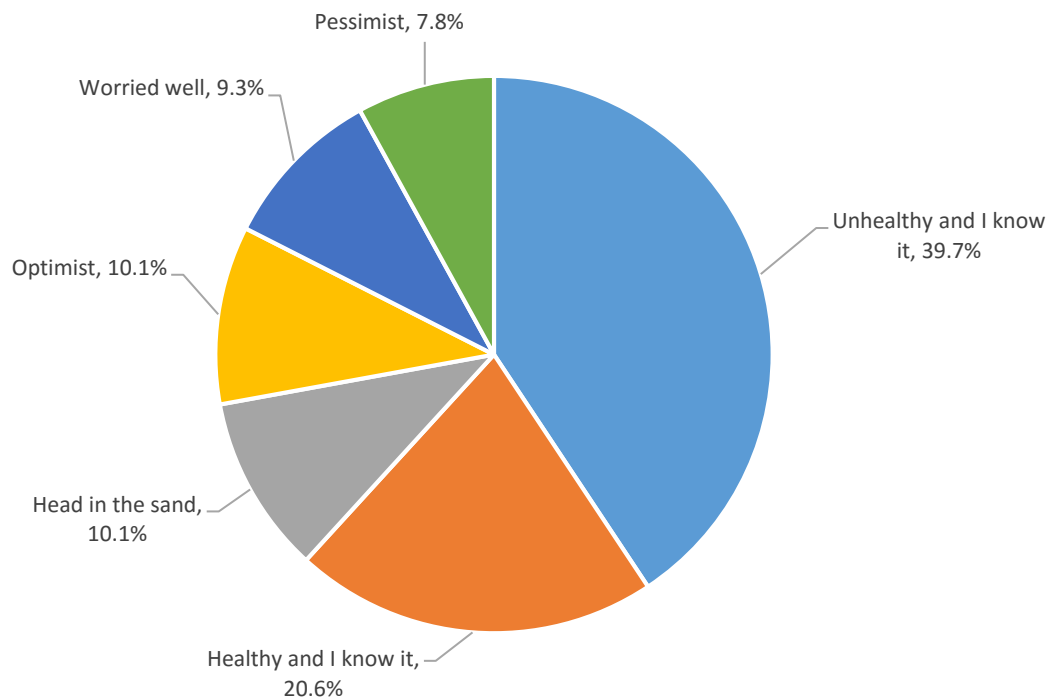
Gender	% of total who completed the Health Snapshot
Female	62.9%
Male	36.5%
Non-Binary	0.3%
Rather not say	0.3%

Age group	% of total who completed the Health Snapshot
17 or less	7.8%
18 to 34	27.0%
35 to 44	22.0%
46 to 65	36.7%
66 to 79	5.5%
80 or more	2.0%
Rather not say	0.0%

Ethnic group	% of total who completed the Health Snapshot
White: British	80.0%
Asian British or Asian: Pakistani	8.4%
White: Other	5.2%
White: Irish	1.7%
Asian British or Asian: Indian	1.4%
Asian British or Asian: Chinese	0.6%
Black British or Black: African	0.6%
Black British or Black: Other	0.6%
Other	0.6%
Asian British or Asian: Other	0.3%
Rather not say	0.3%
Asian British or Asian: Bangladeshi	0.3%

Employment status	% of total who completed the Health Snapshot
Employed	57.7%
Not working – due to disability	4.6%
Not working – due to ill health	2.6%
Not working – retired	9.6%
Rather not say	1.2%
Student	12.8%
Unemployed	11.6%

Typology	% of total BURY data	% of total GM data
Unhealthy and I know it	39.7%	34%
Healthy and I know it	20.6%	13%
Head in the sand	10.1%	18%
Optimist	10.1%	18%
Worried well	9.3%	4%
Pessimist	7.8%	10%
Excluded	2.3%	3%



## Online Workshop

### Overview

139 (59.7%) of the people who identified themselves as living in Bury in the Health Snapshot joined the online workshop.

5.0% of the contributions in the online workshop were made by people who identified themselves as living in Bury.

### Contributions

#### By coding

Theme	% of total contributions
Resources	47.6%
Self Awareness	10.5%
Facilities – environment	19.2%
Support networks	11.8%
Social norms	3.9%
Legislation	4.8%
Provision of public health and social care	2.2%

#### Top ideas – Solutions

- Idea title:** I will if you will has been really helpful (18 likes, 1 dislike, 1 comment)

“I used to live in Bolton and joined a gym to exercise as I felt uncomfortable running around the streets I lived as no-one seemed to exercise outside. However, the gym wasn't really my natural environment. When I moved to Bury I felt more comfortably exercising outside as lots of people do where I live. The I Will If You Will pilot has been such a positive influence. I'm already fairly active, but the advertising is a constant reminder that I could do different things. I think it's been a really positive.”
- Idea title:** Employers leading by example (17 likes, 0 dislikes, 0 comments)

“For many people who are disabled or living with chronic long term conditions. The workplace is still far too negative and rife with exclusion. The feeling of being a burden or inconvenient still persists and attitudes are unsupportive. What we need is true big private and public sector employers to change the narrative about a workforce with chronic conditions and develop policies that lean into and accept the reality of having employees with disability or conditions and positively embrace it for example by having the big GM employers become leaders in certain conditions such as sensory, autism, mental health, young disabled people, pain and work with disabled people and organisations to design what an exemplar employer of disabled people and people with chronic health conditions looks like in terms of advocating flexibilities in employment practices, senior

leadership and progression programmes, workforce condition management plans flexible and tailored to adjust with fluctuating conditions, employee peer support and workforce health engagement, innovative use of technologies in the workplace, advocating and promoting their success to other employers. Pooling occupational health resources and expertise across employer sectors to develop design and commission complementary healthy and wellbeing support that works in a preventative and early help way to receive the burden on NHS, especially in those areas which affect workforce health and attendance the most I.e. Pain, anxiety and mental health, musculoskeletal conditions.”

- **Idea title:** Peer support champions (14 likes, 1 dislike, 0 comments)

“Much better use of peer support by people who understand what it's like to live and work with health conditions and are willing and able to give that support to others. We need a more dynamic and robust network of peer support who perhaps specialise in certain areas e.g. Employment, chronic pain and investment in these networks in recognition of the added value it can bring. Being part of a network of peer support both giving and receiving can be very empowering and also help with the isolation many people feel when coping with conditions. Some of my best friends were found via peer support networks and I wouldn't still be working today if I hadn't received the advice support, empathy and understanding that professionals no matter how good can provide.”