

TALK ABOUT FOOD

RESEARCH REPORT

Of the

GEM Consultancy

Commissioned by

Regeneration Solutions North West C.I.C.

JULY 2010



LOTTERY FUNDED



GEM CONSULTANCY



www.regenerationsolutions.co.uk

CONTENTS

	PAGE
1. EXECUTIVE SUMMARY	3
2. INTRODUCTION	4
3. METHODOLOGY	5
4. FINDINGS	6-12
5. CONCLUSION	12-18

APPENDIX

1. STATISTICS USED FROM THE NEIGHBOURHOOD RENEWAL ANALYSIS OF THE HEALTH SURVEY
2. TALK ABOUT FOOD QUESTIONNAIRE
3. PROMOTIONAL POSTER/LEAFLET
4. LOCATIONS/ORGANISATIONS WHO RECEIVED THE QUESTIONNAIRE
5. PLACES VISITED WITH THE QUESTIONNAIRE
6. PLACES VISITED FOR GROUP/INDIVIDUAL COMMENTS
7. DEMOGRAPHIC DATA BY AREA, AGE, SEX, ETHNICITY AND EMPLOYMENT
8. SHOPPING HABITS BY LOCATION
9. COOKING HABITS BY LOCATION
10. EATING HABITS BY LOCATION
11. WHAT DO YOU NEED TO CHANGE EATING HABITS
12. BOLTON FM RADIO BROADCASTS – available as separate MP3 files or in CD format on request



EXECUTIVE SUMMARY

The aim of this research was to provide a snapshot of information on eating, cooking and shopping habits across Bolton and specifically within three neighbourhood renewal areas within Bolton. The areas chosen were, Brightmet, Farnworth, Hulton Lane/Rumworth. This information will then be used, by partners to inform service activity within the areas to support the food related strategies and, by the community to raise their knowledge of how to eat more healthily.

Over a thousand internet and paper questionnaires were distributed, 706 completed questionnaires were analysed. 12 community buildings plus local pubs and shops were visited where 105 people gave their comments. 14 volunteers were involved and 11 radio broadcasts delivered. It is planned to deliver three more radio broadcasts in the autumn and potentially rerun those already gone to air. Staff in partner organisations also gave their time to support the delivery of the project.

Main findings included;

- Over 90% of respondents did their shopping in the supermarket
- Access to fresh fruit and vegetables was a main issue in Brightmet
- Town centre market and the corner store were used most by Rumworth respondents
- 77% of respondents spend less than 60 minutes a day cooking
- 86% of respondents know how to cook healthy meals and 91% want to cook healthy
- 13% of respondents think what they eat does not affect their health
- 20% of respondents have snacks between meals 7+ times a week
- 50% of respondents have takeaway 1-2 times a week, mostly at weekends.
- 54% of respondents have breakfast every day
- 84% of respondents miss breakfast, 25% miss lunch and 3% miss evening meal
- The main factors that respondents said they needed to change habits included;
 - 41% say better time planning, in Farnworth its 45%
 - 38% more energy, in Brightmet its 41%, in Hulton Lane/Rumworth its 42%
 - 35% improved cooking skills
 - 32% improved work life balance
 - 29% having things to do to avoid eating because they are bored, in Farnworth its 37% in Brightmet and Rumworth its 31%

Solutions that most people were looking for included;

- Support with shopping
- Quick and easy cooking
- Organisational skills
- Activities to be involved in



INTRODUCTION

There is a need to improve the health of local people in parts of Bolton statistics show that the life expectancy in some parts is 15 years less than the national average. Many things affect this one key thing is eating habits. Although there have been many campaigns on improving eating e.g. 5 A Day some places are only improving very slowly. There is a need in localised areas to find out what the real barriers are and to use local people to spread the message about eating habits. Most people now know the benefits through previous campaigns but don't practice what is said in these campaigns.

Bolton has health statistics showing a number of health promotion campaigns have been undertaken and providers offer a range of services in the areas to support healthy eating. However it was felt that there was still a lack of local information on how local people felt about food.

Regeneration Solutions NW (Community Interest Company) was successful in obtaining a Big Lottery grant to research into three parts of Bolton to ascertain information on the current profile of healthy eating. Gem Consultancy were then contracted to undertake the survey, from March to July 2010.

The aim of this research was to provide a snapshot of information on eating, cooking and shopping habits across Bolton and specifically within three neighbourhood renewal areas within Bolton. This information will then be used, by partners to inform service activity within the areas to support the food related strategies and, by the community to raise their knowledge of how to eat more healthily.

The Bolton Health Survey was used to identify; areas with high obesity rates, poor access to fruit and vegetables, the percentages of the population eating 5 portions of fruit and vegetables in a day and the ethnic population. Statistics can be seen at Appendix 1. Discussions and emails with Bolton NHS and Neighbourhood Renewal Managers then identified the makeup of the areas in terms of current and proposed activity, partnership linkages and community access.

From this the areas of Brightmet, Farnworth, and Hulton Lane /Rumworth were chosen as the three neighbourhood renewal areas.



METHODOLOGY

The following methodologies were used:

- Individual interviews were held in relation to the design and production of the questionnaire.
- Desk based research was carried out to determine the selected areas within Bolton.
- An internet based questionnaire using Survey Monkey was issued and completed. Appendix 2
- Posters and leaflets were used to market the questionnaire. They were issued by email and taken to local community buildings. Appendix 3
- The survey was also promoted on the 'facebook page' of a number of participating organisations.
- Email was used to distribute the questionnaire.
- Paper questionnaires were distributed to local venues with no internet access.
- Group interviews were held in local community venues.
- One open day event was attended.
- Visits were made to local shops and pubs.
- Emails were used to request and collect information.
- Telephone calls were used to request and obtain information.
- Community Radio Broadcasts disseminated information.
- A written report was used to disseminate information.

This produced information on:

- The geographical areas
- The demographical profile
- Shopping habits
- Cooking habits
- Eating habits
- Reasons for eating habits
- Factors affecting changing habits



FINDINGS

Over a thousand questionnaires were issued to provider organisations, community groups operating within the selected areas, and to local shops and pubs. Details on the locations can be seen at Appendices 4 and 5. 706 completed questionnaires were received these form the results in the appendices tables. The percentages quoted relate to the number of respondents to each individual question. Some questions were not applicable so the response numbers vary by question. For example some respondents did not eat takeaways so did not answer the question on what type of takeaway do you eat. Also there was a degree of not wanting to answer the question honestly but also not wanting to tick an alternative untrue option, so no option was chosen. It is also known that a proportion of respondents choose the options they think the researcher wants to see again not always giving an honest response.

In some locations local people did not want to complete a questionnaire but were willing to talk about the issues. As a result the target of 6 local groups and 30 individual people giving comments was exceeded. 12 community buildings plus local pubs and shops were visited and comments were received from 105 people. Details on the locations can be seen at Appendix 6.

All of the activity took place in the designated areas it was thought that the participants would all be local residents. However the findings show that 33% lived in other parts of Bolton and 8% lived outside of Bolton. 50% of the respondents were in the 20-50 age band, Rumworth, Hulton Lane and other parts of Bolton had the largest percentage of young people this was due to the involvement of the local school and youth groups. Overall 70% were white British, and 72% female, there were differences in the areas. For example Brightmet had 96% white British and 68% female, whereas Rumworth had only 16% white British and Farnworth 84% female. Overall 37% were employed. The majority of respondents in education/training came from Hulton Lane/Rumworth. The majority of retired respondents came from Farnworth. Detailed demographic findings can be seen at Appendix 7.

Shopping Habits

The following statistics and interview comments highlight the variations between the areas.

61% of respondents said it was easy to get fresh food however this fell to 36% of Brightmet respondents. In Farnworth 59% found it easy and the remaining 41% said its ok. In Brightmet 14% said it was difficult/very difficult to get fresh food this was significantly higher than the other areas. The interview comments supported this, many people talked about the poor quality of local shops, the cost of food, transport costs to supermarkets and town centre, and carrying of shopping.



