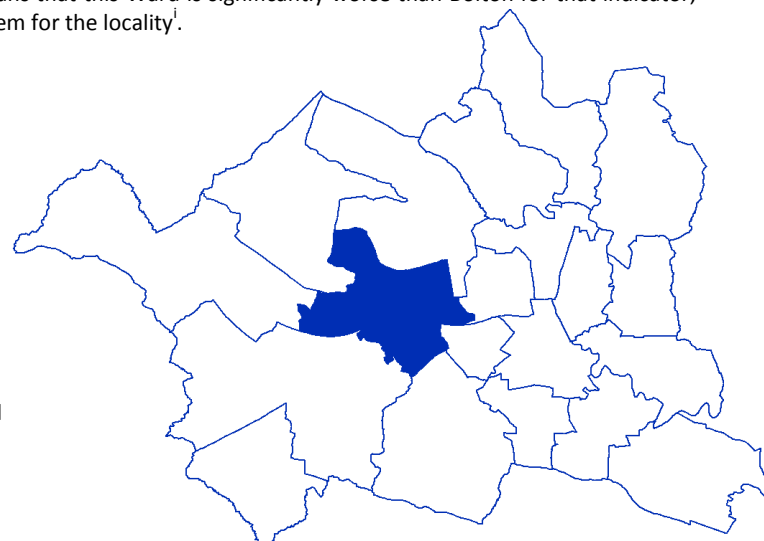
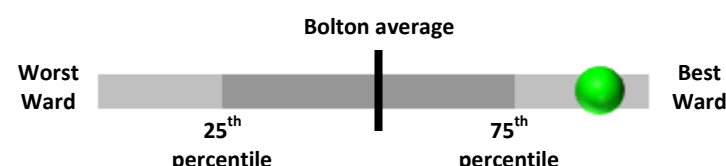


This spine chart shows how the health of people in Heaton & Lostock compares to the rest of Bolton. All results are taken from the *Bolton Health & Wellbeing Survey 2010*, with each indicator shown as a circle. The average rate for Bolton is shown by the black line, and the range of results for all Wards in Bolton is shown as the grey bar. A red circle means that this Ward is significantly worse than Bolton for that indicator; however a green circle may still indicate an important public health problem for the locality.

KEY TO SPINE CHART

- Significantly better than Bolton average
- Not significantly different from Bolton average
- Significantly worse than Bolton average



