

REGIONAL FACT SHEET: CITY OF MANCHESTER

949 of the 5,867 (16.2%) of the Health Snapshot entries were from people living in the City of Manchester.

Demographics

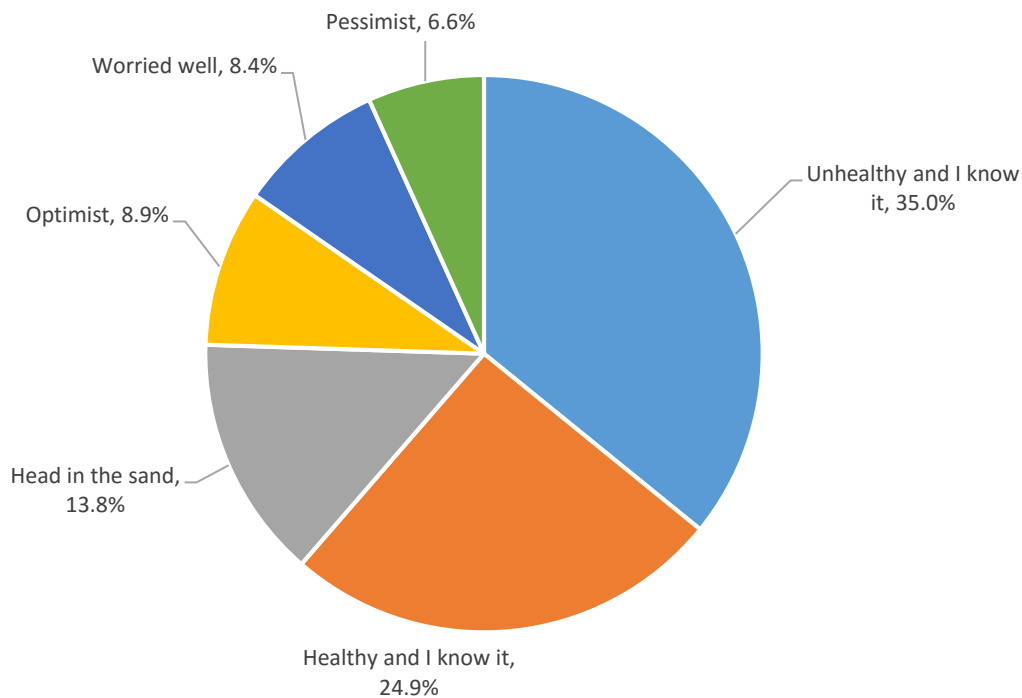
Gender	% of total who completed the Health Snapshot
Female	59.3%
Male	39.5%
Non-Binary	0.2%
Rather not say	0.9%

Age group	% of total who completed the Health Snapshot
17 or less	7.4%
18 to 34	36.0%
35 to 44	26.8%
46 to 65	25.9%
66 to 79	3.3%
80 or more	0.4%
Rather not say	0.2%

Ethnic group	% of total who completed the Health Snapshot
White: British	55.5%
Black British or Black: African	10.0%
Other	7.4%
Asian British or Asian: Pakistani	5.9%
White: Other	5.4%
Black British or Black: Caribbean	3.1%
White: Irish	2.2%
Asian British or Asian: Chinese	2.1%
Asian British or Asian: Other	1.9%
White: Gypsy or Irish Traveller	1.9%
Asian British or Asian: Indian	1.8%
Rather not say	1.4%
Black British or Black: Other	1.1%
Asian British or Asian: Bangladeshi	0.4%

Employment status	% of total who completed the Health Snapshot
Employed	59.0%
Not working – due to disability	3.3%
Not working – due to ill health	3.4%
Not working – retired	4.8%
Rather not say	4.1%
Student	13.5%
Unemployed	11.9%

Typology	% of total CITY OF MANCHESTER data	% of total GM data
Unhealthy and I know it	35.0%	34%
Healthy and I know it	24.9%	13%
Head in the sand	13.8%	18%
Optimist	8.9%	18%
Worried well	8.4%	4%
Pessimist	6.6%	10%
Excluded	2.4%	3%



Online Workshop

Overview

590 (62.2%) of the people who identified themselves as living in the City of Manchester in the Health Snapshot joined the online workshop.

16.6% of the contributions in the online workshop were made by people who identified themselves as living in the City of Manchester.

Contributions

By coding:

Theme	% of total contributions
Self-awareness, belief and confidence	21.9%
Resources	17.9%
Provision of public health and social care information/services	14.6%
Facilities – Environment	12.2%
Social norms	7.8%
Legislation	7.0%
N/A	5.2%
Physical limitation	5.2%
Support networks	4.1%
Provision of private services/products	4.1%

Top ideas – Solutions

- Idea title:** Time to be healthy (19 likes, 1 dislike, 6 comments)

“Everyone needs to (at least) walk and take a break during working hours. How about having a campaign to make a walking break a mandatory requirement for health and safety...tired workers cant concentrate well, unfit workers are a hazard to themselves AND to others, say 30 minutes every 8 hours worked in non manual jobs??”
- Idea title:** We’re discovering new ways to cope with stress, yet not tackling sources of stress? (15 likes, 1 dislike, 0 comments)

“The society we all currently reside in is the cause of a lot of illnesses in a lot of people. We are made to sell our time for small luxuries, told that the more money we earn the more important we are, the more fulfilled our lives will be. Whilst on the other side of things, if we don't have a job we're told we're lazy, looked down on in the eyes of the masses. France as an example, have shorter working days, have longer lunches, and somehow manage to sustain an economy. I don't think the problem is how we're handling our stress, the problem is the source of the stress. Something has to change.

taking charge • taking responsibility

Everyone needs to (at least) walk and take a break during working hours. How about having a campaign to make a walking break a mandatory requirement for health and safety...tired workers cant concentrate well, unfit workers are a hazard to themselves AND to others, say 30 minutes every 8 hours worked in non manual jobs??”

- **Idea title:** Children need more practical food education through schools (13 likes, 2 dislikes, 2 comments)

“Many children these days are unaware of where their food comes from. If they had improved education about the source of their meals, they would make better food choices. In the past, families tended to cook from scratch with fresh ingredients and so children were familiar with the food journey. Some schools are now taking children to supermarkets such as Tesco, who are providing sessions to educate children about fresh ingredient options. I would support working with companies to do more of this and to provide cookery classes at weekends - for example, restaurants could provide these sessions. It would also be important to get parents involved, maybe with an incentive like a money-off voucher.”