In all the areas over 90% did their shopping in the supermarket. 50% of Rumworth respondents used the town centre market compared to only 33% of Brightmet respondents. The corner store was used by 37% of Rumworth respondents whereas only 11% shopped at the corner store in Farnworth and Brightmet. On average 56% of respondents shopped 2-3 times a week this rose to 62% in Brightmet. In Hulton Lane /Rumworth over 30% of respondents shopped only once a week, this could have been affected by the higher number of over 50 respondents in these areas. Detailed shopping patterns can be seen at Appendix 8

Overall 66% of respondents thought local shops had good quality and variety. This fell to 43% in Brightmet and rose to 78% in Rumworth.

Ease of access to fresh fruit and vegetables was a potential influencing factor in relation to how much was eaten. When asked ‘What stops people having fresh fruit’ of the seven options given the highest were;

	Brightmet	Farnworth	Hulton Lane	Rumworth	Overall
Nothing	59%	63%	63%	74%	68%
Can't afford it	13%	10%	11%	7%	9%
Can't get at nearby shops	12%	8%	4%	5%	7%

When asked ‘what stops them having fresh vegetables’ of the seven options given the highest were;

	Brightmet	Farnworth	Hulton Lane	Rumworth	Overall
Nothing	60%	68%	67%	76%	71%
Can't afford it	10%	9%	9%	3%	7%
Can't get at nearby shops	13%	6%	6%	3%	6%

A detailed breakdown can be seen at Appendix 8

Interview comments included;

‘savings are only offered on bulk buys that’s no use to me as a single pensioner’.

‘buy one get one free deals mostly on biscuits , cakes etc. which doesn’t help healthy eating’

‘I can’t shop on my own now I need family support, so I only go where I am taken’

‘I have farm shop delivery’

‘I have organic vegetable box delivered’

‘it would be nice to get good quality, reasonably priced fruit and vegetables locally’



'locally there is a distinct lack of whole, fresh, ripe, raw organic food available. The Food Action Bolton van is a good idea though'

'tax ready made meals and subsidise fresh food'

Cooking Habits

From both the questionnaire and the interviews it was found that a high proportion of people knew how to cook healthy meals, 86% and 91% wanted to cook healthy meals. This did vary across age and sex groups and some of the younger respondents didn't answer the cooking questions. The higher percentage in Rumworth(16%) and Brightmet (17%) not knowing how to cook and not wanting to cook healthy meals could be due to the higher number of male and younger respondents who stated they have someone else to do the cooking for them. However it did show that as over 80% could cook and wanted to cook healthy meals in all geographical areas that cooking skill is not a major factor. However there were individual comments like; *'I would love to know how to cook and be able to cook healthy, tasty food, but I can't so the thought of cooking just doesn't appeal to me. ,' I am aware of healthy eating and would love to have the time to cook my family healthy meals every day, but the pressure of my job doesn't give me much time to do so.'*

Also 72% enjoyed cooking and it was seen as something that was part of family life with 45% having showed their children how to cook (not applicable for 41%) and 68% were shown by their parents.

People were looking for quick cooking options as 77% spent less than 60 minutes a day cooking. This differs by area 50% of Rumworth respondents spent more than 1 hour a day compared to 16% in Brightmet.

A snapshot of the types of cooking undertaken each week showed the highest % by type of cooking:

- 45% Frying 1-2 a week
- 35% grill 3-4 times a week
- 39% boil 3-4 times a week
- 52% roast 1-2
- 37% don't steam
- 34% microwave 1-2

The percentage of respondents by area not using various cooking methods is shown below. This highlighted the traditional cooking methods of frying and boiling are still being used.

	Brightmet	Farnworth	Hulton Lane	Rumworth
Do not fry	38%	54%	34%	18%
Do not grill	11%	0%	18%	23%
Do not boil	12%	2%	10%	16%
Do not roast	28%	8%	26%	29%
Do not steam	42%	28%	31%	41%
Do not microwave	23%	16%	20%	44%



This appears to confirm the qualitative comments that people know how to cook healthy meals but don't practice the more healthy methods such as steaming.

Detailed information can be seen at Appendix 9

Eating Habits

To obtain a general picture people were asked a number of questions on their views, knowledge and practices. This resulted in the following:

13% said they did not think that what they eat affected their health. This rose to 21% in Brightmet and fell to 7% in Farnworth.

48% were concerned about their weight this rose to 63% in Farnworth and fell to 38% in Hulton Lane.

Approximately 50% had been on a diet this rose to 68% in Farnworth and fell to 38% in Rumworth.

84% were aware of the 5 A Day campaign but less than 50% were aware of any other campaigns. The pattern was very similar across all the areas.

46% had changed what they eat as a result of health promotions this fell to 32% in Brightmet and rose to 50% in Farnworth. The highest follow-up comment was that the change was due to either diabetes or a heart attack. It appears to be as a response to health changes not a positive preventable measure to maintain good health.

46% 'comfort eat' this rose to 56% in Farnworth and fell to 34% in Hulton Lane.

49% 'eat on the go' this rose to 55% in Farnworth and fell to 37% in Rumworth.

49% snack when they are not hungry. This fell to 41% in Brightmet and rose to 52% in Farnworth. Individuals commented that this often was either when watching TV or when they were bored.

46% will skip a meal if its time to eat and don't feel hungry this rose to 63% in Brightmet and fell to 41% in Rumworth. All those interviewed who had diabetes said they never miss a meal.

60% will have a snack for dinner if they have larger than usual lunch this rose to 66% in Farnworth and fell to 57% in Brightmet and Hulton Lane.

53% don't know what they will eat for dinner when they get up. This rose to 68% in Brightmet and fell to 39% in Farnworth. Comments included *'too many other things to think about will just get what I find in the cupboard'*, *'if I planned more I guess I would eat better'*



Detailed findings can be seen at Appendix 10.

Breakfast is often quoted as the most important meal of the day. 10% of the overall respondents don't eat breakfast this rose to 15% in Brightmet and fell to 5% in Rumworth. In all areas toast and cereal was the most popular breakfast food followed by fruit and dairy produce.

54% of respondents had lunch everyday this fell to 44% in Brightmet and rose to 65% in Farnworth. The most common foods for lunch were; fruit 69%, cakes/biscuit/chocolate 62% and dairy foods 55%. The table below shows the most common by area.

	Brightmet	Farnworth	Hulton Lane	Rumworth
Fruit	60%	45%	48%	52%
Dairy produce	42%	42%	54%	37%
Salad/vegetables	42%	53%	46%	46%
Cakes /biscuits/chocolate	60%	40%	62%	47%

74% of respondents had an evening meal every day. In each of the areas it was 73% or more. The most common foods in the evening were; potato/pasta/rice 89%, lean meat/fish/eggs 87% and salad/vegetables 77%. The table below shows the most common by area.

	Brightmet	Farnworth	Hulton Lane	Rumworth
Lean meat/fish/eggs	73%	63%	61%	60%
Potatoes/pasta/rice	57%	47%	53%	51%
Salad/vegetables	87%	77%	72%	65%
Sausages/burgers/pies	61%	59%	59%	56%

A further sample of comparative eating habits showed;

	Overall	Brightmet	Farnworth	Hulton Lane	Rumworth
Eat fruit/ vegetables/salad 7+ times in a week	38%	21%	51%	35%	39%
Eat between meal snacks 7+ times a week	20%	20%	25%	24%	12%
Do not eat frozen ready meals	54%	49%	46%	50%	66%
Do not eat takeaways	39%	50%	47%	36%	26%

More detailed information can be seen at Appendix 10.

Takeaway preferences varied by area the highest percentages being; in Brightmet 53% Indian, Farnworth 40% Chinese, Hulton Lane 53% chippy, Rumworth 69% Indian, and other parts of Bolton 49% pizza.

