

## REGIONAL FACT SHEET: TAMESIDE

589 of the 5,867 (10.3%) of the Health Snapshot entries were from people living in Tameside.

### Demographics

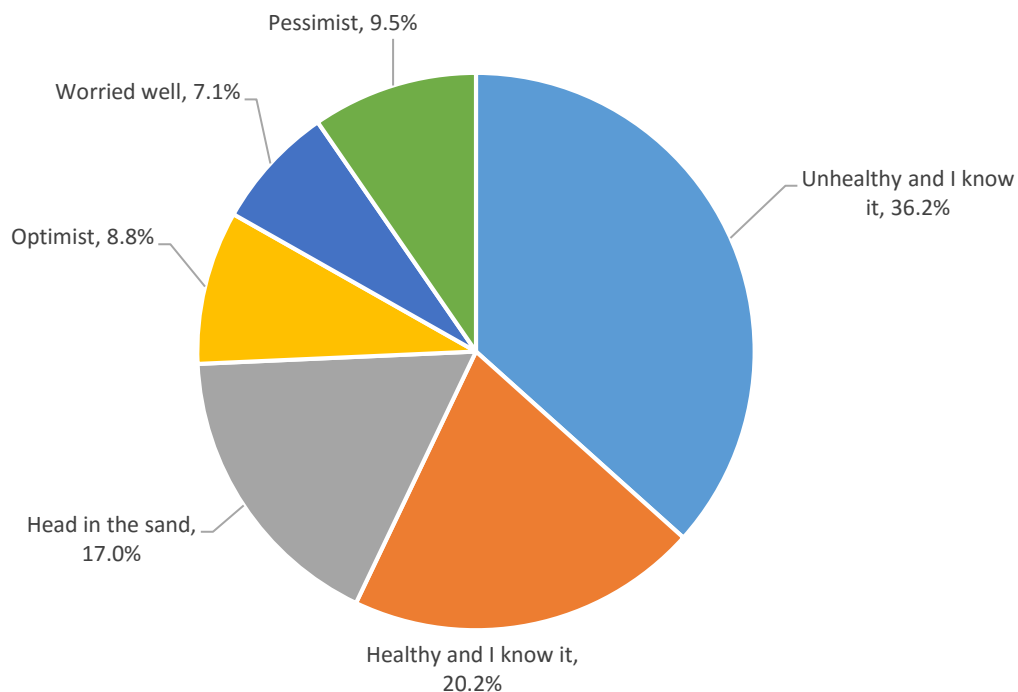
Gender	% of total who completed the Health Snapshot
Female	66.2%
Male	33.4%
Non-Binary	0.2%
Rather not say	0.2%

Age group	% of total who completed the Health Snapshot
17 or less	4.6%
18 to 34	21.4%
35 to 44	20.9%
46 to 65	37.0%
66 to 79	12.9%
80 or more	3.2%
Rather not say	0.0%

Ethnic group	% of total who completed the Health Snapshot
White: British	82.3%
Asian British or Asian: Pakistani	3.4%
Asian British or Asian: Indian	2.9%
Asian British or Asian: Bangladeshi	2.4%
White: Other	1.7%
Rather not say	1.4%
White: Irish	1.4%
Other	1.4%
Asian British or Asian: Chinese	1.2%
Black British or Black: African	0.8%
Black British or Black: Caribbean	0.8%
Asian British or Asian: Other	0.2%
Black British or Black: Other	0.2%

Employment status	% of total who completed the Health Snapshot
Employed	56.2%
Not working – due to disability	3.7%
Not working – due to ill health	3.9%
Not working – retired	19.5%
Rather not say	2.9%
Student	6.3%
Unemployed	7.5%

Typology	% of total TAMESIDE data	% of total GM data
Unhealthy and I know it	36.2%	34%
Healthy and I know it	20.2%	13%
Head in the sand	17.0%	18%
Optimist	9.5%	18%
Worried well	8.8%	4%
Pessimist	7.1%	10%
Excluded	1.2%	3%



## Online Workshop

### Overview

392 (66.6%) of the people who identified themselves as living in Tameside in the Health Snapshot joined the online workshop.

5.5% of the contributions in the online workshop were made by people who identified themselves as living in Tameside.

### Contributions

#### By coding

Theme	% of total contributions
Self-awareness, belief and confidence	22.6%
N/A	19.0%
Support networks	16.9%
Provision of public health and social care information/services	12.9%
Resources	9.7%
Facilities – Environment	8.5%
Legislation	8.1%
Social norms	2.4%

#### Top ideas – Solutions

- **Idea title:** We need to focus on more than 'health' (23 likes, 0 dislikes, 5 comments)

“The really big impacts will come through focussing on the 'wider determinants of health' eg debt. If you are worrying about money you won't have as much capacity to think about health let alone do something about it. We need a wide range of work with the voluntary sector supported and promoted to help people with all the issues they face not just 'health'. We need really simple, achievable steps encouraged not as a 'to do list' but as options for making small changes in life so that everyone can do something and be encouraged and celebrated for that not made to feel guilty.”

- **Idea title:** An alternative? (14 likes, 2 dislikes, 2 comments)

“Now, I know that there are people out there who will decry the use of electronic vaporisers, but as all my consultants say to me, "They are far less harmful than cigarettes". So, if all the other "stop smoking aids" have failed you, give it a try. I can honestly say that I found it so easy to stop and I have now helped two of my friends to stop using the same method.”

- **Idea title:** Improve the swimming pool experience (13 likes, 2 dislikes, 4 comments)

“I would like to see the return of separate pools for men and women that do not have a "viewing gallery". It's hideous and embarrassing being watched as you walk from the changing room into the pool. Have the pool heated to a decent temperature for those of us who want to swim in "Mediterranean or Caribbean waters, not Blackpool temperatures. Have low lighting and access to the pool from inside the changing area so you don't have to do the "walk of shame" in a far from perfect "bikini body.”