

REGIONAL FACT SHEET: STOCKPORT

556 of the 5,867 (6.5%) of the Health Snapshot entries were from people living in Stockport.

Demographics

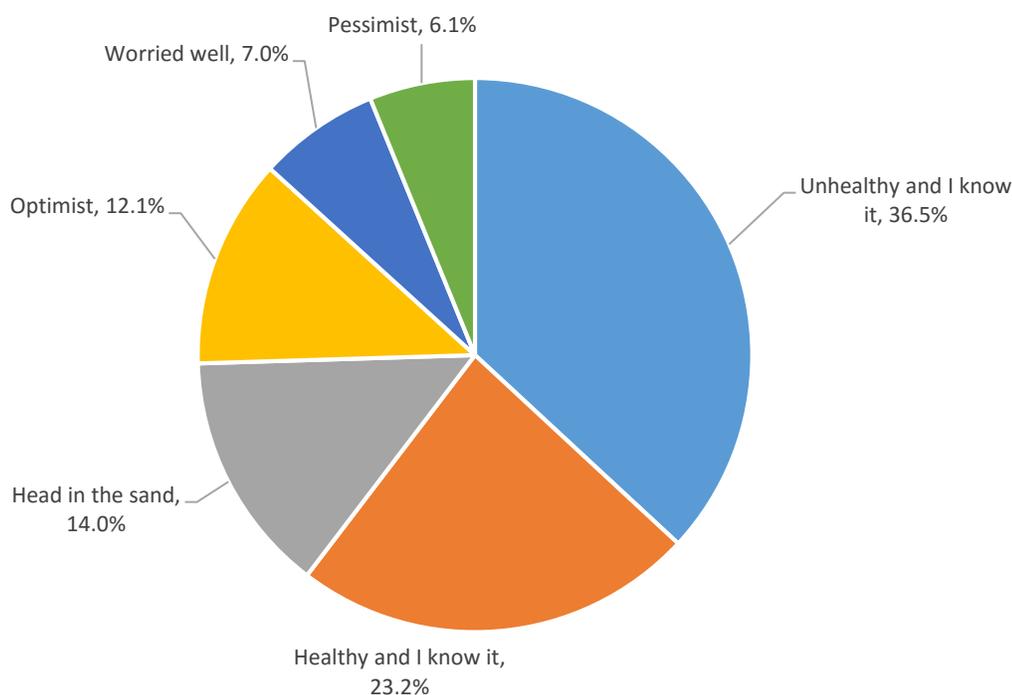
Gender	% of total who completed the Health Snapshot
Female	70.0%
Male	29.3%
Non-Binary	0.4%
Rather not say	0.4%

Age group	% of total who completed the Health Snapshot
17 or less	2.9%
18 to 34	22.7%
35 to 44	24.6%
46 to 65	37.8%
66 to 79	10.3%
80 or more	1.4%
Rather not say	0.4%

Ethnic group	% of total who completed the Health Snapshot
White: British	84.0%
White: Irish	4.0%
White: Other	2.0%
Asian British or Asian: Pakistani	1.8%
Asian British or Asian: Chinese	1.4%
Other	1.4%
Asian British or Asian: Indian	1.3%
Rather not say	1.3%
Black British or Black: African	1.1%
Asian British or Asian: Other	0.7%
Black British or Black: Caribbean	0.5%
Black British or Black: Other	0.4%
Asian British or Asian: Bangladeshi	0.2%

Employment status	% of total who completed the Health Snapshot
Employed	66.5%
Not working – due to disability	3.4%
Not working – due to ill health	2.2%
Not working – retired	14.0%
Rather not say	1.6%
Student	6.3%
Unemployed	5.9%

Typology	% of total STOCKPORT data	% of total GM data
Unhealthy and I know it	36.5%	34%
Healthy and I know it	23.2%	13%
Head in the sand	14.0%	18%
Optimist	12.1%	18%
Worried well	7.0%	4%
Pessimist	6.1%	10%
Excluded	1.1%	3%



Online Workshop

Overview

403 (72.5%) of the people who identified themselves as living in Stockport in the Health Snapshot joined the online workshop.

7.6% of the contributions in the online workshop were made by people who identified themselves as living in Stockport.

Contributions

By coding

Theme	% of total contributions
Facilities – Environment	19.4%
Resources	17.7%
Provision of private services/products	15.4%
Social norms	15.4%
N/A	14.2%
Support networks	9.6%
Self-awareness, belief and confidence	6.1%
Provision of public health and social care information/services	1.7%
Physical limitation	0.6%

Top ideas – Solutions

- Idea title:** 24 hour society (25 likes, 0 dislikes, 3 comments)

“We have developed to expect a 24 hour a day 7 day a week society so it's hard to ever truly rest.
Emails flow day and night so even when we stop work we know it's still flowing into our inbox - so check your emails at home or get that backlog.
We need a brave supermarket to invent Sunday (re-invent) Sunday closing and slowly all will follow suit and flow us down and allow rest time and family time.”
- Idea title:** Put down the smartphone/tablet (24 likes, 0 dislikes, 0 comments)

“To get better sleep try and avoid using a phone or tablet in bed.”
- Idea title:** Cheaper vegetables/fruit (23 likes, 2 dislikes, 4 comments)

“Need to be able to get cheaper vegetables and fruit as at the moment it is very expensive also could encourage people to grow a bit of their own vegetables if they have a garden, need to teach people to grow.”