When people were asked what they had as a snack between meals in all areas except Brightmet the highest response was fruit, 60-64%. In Brightmet the highest response was crisps at 48%, with 44% fruit and also 40% chocolate. The other areas second highest percentage was biscuits 43-57%. Detailed findings can be seen at Appendix 10.

To obtain information on the reasons why people eat what they eat, they were asked to agree or disagree with a selection of 16 options. From these the highest agree or strongly agree overall were:

	Other parts of Bolton	Brightmet	Farnworth	Hulton Lane	Rumworth
Like to try new things	68%	65%	76%	67%	66%
Cost of buying	48%	62%	68%	40%	61%
Taste good looks/smells good	82%	84%	74%	76%	86%
Easy to shop for	63%	69%	75%	54%	73%

Other differences in the areas included; Farnworth were 70% agreed/strongly agreed with food and nutrition knowledge being an influencing factor which was far higher than the other areas. Within Rumworth a higher percentage was recorded for family tradition 77% regional/cultural tradition 69% and ethics/morals 62%. More information can be seen at Appendix 10.

24% overall stated there was no local help to change eating habits this rose to 45% in Brightmet and fell to 17% in Farnworth. Advice and information was the type of help available with the highest percentage response. Detail findings can be seen at Appendix 10.

What is needed to help people change their eating habits?

The final part of the questionnaire asked people what they needed to change their eating habits there was a choice of 15 factors covering, access, skills, personal support and lifestyle. The full breakdown can be seen at Appendix 11. The highest most common responses were;

	Better time planning	More energy	Improved cooking skills	Having things to do to avoid eating because I am bored.
Overall	41%	38%	35%	29%
Other parts of Bolton	42%	37%	38%	28%
Brightmet	23%	41%	31%	31%
Farnworth	45%	27%	24%	37%
Hulton Lane	32%	42%	38%	25%
Rumworth	42%	43%	34%	31%



Area based higher responses included; in Brightmet 39% wanted improved shops, in Farnworth 36% needed to have an interest in cooking, in Hulton Lane 36% needed to have an interest in cooking, in Rumworth 31% needed more information /knowledge, and in other parts of Bolton 38% needed an improved work/life balance.

CONCLUSIONS

From the group and individual discussions and questionnaire comments many people are aware of what is termed healthy food yet don't always practice healthy eating. Frequent comments were *'the spirit is willing but the flesh is weak', 'I eat to live not live to eat', '3 balanced meals a day s a great idea but often impossible to achieve'*. Lifestyle changes were commented on by all the groups. Employed respondents with families often said too many hours doing other things meant cooking and eating needed to be quick and easy. Older people said they don't have the enthusiasm when cooking just for themselves, or they don't have the energy or ability. The 'meals on wheels' type service plays a valuable role here. A comment was also made that it would be helpful if there was a service that could take them shopping and help make a meal in their home. If this was possible on a group basis it would also help with bringing people together. Some of the comments were about cooking skills referring back to what was taught at school and in the home and a feeling that young people are not as well equipped as they were in the past. Bringing the generations together in a cooking and eating setting could contribute to food health and social health.

'I think that classes to teach parents how to cook basics like casseroles etc. should be offered at local schools as part of Extended Services. That way the parent and child can take part in an activity together and, as the child has been involved, they are also then more likely to eat the healthier foods'

Perceptions of food were a key factor in terms of what people eat. Look, smell and taste rated the highest percentage. Many young people's comments included *'don't like vegetables cos they don't look good'*. Older husbands' and fathers' views were similar in all areas they preferred their traditional meals cooked traditional ways. They perceived the new less fat, less salt, less sugar option as being less taste.

'if people were made more aware of the benefits of natural ways from an early age e.g. mothers with new born breast is best for infants, knowledge where fruit and veg. is /how grown/ tastes before introducing fast food e.g. big Mac fast food, knowledge is power. These children are our next generation/ our future'

Many people in discussions talked about takeaway food. Many said there were too many takeaway shops selling poor quality food and support should be given to people wanting to open health food shops.



'Instead of having all the fast food vans in the town centre, why can't one concentrate on foods/meals that are healthier options, still tasty and not very expensive? We should have a van that sells things like fruit and veg. smoothies, salad and fruit bowls, portions of fresh fruit, low fat options of things like pasta snacks and humus.'

Overall more respondents preferred savoury food yet the percentages snacking on sweet food was high. This was stated to be due to, its ease to obtain and shopping discounts.

Shopping, cooking and eating habits are part of the way of life, changes in these have to fit with lifestyles, *'can't be bothered'* *'don't have time'* were comments from both old and young respondents. Cooking skills want to be improved so that a healthy meal can be provided and still fit in with other daily activity.

This project contributed to the stated outcomes as follows;

People having a better chance in life

It was intended to talk to 30 people to provide a more qualitative input, to give them the opportunity to have their say and to reach some of the people who do not normally participate in questionnaire surveys. Visits were made to 12 community buildings the proportion of male interviewees was still low, so to reach this group visits were made to local pubs and shops. The visits resulted in a 105 people actively giving their views who would not have done so via the questionnaire. In addition to the comments on food stated in the findings above, many said they were glad to have had a say in an informal way. This overcame the reading /written language and IT barriers. Bolton College, libraries and local schools provided resources to complete the questionnaire online giving additional learning opportunities to students and local residents. Within the Asian communities, visits to the centres provided for the questionnaire to be completed by asking the questions then completing the answers on the questionnaire giving people the opportunity to participate in the research.

706 people took the opportunity to complete a questionnaire participating in research to help their community have services and resources as needed by providing information which will be used by providers to assess provision, needs, and aspirations.

The Bolton FM radio features were developed by the stations programme manager Carl Hartley assisted by a number of volunteers with limited if any radio experience. The target of 12 volunteers was exceeded; the 14 volunteers involved in the project were:

Leanne Brown Amber Molyneux Allison Woodward Karen Davey	Adam Fawcett Thorrin Govin James Pilkington Curtis Kennington	Fjoralba Lika Ingrid Howard Richard Adams	Bernado Sousa Wendy Green Jenny Taylor
---	--	---	--



When the volunteers were asked for feedback they made the following comments:

Interesting learning about people's views on food.

Didn't appreciate it was so difficult for people to purchase fresh food.

I enjoyed the opportunity to understand the rationale behind the different cultures style of food and the way it was prepared.

For me it clarified what foods were healthy and what were considered less so, it also made it clear that every culture had healthy options that could be prepared easily.

It was interesting to see that different cultures had similar problems with food and its availability at value for money prices.

Appreciating to what extent food inputted to peoples quality of life.

Bolton FM commented that, *'The experience in working on this project will be invaluable to all volunteers as they go forward to seek employment.*

The volunteers involved in the process all gained experience in production and interview techniques .The lead volunteers, Amber, Leanne and Allison also gained experience in team working, motivational and interview techniques plus presenting and editing capability. All the volunteers involved also gained experience in operating in a work environment, timekeeping, learning the ability to plan so that people came together to produce a feature in an agreed timescale plus an understanding of milestones. They also had an opportunity to develop their inter-personal skills and constructively critic their work to ensure it delivered the objectives of the project.

There is no doubt that the volunteers not only expanded their knowledge while completing the project but also enjoyed the experience.

Bolton FM will certainly provide copies of all features to any interested party and will consider broadcasting the features again in the future.

96.5 Bolton FM was delighted to be part of this project and would like to thank GEM Consultancy and the Lottery for making it possible.

Stronger communities

Visits to the Children Centres gave mixed responses, but on the whole positive. Discussion in one setting covered the time taken to cook while at the same time having to watch what young children were doing. This shared ideas about cooking a larger than needed meal from fresh produce at a time when the children were safely occupied elsewhere then freezing a proportion to be reheated on another day when the household was busy. Single mums also talked about sharing cooking with friends, they would like to do more of this but the 'can't be bothered' comment was also made.