	Indicator	Heaton & Lostock	Bolton average	Bolton worst	Bolton range	Bolton best
Health and health services	1 Self-reported excellent health	18.4	11.9	6.9		18.4
	2 Self-reported poor health	4.2	8.8	14.6		4.2
	3 Health service use as a result of injury from an accident	12.9	16.7	22.9		12.9
	4 Last visit to the dentist more than 2 years ago	11.4	22.0	34.9		11.4
	5 No eyesight test in last 2 years	33.8	37.4	44.8		30.9
Cardiovascular disease	6 Have/have had angina	5.1	9.9	18.1		3.6
	7 Have/have had high blood pressure	28.4	31.7	41.0		25.6
	8 Have/have had diabetes	8.0	9.0	15.9		5.4
	9 Have had a heart attack	2.5	3.5	5.8		2.0
Respiratory illness	10 Have had a stroke	1.7	2.8	6.2		0.2
	11 Have chronic cough	8.1	12.7	19.6		7.7
	12 Have chronic bronchitis	4.7	7.6	13.2		3.5
Musculoskeletal problems	13 Have COPD	0.3	2.4	5.5		0.3
	14 Have asthma	13.1	20.8	29.3		13.1
Emotional health	15 Suffer severe bodily pain	6.7	11.6	18.7		6.7
	16 Suffer pain or stiffness in the joints	50.0	54.6	61.2		47.9
	17 Suffer recurring or constant backache	32.3	38.6	47.1		29.3
Body weight	18 Above GHQ threshold: possible mental health problems	22.5	27.1	33.6		18.5
	19 Suffer nervous trouble or depression	18.6	26.3	34.6		17.6
	20 Have high wellbeing	23.3	16.6	10.8		23.3
Healthy lifestyle	21 BMI Obese	15.7	19.4	25.5		13.3
	22 BMI Overweight	33.2	34.9	40.2		27.7
	23 BMI Underweight	1.2	3.5	9.9		0.9
Neighbourhood perception	24 Current smokers	13.0	20.5	30.8		9.0
	25 Drink over the weekly limit/hazardous drinking	26.2	17.6	26.2		5.7
	26 Drink severely over the weekly limit/harmful drinking	6.9	6.4	10.5		3.8
	27 Binge drink at least once a week	39.4	30.0	39.4		12.4
	28 CAGE problem drinkers (possible dependent drinkers)	5.0	4.7	7.1		2.1
	29 Meets guidelines for physical activity	39.6	42.4	36.0		50.4
	30 Lead a sedentary lifestyle	17.3	17.2	25.2		11.0
	31 Tend to eat more healthily	61.1	45.5	31.8		61.1
	32 5-a-day fruit and vegetables	20.0	16.1	9.7		23.0
	33 Generally add salt to food	16.9	24.5	32.3		15.9
	34 Generally read the nutritional information on food labels	55.8	46.0	35.6		55.8
	35 Very confident cooking from basic ingredients	46.6	43.4	35.2		50.8
Household conditions	36 Not attracted to living in their area	4.2	11.8	24.7		2.3
	37 Does not feel like they belong to their neighbourhood	5.6	12.0	25.4		3.3
	38 Believes area is not a good place to raise children	5.4	17.0	34.3		2.9
	39 Would like to move out of current neighbourhood	19.1	29.9	46.7		10.4
Care needs	40 Are having difficulties managing financially	7.4	13.7	21.6		6.9
	41 Owner occupiers	87.7	71.2	48.8		89.5
	42 Cannot afford to heat home as well as would like	14.6	27.4	41.5		14.6
	43 Do not have internet access	10.2	23.3	39.0		10.2
	44 Do not have access to a car or van	6.3	20.8	43.2		6.3
	45 Carers	10.5	11.6	14.7		7.7
Care needs	46 Limiting long-standing health problem or disability	32.3	39.4	47.1		32.3
	47 Have care needs	12.6	21.4	31.3		12.6
	48 Physical impairment	9.0	12.1	18.8		8.3
	49 Mental health condition	8.9	12.5	16.9		8.9
	50 Learning disability/disorder or cognitive impairment	3.0	4.1	6.8		1.9

