

## REGIONAL FACT SHEET: WIGAN

390 of the 5,867 (6.6%) of the Health Snapshot entries were from people living in Wigan.

### Demographics

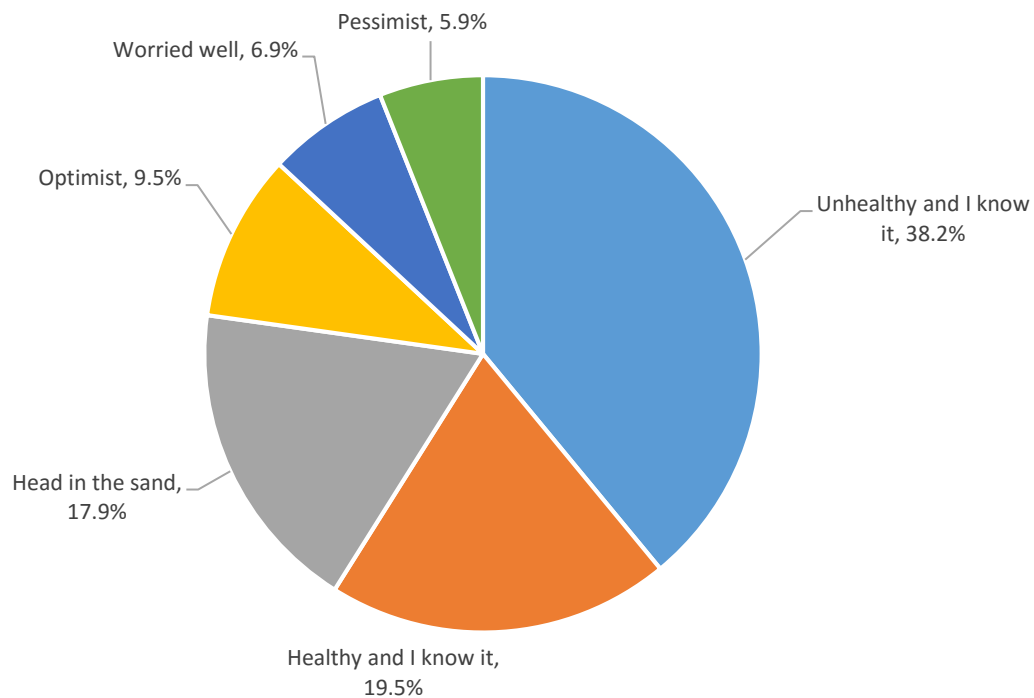
Gender	% of total who completed the Health Snapshot
Female	59.0%
Male	39.2%
Non-Binary	0.8%
Rather not say	1.0%

Age group	% of total who completed the Health Snapshot
17 or less	7.7%
18 to 34	20.5%
35 to 44	15.9%
46 to 65	31.5%
66 to 79	20.5%
80 or more	3.8%
Rather not say	0.0%

Ethnic group	% of total who completed the Health Snapshot
White: British	90.3%
Rather not say	1.5%
White: Irish	1.5%
White: Other	1.5%
Other	1.3%
Asian British or Asian: Indian	0.8%
Asian British or Asian: Other	0.8%
Asian British or Asian: Pakistani	0.8%
Black British or Black: Other	0.8%
White: Gypsy or Irish Traveller	0.3%
Black British or Black: African	0.3%
Asian British or Asian: Bangladeshi	0.3%

Employment status	% of total who completed the Health Snapshot
Employed	45.4%
Not working – due to disability	3.6%
Not working – due to ill health	2.8%
Not working – retired	26.9%
Rather not say	3.1%
Student	9.7%%
Unemployed	8.5%

Typology	% of total WIGAN data	% of total GM data
Unhealthy and I know it	38.2%	34%
Healthy and I know it	19.5%	13%
Head in the sand	17.9%	18%
Optimist	9.5%	18%
Worried well	6.9%	4%
Pessimist	5.9%	10%
Excluded	1.2%	3%



## Online Workshop

### Overview

248 (63.6%) of the people who identified themselves as living in Wigan in the Health Snapshot joined the online workshop.

5.6% of the contributions in the online workshop were made by people who identified themselves as living in Wigan.

### Contributions

#### By coding

Theme	% of total contributions
Provision of public health and social care information/services	43.8%
Self-awareness, belief and confidence	24.6%
Resources	14.5%
Facilities – Environment	12.5%
Support networks	4.7%

#### Top ideas – Solutions

- Idea title:** Work life balance and a sense of community (28 likes, 0 dislikes, 3 comments)

“Increasing pressures at work, doing more for less, busy commute- it takes it's toll. Even when you are well educated and motivated about your health- especially your MENTAL health, it's hard to relax and let go of daily stresses. They can build up on you and make you too tired for hobbies and leisure. It's hard to tackle that as we all have to work but here's my ideas: places of work should provide space to go to relax/exercise/play/de stress, FREE gym membership to council gyms, Investment in mental health services- get people talking about it, give check ups, educate on things like mindfulness, meditation, progressive muscular relaxation, A sense of community- somewhere for adults to meet and get involved with local projects or something creative. We need to stop the cycle of all work and no play. Get people exercising/talking with each other. Put mental health as a priority and chronic illnesses and behaviours that lead to poor health will ease off too!!”
- Idea title:** Start with young children at school - beyond PE (22 likes, 0 dislikes, 1 comment)

“We have great schools in GM, and a significant proportion of our population are young people going to school, and their families who have a relationship with school. We have an opportunity to instil a lifelong 'habit' of physical activity by making some simple ideas in school standard in every school for every child. At least 2

hours per week of PE - but not just having a commitment to PE but making physical activity part of daily life. The school in Scotland that run a daily mile is a great idea - teachers can use as a behaviour management tool as required but every pupil from 5 running every day throughout their school life will ensure a generation of healthy young people who are in the habit of being physically active."

- **Idea title:** Whatever works for you (15 likes, 0 dislikes, 1 comment)

"The trigger which helped me stop was a bad cold , travelling home early morning from a night shift , I lit my ""usual "" on the way home ciggie , bearing in mind I had tried to stop over a period of the 29 years I had smoked hundreds of times ,failing with flying colours every time .

This morning was different , the smoked choked my already infected chest where I began to cough, my eyes streaming and feeling absolute rotten, I pulled over to the side of the road , threw my pack of 18 of 20 and a new gold plated cigarette lighter I had been given as a Birthday present by my Wife into a field as far as I could .

I have never smoked from that day and I am now reaching a point where I will have stopped smoking longer than I smoked.

This statement I made, worked for me, giving up today has more incentive than just health benefits, , making an investment from the savings , do the maths is a great ""today "" incentive .

Ultimately education again should play a great part, smoking seems to be a legacy left by our generation in the North West as I am so surprised at the number of young people I see smoking today."