One comment that came up in several places amongst old and younger respondents was the 'man and a van'. Older people reminisced about the fish man and veg. man coming down their streets and all the neighbours having a chat whilst buying loose produce as little as they needed not all the pre packed items. Young people mentioned it as they had been told by their grandparents and they thought it was very convenient. Having help with shopping was mentioned mostly by the older respondents due to the difficulties in carrying.

Many people asked what was going to happen with the results of the questionnaire. They were interested to hear that local radio broadcasts were going to be made, and comment that they would listen as they thought that was a good way of sharing. 45% of Brightmet respondents believed there was no local help so wanted to know what was going to change. Whereas in Farnworth and Rumworth respondents were more aware of available support in terms of cookery classes, (19% and 28%) and advice and information, (55% and 46%), they wanted to know how the services were going to be developed.

These findings shared amongst service providers will help to determine what support can best be provided to meet the needs. The evidence will help the Food Strategy group to develop its plans. Food Growing bids by Lancashire Wildlife Trust can use the access to fruit and vegetable information as evidence of need. The Healthy Weight Strategy being developed by NHS Bolton will also use these findings to inform interventions. The findings suggest that greater engagement of local shopkeepers and supermarket managers in the development of food strategies by the agencies is needed. The current engagement of market traders in the town centre provides a useful model.

Initially Bolton FM used the survey results to select key information that was felt could be developed into a number of features that would promote the findings and address the issues raised in the survey. These features included the subject topics of 'Breakfast', 'Healthy Eating', 'Local produce' and 'Cooking skills'. This was the methodology employed to bring the areas of concern outlined in the survey to the attention of the Bolton public. Bolton FM also attempted to educate local people about the benefits of a healthy life style by providing them with the information to facilitate a change.



Once identified the central areas to focus on were discussed and the various ways in which the information could be used to create a number of features. Whenever possible, local people were used to provide a degree of authenticity in the features. These ideas were condensed into the aims of the features, once the areas were reviewed more concise outlines were documented into a PowerPoint presentation.

The six themes were;

- The importance of breakfast and how to have an interesting easy nutritious breakfast.
 - With regard to the Breakfast feature contact was made with Joan Farnworth, a food and health advisor for the NHS, she came down to the station and gave an interview on healthy eating which was aired on the Breakfast Show. She talked about the importance of breakfast and the benefits of eating a healthy breakfast compared to someone who either doesn't eat breakfast or insists on eating what would be considered unhealthy. Joan was then recorded giving 5 healthy breakfast recipes to demonstrate that healthy eating can be easy to prepare and also tasty. This feature was then aired for 5 days at 7:20am and 8:20am on the Breakfast Show. (Features broadcast Mon 26th- Fri 30th of July).

- Fresh Produce – Bolton Market
 - The feature was with Bolton Market as there was already a relationship with the market management. David Worrall from the market management team arranged with the Market stall holders for Bolton FM to record a short interview with them in order to promote the produce they sell and to demonstrate that a large percentage of the produce was sourced locally. This enabled us to demonstrate the availability of local produce in the centre of the town and therefore available to the vast majority of people. We also stressed the value of eating fresh food as part of a healthy lifestyle. This was broadcast on the 10th August and twice more that week.

 - Thursday 12th August 2010 - Bolton Market is giving you the chance to taste the Autumn School Dinner menu. If you want to see what foods will be on offer to your child next year, or want to see how dinners have changed since you went to school then come down to the Bolton Market and see the food demonstrations.

- Provision for those unable to cook for themselves-Meals on wheels
 - The third feature was about the 'Meals on Wheels' service. This outlined the



facilities that are available to some people in the community. For this contact was made with Sarah Hindle who works for the Bolton District community meals service. A pre-recorded interview with Sarah on the service they offer to the town was completed. The volunteers then visited Top Home nursing home in Farnworth to gather recordings of the people that use the service, obtaining their views of the service and their opinions on the programme, again this has been edited and broadcast as part of the Midmorning Show on Monday 23rd August 2010.

- Improving cookery skills -Cookery classes
 - Still in the early stages is the college cookery classes show. Local colleges have expressed an interest in joining in the feature. This would enable Bolton FM/Bolton Community College to demonstrate that it is no more difficult to prepare healthy food than any other type of food and also to further push the value of using local produce as against processed food. Bolton FM/Bolton Community College also hope to target people who do not cook and try to get them interested by stressing the benefits of home cooked meals in terms of cost and healthy life style.

- Developing an interest and skills in cookery in young people – cookery competition in a local school
 - Currently in development is the cooking competition which will be taking place at Lady Bridge High School. Bolton FM are in contact with the head of food technology at the school, Sharon Jones and have discussed the layout of the programme and how they will conduct the recording of this feature with the students when the new school term commences in September. The feature will continue to be developed and the show is targeted to be broadcast in early October.

- Cultural dining- ‘Come Dine With Me’
 - For the final feature Bolton FM intend to arrange a ‘cook off’ between people from different cultural backgrounds. This would be kind of a “Cultural Come Dine with Me” to promote the benefits of dishes from other cultures. Clearly this will need a significant amount of production time and commitment from people in the community. The objective would be to provide information that healthy eating is not confined to one culture but also it is interesting to diversify not only cooking skills but to experiment with different tastes.

The target of 6 radio broadcasts has been exceeded. To date 11 broadcasts have gone to air. The final three themes will feature in a further 3 broadcasts planned for the autumn.



At all the locations visited where minority respondents participated spoken English was understood. It was originally intended to do two broadcasts in minority languages. However it was found that the diverse community in Bolton has 42 languages and further dialect differences. It would have been very difficult to choose which languages should be used in the broadcasts. Also the Board of Bolton FM on its establishment made a policy decision to only broadcast in English. This has not been a problem in its broadcasting. Therefore it was anticipated that it would be acceptable to all the communities for these broadcasts to be in English.

Please note the broadcasts (Appendix 12) are available in the form of reduced size MP3 files circulated via e-mail with the PDF file of this report. They can also be supplied in a Compact Disc format on request.

Healthier and more active people and communities

The dissemination of information through the Radio broadcasts and service providers will over time support interventions and awareness raising to create lifestyle changes resulting in healthier and more active people. Comments from people completing the questionnaire included *'it makes you think about what you eat just answering the questions'* *'I know I eat too much chocolate when I tick the 7+ box'*. These small things will also have an impact.

The project gained the interest and commitment of many partners. As a result there is continuity with the future broadcasts, the link to food related strategies and increased information and awareness within the community.



STATISTICS USED FROM THE NEIGHBOURHOOD RENEWAL ANALYSIS OF THE HEALTH SURVEY

Percentage of population obese			Homes with poor access to fruit and vegetables		
	2001	2007		2001	2007
Breightmet	16.5	22.7	Breightmet	12.4	16.3
Crompton	9.1	18.0	Crompton	1.3	4.5
Farnworth	21.1	23.2	Farnworth	8.5	5.6
Great Lever	12.4	18.2	Great Lever	16.9	9.2
Hall i'th' Wood	9.4	25.7	Hall i'th Wood	3.2	30.9
Halliwell	9.3	14.7	Halliwell	7.7	5.6
Hulton Lane	13.1	27.7	Hulton Lane	13.6	7.9
Johnson Fold	27.4	20.2	Johnson Fold	39.5	26.6
Rumworth	13.8	17.6	Rumworth	3.9	4.2
Tonge with the Haulgh	14.7	21.5	Tonge with the Haulgh	11.2	12.1
Washacre	16.8	17.3	Washacre	5.2	11.9
Bolton	13.4	17.5	Bolton	11.0	8.8

Percentage of population of a non white origin			Percentage of population not eating 5 A DAY		
	2001	2007		2001	2007
Breightmet	1.6	4.0	Breightmet	8.9	14.7
Crompton	52.7	56.8	Crompton	7.7	9.9
Farnworth	5.1	7.0	Farnworth	7.8	15.0
Great Lever	32.3	39.9	Great Lever	7.0	14.7
Hall i'th Wood	2.3	6.2	Hall i'th Wood	7.8	14.6
Halliwell	25.4	32.1	Halliwell	7.6	10.5
Hulton Lane	5.3	9.3	Hulton Lane	9.5	10.9
Johnson Fold	0.0	0.0	Johnson Fold	7.7	10.9
Rumworth	55.4	62.5	Rumworth	4.8	10.9
Tonge with the Haulgh	10.8	16.3	Tonge with the Haulgh	5.5	20.2
Washacre	2.8	1.0	Washacre	7.2	17.7
Bolton	9.7	13.0	Bolton	11.6	18.9



1. Welcome to the Talk About Food Survey

These questions are designed to find out about the shopping, cooking and eating habits in selected areas of Bolton.