Notes			
1	Respondents saying that over the last 12 months their health has on the whole been excellent (%); age and sex standardised; 2010.	26	Respondents who drink severely over weekly alcohol unit limit (men >50, women >35) (%); age and sex standardised; 2010.
2	Respondents saying that over the last 12 months their health has on the whole been poor (%); age and sex standardised; 2010.	27	Respondents who binge drink (men >8, women >6) on at least one day in a week (%); age and sex standardised; 2010.
3	Respondents saying that in the last 12 months they have had an accident which caused them to see a doctor, go to the hospital, Accident & Emergency, or an NHS Walk-in Centre (%); age and sex standardised; 2010.	28	Measure calculated where respondents answer positively to 2 or more CAGE questions (%); age and sex standardised; 2010.
4	Respondents saying that their last visit to the dentist for a routine check-up was more than 2 years ago or never (%); age and sex standardised; 2010.	29	Respondents who undertake 5 or more 30 minute sessions of physical activity of at least moderate intensity a week (%); age and sex standardised; 2010.
5	Respondents saying that they have not had an eyesight test in the last 2 years (%); age and sex standardised; 2010.	30	Respondents who undertake no physical activity (%); age and sex standardised; 2010.
6	Respondents suffering from severe chest pain or discomfort on exertion which may have been diagnosed as angina in the last 12 months (%); age and sex standardised; 2010.	31	Respondents who have four or more healthy eating habits (5-a-day, use vegetable or no oil in cooking, rarely or only occasionally add salt, have healthier meat habits, always or often read food labels, are very confident cooking from basic ingredients) (%); age and sex standardised; 2010.
7	Respondents who have been told by a health professional that they have/have had high blood pressure (%); age and sex standardised; 2010.	32	Respondents eating five or more portions of fruit and vegetables in a typical day (%); age and sex standardised; 2010.
8	Respondents who have been told by a health professional that they have/have had diabetes (%); age and sex standardised; 2010.	33	Respondents who generally add salt to their food at the table (%); age and sex standardised; 2010.
9	Respondents who have been told by a health professional that they have/have had a heart attack (%); age and sex standardised; 2010.	34	Respondents who, when buying prepared foods (e.g. ready meals, pies, prepared sandwiches, sauces etc.), generally read the nutritional information on the food label (%); age and sex standardised; 2010.
10	Respondents who have been told by a health professional that they have/have had a stroke (%); age and sex standardised; 2010.	35	Respondents who are very confident cooking from basic ingredients (%); age and sex standardised; 2010.
11	Measure calculated from respondents who say they usually cough first thing in the morning in winter, or usually during the day or night in winter, and where this happens on most days for as much as three months each year (%); age and sex standardised; 2010.	36	Respondents who disagree/strongly disagree with the statement "Overall I am very attracted to living in this area" (%); age and sex standardised; 2010.
12	Measure calculated from respondents who have chronic bronchitis (see 12) and chronic sputum (where chronic sputum is calculated from those who say they usually bring up phlegm from their chest first thing in the morning, or during the day or at night in winter, and where this happens on most days for as much as three months each year) (%); age and sex standardised; 2010.	37	Respondents who disagree/strongly disagree with the statement "I feel like I belong to this neighbourhood" (%); age and sex standardised; 2010.
13	Measure calculated from those who say they are troubled by shortness of breath when hurrying on level ground or walking up a slight hill, or have attacks of shortness of breath with wheezing, and who suffer chronic bronchitis, and who smoke (%); age and sex standardised; 2010.	38	Respondents who disagree/strongly disagree with the statement "Overall I think this is a good place to bring up children" (%); age and sex standardised; 2010.
14	Respondents suffering from shortness of breath with wheezing which may have been diagnosed as asthma in the last 12 months (%); age and sex standardised; 2010.	39	Respondents who agree/strongly agree with the statement "Given the opportunity, I would like to move out of this neighbourhood" (%); age and sex standardised; 2010.
15	Respondents who say they have suffered severe or very severe bodily pain during the past four weeks (%); age and sex standardised; 2010.	40	Respondents who say they are currently having difficulties managing financially (%); age and sex standardised; 2010.
16	Respondents suffering from pain or stiffness in the joints in the last 12 months (%); age and sex standardised; 2010.	41	Owner occupiers (%); age and sex standardised; 2010.
17	Prevalence of respondents suffering from recurring or constant backache in the last 12 months (%); age and sex standardised; 2010.	42	Respondents who cannot heat their home as well as they would like during the winter months (October-March) (%); age and sex standardised; 2010.
18	Prevalence scoring about the General Health Questionnaire 12 (GHQ12) threshold of 4 (possible mental health problems); age and sex standardised; 2010.	43	Respondents who do not currently have access to the internet (%); age and sex standardised; 2010.
19	Respondents suffering from nervous trouble or depression in the last 12 months (%); age and sex standardised; 2010.	44	Respondents who do not currently have access to a car or van (%); age and sex standardised; 2010.
20	High wellbeing according to the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) based upon one standard deviation from Bolton's mean score (%); age and sex standardised; 2010.	45	Respondents who care for someone with a long-term illness or disability other than as part of their job (%); age and sex standardised; 2010.
21	BMI calculated where respondents completed both the height and weight questions of the survey (%); age and sex standardised; 2010.	46	Respondents whose day-to-day activities are limited because of a long-standing health problem or disability (%); age and sex standardised; 2010.
22	BMI calculated where respondents completed both the height and weight questions of the survey (%); age and sex standardised; 2010.	47	Proportion of those with care needs is calculated from a question asking which activities the respondent is able to carry out without help from someone else (%); age and sex standardised; 2010.
23	BMI calculated where respondents completed both the height and weight questions of the survey (%); age and sex standardised; 2010.	48	Respondents who have a long-standing health problem or disability which has lasted, or is expected to last, at least 12 months (physical impairment - such as difficulty using arms or mobility issues which mean using a wheelchair or crutches) (%); age and sex standardised; 2010.
24	Current smokers (%); age and sex standardised; 2010.	49	Respondents who have a long-standing health problem or disability which has lasted, or is expected to last, at least 12 months (mental health condition - such as depression or schizophrenia) (%); age and sex standardised; 2010.
25	Respondents who drink over the weekly alcohol unit limit (men >21, women >14) (%); age and sex standardised; 2010.	50	Respondents who have a long-standing health problem or disability which has lasted, or is expected to last, at least 12 months (learning disability/difficulty - such as Down's Syndrome or dyslexia, or cognitive impairment - such as autistic spectrum disorder) (%); age and sex standardised; 2010.

ⁱ Based upon the regional 'Health Profiles'.

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