This is a community based approach through the Big Lottery Fund, to inform organisations who are working on ways of helping people to improve their health through diet.

Findings will be the subject of programmes on Bolton FM, our local Radio and shared with relevant organisations such as the NHS and the Council to influence how they work with local people in future.

2. Talk about Yourself

This page lets us know a bit about you.(this is confidential and you can't be identified from your answers)

1. How old are you?

- under16
- 16-19
- 20-50
- 50+

2. What is your sex

- Male
- Female

3. What is your present employment status

- Employed
- Self Employed
- Carer/ homemaker
- Retired
- Looking for work
- In education or training
- Not working due to ill health

4. Where do you live

- Breightmet
- Farnworth
- Hulton Lane
- Rumworth
- Other part of Bolton
- Outside Bolton

5. Where did you complete this survey

3. Talk about Yourself (page2)

1. What is your ethnic background?

Our ethnic background describes how we think of ourselves.

- White British
- White Irish
- White traveller of Irish Heritage
- White Gypsy/Roma
- Any other white background
- Mixed White and Black Caribbean
- Mixed White and Black African
- Mixed White and Asian
- Any other Mixed background
- Asian or Asian British- Indian
- Asian or Asian British- Pakistani
- Asian or Asian British- Bangladesh
- Any other Asian Background
- Black or Black British- Caribbean
- Black or Black British- African
- Any other Black background
- Chinese
- Any other ethnic background
- I do not wish my ethnic background to be recorded

4. Talk about Health

1. How would you describe your health

- Poor
- OK
- Good
- Very good

2. How do you feel about eating and health

	Yes	No
Do you think what you eat affects your health	<input type="radio"/>	<input type="radio"/>
Do you think what you eat is healthy	<input type="radio"/>	<input type="radio"/>
Are you concerned about your weight	<input type="radio"/>	<input type="radio"/>

3. Which healthy eating campaigns are you aware of

- Change for Life
- Healthy Start
- 5 a Day
- Eat well Be well
- Other

4. What do you think about all promotions to eat more healthily

Good

OK

Waste of time

5. Talk About Eating (1)

1. How often in a WEEK do you eat:

	0	1-2	3-4	5-6	7+
Breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lunch (Noon)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dinner (after 5pm)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Between meal snacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protein- Meat Fish Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diary-Cheese/yogurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sausage/burger/Pies/Pasties/Samosa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit/vegetables/Salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bread/Potatoes/Pasta/Rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cakes/Biscuits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisps/Chocolate/Sweets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frozen ready meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take Aways	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Talk about Eating (2)

1. Do you enjoy eating

Yes

No

2. What do you usually eat at meal times

	breakfast	lunch (mid day)	dinner (evening)
Nothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy Foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lean meat/fish/eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salad/Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bread/cereal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potato/pasta/rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cakes/biscuit/chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sausage/burgers/pies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. What do you have as a snack between meals

Crisps

Nuts

Chocolate

Biscuit

Bread/toast

Other

Fruit

Cake

4. What do you eat as a take away

- Pizza Chinese Chicken
 Chippy Kebab
 Burger Indian

7. Talk about Eating (3)

1. What do you drink with your meal

- Nothing Water Fruit Juice Tea Coffee Pop Alcohol

2. Is your favourite food:

- Sweet Savoury

3. How often in a WEEK do you eat

	0	1-2	3-5	6-7	8+
With friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
As a family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Out at pub,cafe restaurant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. How much do you agree with the following:

	Strongly disagree	Disagree	Neutral/Not applicable	Agree	Strongly agree
I sometimes snack even when I am not hungry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I never know what I am going to eat for dinner when I get up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I don't feel hungry I will skip a meal even if it is time to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I eat a larger than usual lunch I will only have a snack for dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Talk about Eating (4)

1. Why do you eat what you eat

	Strongly Disagree	Disagree	Neutral/Not Applicable	Agree	Strongly Agree
Like to try new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of buying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enjoy cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hate cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Don't know how to cook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food and nutrition knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Easy to shop for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ethics/morals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cravings/moods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Appetite - often/rarely hungry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Concerned about how I look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Busy - no time to cook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tastes good/Looks/smells good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sociability/peer group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family tradition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regional/cultural tradition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Talk about Eating (5)

1. Eating Habits

	Yes	No
Do you like to eat at the same time each day	<input type="radio"/>	<input type="radio"/>
Have you ever gone on a diet	<input type="radio"/>	<input type="radio"/>
Have you ever gone on a healthy eating plan	<input type="radio"/>	<input type="radio"/>
Do you comfort eat	<input type="radio"/>	<input type="radio"/>
Do you eat "on the go"	<input type="radio"/>	<input type="radio"/>
Have you changed what you eat as a result of healthy eating promotions	<input type="radio"/>	<input type="radio"/>

2. If you wanted to change your eating habits what local help is there

- None
 Cookery classes
 Advice/information
 Fruit/veg availability
- Other (please specify)

10. Talk about Cooking

1. Do you enjoy cooking

- Yes
 No

2. Do you show your children how to cook

- Yes No Not applicable

3. Do (did) your parents show you how to cook

- Yes No Not applicable

4. What ways of cooking do you use each week and how often

	0	1-2	3-4	5-6	7+
Fry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grill	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Boil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Roast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Steam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Microwave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. Talk about Cooking (2)

1. How much time do you spend on average cooking each day

- less than 30 minutes 30-60 minutes 1-2 hours 2+ hours

2. Do you know how to cook healthy meals

- Yes No

3. Do you want to cook healthy meals

- Yes No

If not why not

12. Talk about Shopping

1. How easy is it to get fresh food

- Easy OK Difficult Very Difficult

2. What stops you having the following

	Can't afford it	Can't get it at shops nearby	Can't carry from Town	don't know how to cook	Don't like	Nothing	Other
Fresh Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Where do you shop

- Corner store Supermarket Budget shops (B&M, Home Bargains) Town Centre Markets Other

4. How often do you shop each week

- 1 2-3 4-5 6-7

5. Do local shops have good quality and variety

- Yes No

13. Talk about Change

1. Which of the following do you need to change eating habits

- Improved cooking skills
- Better time planning
- Improved shops
- Nearer shops
- More information/knowledge
- Local group to join to learn about food/cooking
- Direct support from a health group
- Support to manage cravings/moods
- Peer support
- Family support
- Improved work/life balance
- More energy
- An interest in cooking
- Having things to do to avoid eating because I am bored
- Other

14. Final Page

Thank you very much for taking the time to complete this survey. Your contribution is very much appreciated.

This survey is funded by the Big Lottery and is undertaken by Gem Consultancy on behalf of Regeneration Solutions NorthWest CIC.

If you have any queries please e-mail Glynis@regenerationsolutions.co.uk

1. Finally, Please add any other comments/views which you feel are relevant



TALK ABOUT FOOD



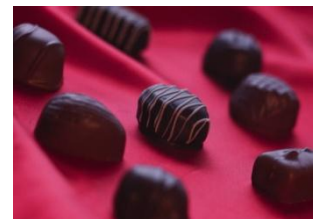
WHAT DO YOU LIKE TO EAT

WHEN DO YOU EAT MOST

DO YOU ENJOY COOKING



TELL US YOUR VIEWS

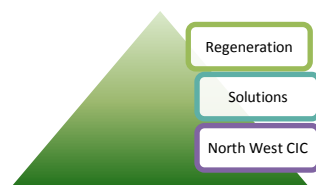


**CAN YOU SPARE A FEW MINUTES TO COMPLETE A
QUESTIONNAIRE ON THE INTERNET**

HAVE A GO

ENTER WWW.TALKABOUTFOOD.NET/

AND FOLLOW THE SIMPLE INSTRUCTIONS



Locations/organisations who received the Talk about Food Questionnaire

CV S	Family Learning Centre
CV S network of local groups/organisation (100+)	DBBC
Community Empowerment Network	Bully Free Zone
Farnworth Network Group	GM Volunteers
NHS Bolton Staff Network	Bolton Wise
Bolton Community College staff	Workshop
Bolton Community College Local Learning Centres	BATRA
Deane Youth Groups – The Element/Voltage	
Willows Community Centre	
Neighbourhood Renewal Management	
Bolton @Home	
UCAN centres	
L+G Club	
YMCA	
Active8	
GetActive	
Connexions	
U3A	
Slimming Clubs	
Bolton VI Form College	
Local schools	
Groundwork	
Lancashire Wildlife Trust	

Places visited with the Talk about Food questionnaire

Bright meadows Children centre

Alexandra Children centre

Great lever Children Centre

Leverhulme Children Centre

Tonge children Centre

Kearsley Children Centre

Deepdale Community Centre

Sunninghill Community Centre

BCOM

Quebec Hall

Green house

Emmanuel Hall

Age Concern Learning Centre

New Bury Learning Centre

Friends of St Catherine Drive

Asian Elders Community Centre

Nearus

Brightmet library

Farnworth library

Rumworth library

Pubs in Brightmet

Shops in Brightmet, Farnworth, Hulton Lane, Rumworth

Places visited for group/individual comments re the Talk about Food Survey

Bright meadows Children centre

Alexandra Children centre

Great lever Children Centre

Deepdale Community Centre

Sunninghill Community Centre

BCOM

Quebec Hall

Emmanuel Hall

Age Concern Learning Centre

New Bury Learning Centre

Friends of St Catherine Drive

Asian Elders Community Centre

Pubs in Breightmet

Shops in Breightmet, Farnworth, Hulton Lane, Rumworth

Demographic Profile

Table 1 - Age

How old are you?						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
under16	2.9% (3)	2.5% (2)	28.7% (27)	7.8% (10)	24.0% (56)	15.4% (98)
16-19	5.9% (6)	2.5% (2)	11.7% (11)	7.8% (10)	3.9% (9)	6.0% (38)
20-50	53.9% (55)	51.3% (41)	31.9% (30)	57.8% (74)	46.8% (109)	48.5% (309)
50+	37.3% (38)	43.8% (35)	27.7% (26)	26.6% (34)	25.3% (59)	30.1% (192)
<i>answered question</i>	102	80	94	128	233	637
<i>skipped question</i>						6

Table 2 - Gender

What is your sex						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Male	32.4% (33)	16.3% (13)	34.4% (32)	27.3% (35)	32.6% (76)	29.7% (189)
Female	67.6% (69)	83.8% (67)	65.6% (61)	72.7% (93)	67.4% (157)	70.3% (447)
<i>answered question</i>	102	80	93	128	233	636
<i>skipped question</i>						7

Table 3 - Ethnicity

What is your ethnic background? Our ethnic background describes how we think of ourselves.						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
White British	96.1% (99)	86.1% (68)	78.9% (75)	15.7% (20)	72.1% (168)	67.5% (430)
White Irish	1.0% (1)	1.3% (1)	1.1% (1)	0.0% (0)	0.9% (2)	0.8% (5)
White traveller of Irish Heritage	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)
White Gypsy/Roma	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)	0.9% (2)	0.3% (2)
Any other white background	0.0% (0)	0.0% (0)	0.0% (0)	1.6% (2)	1.7% (4)	0.9% (6)
Mixed White and Black Caribbean	1.0% (1)	1.3% (1)	0.0% (0)	0.0% (0)	0.0% (0)	0.3% (2)
Mixed White and Black African	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)	0.9% (2)	0.3% (2)
Mixed White and Asian	0.0% (0)	0.0% (0)	0.0% (0)	0.8% (1)	0.9% (2)	0.5% (3)
Any other Mixed background	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)	0.4% (1)	0.2% (1)
Asian or Asian British - Indian	0.0% (0)	2.5% (2)	7.4% (7)	55.9% (71)	12.9% (30)	17.3% (110)
Asian or Asian British - Pakistani	0.0% (0)	7.6% (6)	3.2% (3)	18.9% (24)	4.3% (10)	6.8% (43)
Asian or Asian British - Bangladesh	0.0% (0)	0.0% (0)	1.1% (1)	2.4% (3)	1.3% (3)	1.1% (7)
Any other Asian Background	0.0% (0)	0.0% (0)	3.2% (3)	3.1% (4)	0.9% (2)	1.4% (9)
Black or Black British - Caribbean	0.0% (0)	1.3% (1)	0.0% (0)	0.8% (1)	0.4% (1)	0.5% (3)
Black or Black British - African	1.0% (1)	0.0% (0)	0.0% (0)	0.0% (0)	1.3% (3)	0.6% (4)

Table 3 - Ethnicity (continued)

Any other Black background	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)
Chinese	0.0% (0)	0.0% (0)	3.2% (3)	0.0% (0)	0.0% (0)	0.5% (3)
Any other ethnic background	1.0% (1)	0.0% (0)	1.1% (1)	0.8% (1)	0.9% (2)	0.8% (5)
I do not wish my ethnic background to be recorded	0.0% (0)	0.0% (0)	1.1% (1)	0.0% (0)	0.4% (1)	0.3% (2)
<i>answered question</i>	103	79	95	127	233	637
<i>skipped question</i>						6

Table 4 - Employment

What is your present employment status						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Employed	39.8% (41)	37.5% (30)	16.1% (15)	18.3% (23)	44.3% (102)	33.4% (211)
Self Employed	1.9% (2)	3.8% (3)	2.2% (2)	0.8% (1)	7.0% (16)	3.8% (24)
Carer/homemaker	8.7% (9)	3.8% (3)	2.2% (2)	15.9% (20)	2.2% (5)	6.2% (39)
Retired	22.3% (23)	30.0% (24)	22.6% (21)	22.2% (28)	12.6% (29)	19.8% (125)
Looking for work	16.5% (17)	8.8% (7)	4.3% (4)	15.1% (19)	4.3% (10)	9.0% (57)
In education or training	5.8% (6)	10.0% (8)	41.9% (39)	23.8% (30)	28.3% (65)	23.4% (148)
Not working due to ill health	4.9% (5)	6.3% (5)	10.8% (10)	4.0% (5)	1.3% (3)	4.4% (28)
<i>answered question</i>	103	80	93	126	230	632
<i>skipped question</i>						11

Questionnaire Survey Results by Locality

Shopping Habits

Table 5. Where do you shop						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Corner store	11.1% (11)	10.7% (8)	27.1% (23)	36.7% (44)	12.7% (27)	19.1% (113)
Supermarket	92.9% (92)	94.7% (71)	91.8% (78)	94.2% (113)	94.8% (201)	93.9% (555)
Budget shops(B&M, Home Bargains)	23.2% (23)	29.3% (22)	12.9% (11)	22.5% (27)	15.1% (32)	19.5% (115)
Town Centre Markets	33.3% (33)	34.7% (26)	32.9% (28)	50.8% (61)	26.9% (57)	34.7% (205)
Other	3.0% (3)	10.7% (8)	11.8% (10)	12.5% (15)	10.4% (22)	9.8% (58)
<i>answered question</i>	99	75	85	120	212	591
<i>skipped question</i>						52

Table 6. Do local shops have good quality and variety						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Yes	43.0% (43)	62.3% (43)	74.4% (61)	77.8% (91)	69.3% (138)	66.3% (376)
No	57.0% (57)	37.7% (26)	25.6% (21)	22.2% (26)	30.7% (61)	33.7% (191)
<i>answered question</i>	100	69	82	117	199	567
<i>skipped question</i>						76

Shopping Habits (continued)

Table 7. How often do you shop each week						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
1	24.5% (24)	22.2% (16)	32.9% (27)	31.4% (37)	25.6% (54)	27.2% (158)
2-3	61.2% (60)	58.3% (42)	53.7% (44)	55.1% (65)	53.6% (113)	55.8% (324)
4-5	9.2% (9)	15.3% (11)	9.8% (8)	12.7% (15)	17.5% (37)	13.8% (80)
6-7	5.1% (5)	4.2% (3)	3.7% (3)	0.8% (1)	3.3% (7)	3.3% (19)
<i>answered question</i>	98	72	82	118	211	581
<i>skipped question</i>						62

Table 8. How easy is it to get fresh food						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Easy	36.4% (36)	58.7% (44)	60.2% (50)	65.3% (77)	69.3% (147)	60.3% (354)
OK	49.5% (49)	41.3% (31)	34.9% (29)	31.4% (37)	27.8% (59)	34.9% (205)
Difficult	12.1% (12)	0.0% (0)	4.8% (4)	0.8% (1)	1.9% (4)	3.6% (21)
Very Difficult	2.0% (2)	0.0% (0)	0.0% (0)	2.5% (3)	0.9% (2)	1.2% (7)
<i>answered question</i>	99	75	83	118	212	587
<i>skipped question</i>						56

Shopping Habits (continued)

Table 9. Do local shops have good quality and						
	Where do you live					
	Breightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Yes	43.0% (43)	62.3% (43)	74.4% (61)	77.8% (91)	69.3% (138)	66.3% (376)
No	57.0% (57)	37.7% (26)	25.6% (21)	22.2% (26)	30.7% (61)	33.7% (191)
<i>answered question</i>	100	69	82	117	199	567
	<i>skipped question</i>					76

Questionnaire Survey Results by Locality

Cooking Habits

Table 10. Do you know how to cook healthy meals						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Yes	83.2% (79)	94.6% (70)	89.4% (76)	84.4% (92)	82.7% (177)	85.6% (494)
No	16.8% (16)	5.4% (4)	10.6% (9)	15.6% (17)	17.3% (37)	14.4% (83)
<i>answered question</i>	95	74	85	109	214	577
<i>skipped question</i>						66

Table 11. Do you want to cook healthy meals						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Yes	84.4% (81)	91.9% (68)	84.5% (71)	89.9% (98)	93.2% (193)	89.6% (511)
No	15.6% (15)	8.1% (6)	15.5% (13)	10.1% (11)	6.8% (14)	10.4% (59)
If not why not	9 replies	4 replies	12 replies	4 replies	8 replies	37
<i>answered question</i>	96	74	84	109	207	570
<i>skipped question</i>						73

Cooking Habits (continued)

Table 12. What ways of cooking do you use each week and how often							
		Where do you live					
		Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Fry	0	37.8% (31)	53.7% (29)	34.2% (25)	18.1% (19)	39.5% (68)	
	1-2	46.3% (38)	35.2% (19)	41.1% (30)	54.3% (57)	44.2% (76)	
	3-4	11.0% (9)	7.4% (4)	17.8% (13)	16.2% (17)	12.2% (21)	
	5-6	2.4% (2)	3.7% (2)	2.7% (2)	9.5% (10)	1.7% (3)	
	7+	2.4% (2)	0.0% (0)	4.1% (3)	1.9% (2)	2.3% (4)	
		82	54	73	105	172	486
Grill	0	10.6% (10)	0.0% (0)	17.7% (14)	22.5% (20)	14.9% (28)	
	1-2	38.3% (36)	30.8% (20)	36.7% (29)	38.2% (34)	33.0% (62)	
	3-4	33.0% (31)	47.7% (31)	31.6% (25)	30.3% (27)	34.0% (64)	
	5-6	13.8% (13)	10.8% (7)	10.1% (8)	7.9% (7)	14.4% (27)	
	7+	4.3% (4)	10.8% (7)	3.8% (3)	1.1% (1)	3.7% (7)	
		94	65	79	89	188	515
Boil	0	11.7% (11)	1.6% (1)	9.9% (8)	16.5% (18)	13.8% (26)	
	1-2	22.3% (21)	23.8% (15)	30.9% (25)	22.0% (24)	24.5% (46)	
	3-4	44.7% (42)	44.4% (28)	37.0% (30)	37.6% (41)	35.1% (66)	
	5-6	17.0% (16)	17.5% (11)	9.9% (8)	18.3% (20)	19.1% (36)	

Cooking Habits (continued)

	7+	4.3% (4)	12.7% (8)	12.3% (10)	5.5% (6)	7.4% (14)	
		94	63	81	109	188	535
Roast	0	27.8% (25)	8.2% (5)	25.9% (21)	29.0% (27)	20.7% (38)	
	1-2	53.3% (48)	57.4% (35)	51.9% (42)	51.6% (48)	51.1% (94)	
	3-4	14.4% (13)	21.3% (13)	13.6% (11)	12.9% (12)	17.9% (33)	
	5-6	3.3% (3)	9.8% (6)	6.2% (5)	6.5% (6)	4.9% (9)	
	7+	1.1% (1)	3.3% (2)	2.5% (2)	0.0% (0)	5.4% (10)	
		90	61	81	93	184	509
Steam	0	41.9% (36)	27.9% (17)	31.2% (24)	41.0% (41)	42.5% (76)	
	1-2	24.4% (21)	31.1% (19)	29.9% (23)	26.0% (26)	22.9% (41)	
	3-4	14.0% (12)	23.0% (14)	23.4% (18)	18.0% (18)	17.3% (31)	
	5-6	15.1% (13)	11.5% (7)	7.8% (6)	9.0% (9)	10.1% (18)	
	7+	4.7% (4)	6.6% (4)	7.8% (6)	6.0% (6)	7.3% (13)	
		86	61	77	100	179	503
Microwave	0	22.5% (20)	16.4% (10)	20.5% (16)	44.3% (43)	27.1% (51)	
	1-2	31.5% (28)	32.8% (20)	39.7% (31)	27.8% (27)	36.7% (69)	
	3-4	16.9% (15)	24.6% (15)	23.1% (18)	12.4% (12)	19.7% (37)	
	5-6	15.7% (14)	13.1% (8)	10.3% (8)	8.2% (8)	11.2% (21)	
	7+	13.5% (12)	13.1% (8)	6.4% (5)	7.2% (7)	5.3% (10)	
		89	61	78	97	188	513
answered question		96	70	87	114	208	575
skipped question							68

Cooking Habits (continued)

Table 13. How much time do you spend on average cooking each day						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
less than 30 minutes	33.3% (32)	21.6% (16)	31.3% (26)	15.0% (16)	30.8% (64)	27.1% (154)
30-60 minutes	51.0% (49)	58.1% (43)	50.6% (42)	34.6% (37)	51.4% (107)	48.9% (278)
1-2 hours	11.5% (11)	17.6% (13)	14.5% (12)	43.0% (46)	15.9% (33)	20.2% (115)
2+ hours	4.2% (4)	2.7% (2)	3.6% (3)	7.5% (8)	1.9% (4)	3.7% (21)
<i>answered question</i>	96	74	83	107	208	568
	<i>skipped question</i>					75

Questionnaire Survey Results by Locality

Eating Habits

Table 14. How do you feel about eating and health							
		Where do you live					
		Breightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Do you think what you eat affects your health	Yes	78.8% (78)	93.2% (68)	82.6% (76)	85.8% (109)	87.8% (195)	
	No	21.2% (21)	6.8% (5)	17.4% (16)	14.2% (18)	12.2% (27)	
		99	73	92	127	222	613
Do you think what you eat is healthy	Yes	70.4% (69)	77.6% (59)	78.9% (71)	72.6% (90)	75.9% (170)	
	No	29.6% (29)	22.4% (17)	21.1% (19)	27.4% (34)	24.1% (54)	
		98	76	90	124	224	612
Are you concerned about your weight	Yes	45.3% (43)	62.5% (45)	38.6% (34)	52.5% (64)	46.4% (103)	
	No	54.7% (52)	37.5% (27)	61.4% (54)	47.5% (58)	53.6% (119)	
		95	72	88	122	222	599
<i>answered question</i>		101	76	95	127	225	624
<i>skipped question</i>							19

Eating Habits

Table 15. Which healthy eating campaigns are you aware of							
		Where do you live					
		Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Change for Life		45.1% (41)	46.1% (35)	35.8% (34)	30.8% (37)	48.0% (108)	42.0% (255)
Healthy Start		36.3% (33)	25.0% (19)	18.9% (18)	22.5% (27)	28.0% (63)	26.4% (160)
5 a Day		86.8% (79)	72.4% (55)	81.1% (77)	83.3% (100)	84.0% (189)	82.4% (500)
Eat well Be well		18.7% (17)	31.6% (24)	24.2% (23)	18.3% (22)	24.9% (56)	23.4% (142)
Other		1.1% (1)	15.8% (12)	9.5% (9)	4.2% (5)	8.4% (19)	7.6% (46)
answered question		91	76	95	120	225	607
skipped question							36

Table 16. Eating Habits							
		Where do you live					
		Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Do you like to eat at the same time each day	Yes	51.5% (52)	70.7% (53)	55.2% (48)	71.2% (89)	61.4% (132)	
	No	48.5% (49)	29.3% (22)	44.8% (39)	28.8% (36)	38.6% (83)	
		101	75	87	125	215	603
Have you ever gone on a diet	Yes	48.5% (49)	67.6% (48)	51.1% (45)	37.6% (47)	48.1% (103)	
	No	51.5% (52)	32.4% (23)	48.9% (43)	62.4% (78)	51.9% (111)	
		101	71	88	125	214	599

Eating Habits

Table 16. Eating Habits (continued)							
Have you ever gone on a healthy eating plan	Yes	46.5% (47)	72.2% (52)	56.2% (50)	37.9% (47)	56.3% (120)	599
	No	53.5% (54)	27.8% (20)	43.8% (39)	62.1% (77)	43.7% (93)	
		101	72	89	124	213	
Do you comfort eat	Yes	38.6% (39)	55.7% (39)	34.5% (30)	41.1% (51)	53.6% (113)	593
	No	61.4% (62)	44.3% (31)	65.5% (57)	58.9% (73)	46.4% (98)	
		101	70	87	124	211	
Do you eat "on the go"	Yes	49.5% (50)	54.9% (39)	41.9% (36)	37.1% (46)	52.4% (111)	594
	No	50.5% (51)	45.1% (32)	58.1% (50)	62.9% (78)	47.6% (101)	
		101	71	86	124	212	
Have you changed what you eat as a result of healthy eating promotions	Yes	32.7% (33)	50.0% (35)	39.1% (34)	49.6% (60)	52.4% (108)	585
	No	67.3%	50.0%	60.9%	50.4%	47.6%	
		101	70	87	121	206	
answered question		101	75	89	125	218	608
skipped question							35

Eating Habits

Table 17. How much do you agree with the following:							
		Where do you live					
		Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
I sometimes snack even when I am not hungry	Strongly disagree	23.0% (23)	22.2% (16)	20.9% (19)	16.9% (21)	15.1% (32)	
	Disagree	29.0% (29)	22.2% (16)	23.1% (21)	29.0% (36)	22.2% (47)	
	Neutral/Not applicable	7.0% (7)	4.2% (3)	13.2% (12)	3.2% (4)	10.4% (22)	
	Agree	36.0% (36)	48.6% (35)	37.4% (34)	45.2% (56)	42.0% (89)	
	Strongly agree	5.0% (5)	2.8% (2)	5.5% (5)	5.6% (7)	10.4% (22)	
		100	72	91	124	212	599
I never know what I am going to eat for dinner when I get up	Strongly disagree	5.1% (5)	17.1% (12)	9.3% (8)	12.2% (15)	11.4% (24)	
	Disagree	22.2% (22)	37.1% (26)	19.8% (17)	22.8% (28)	24.8% (52)	
	Neutral/Not applicable	7.1% (7)	5.7% (4)	12.8% (11)	14.6% (18)	10.0% (21)	
	Agree	56.6% (56)	31.4% (22)	38.4% (33)	41.5% (51)	35.7% (75)	
	Strongly agree	9.1% (9)	8.6% (6)	19.8% (17)	8.9% (11)	18.1% (38)	
		99	70	86	123	210	588

Eating Habits

Table 17. How much do you agree with the following (continued)

If I don't feel hungry I will skip a meal even if it is time to eat	Strongly disagree	10.0% (10)	12.9% (9)	16.3% (14)	16.0% (20)	18.6% (39)	
	Disagree	23.0% (23)	30.0% (21)	27.9% (24)	36.0% (45)	36.2% (76)	
	Neutral/Not applicable	4.0% (4)	11.4% (8)	7.0% (6)	7.2% (9)	6.7% (14)	
	Agree	54.0% (54)	32.9% (23)	38.4% (33)	31.2% (39)	28.1% (59)	
	Strongly agree	9.0% (9)	12.9% (9)	10.5% (9)	9.6% (12)	10.5% (22)	
		100	70	86	125	210	591
If I eat a larger than usual lunch I will only have a snack for dinner	Strongly disagree	10.0% (10)	9.9% (7)	10.1% (9)	7.3% (9)	10.4% (22)	
	Disagree	25.0% (25)	18.3% (13)	21.3% (19)	22.6% (28)	19.9% (42)	
	Neutral/Not applicable	8.0% (8)	5.6% (4)	11.2% (10)	8.9% (11)	11.4% (24)	
	Agree	50.0% (50)	59.2% (42)	46.1% (41)	51.6% (64)	47.9% (101)	
	Strongly agree	7.0% (7)	7.0% (5)	11.2% (10)	9.7% (12)	10.4% (22)	
		100	71	89	124	211	595
answered question		100	74	92	126	216	608
skipped question							35

Eating Habits

Table 18 - How often in a WEEK do you eat:							
		Where do you live					
		Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Breakfast	0	15.5% (15)	6.6% (5)	9.8% (9)	5.6% (7)	11.9% (27)	
	1-2	16.5% (16)	7.9% (6)	13.0% (12)	13.5% (17)	11.9% (27)	
	3-4	9.3% (9)	6.6% (5)	17.4% (16)	8.7% (11)	10.2% (23)	
	5-6	14.4% (14)	9.2% (7)	10.9% (10)	10.3% (13)	17.7% (40)	
	7+	44.3% (43)	69.7% (53)	48.9% (45)	61.9% (78)	48.2% (109)	
		97	76	92	126	226	617
Lunch (Noon)	0	13.0% (13)	3.9% (3)	3.3% (3)	1.6% (2)	2.7% (6)	
	1-2	13.0% (13)	9.1% (7)	14.3% (13)	10.7% (13)	9.8% (22)	
	3-4	9.0% (9)	11.7% (9)	7.7% (7)	14.8% (18)	11.6% (26)	
	5-6	21.0% (21)	10.4% (8)	16.5% (15)	18.0% (22)	26.7% (60)	
	7+	44.0% (44)	64.9% (50)	58.2% (53)	54.9% (67)	49.3% (111)	
		100	77	91	122	225	615

Eating Habits

Table 18 Continued How often in a WEEK do you eat:

Dinner (after 5pm)	0	2.0% (2)	2.6% (2)	0.0% (0)	1.6% (2)	3.2% (7)	
	1- 2	6.1% (6)	1.3% (1)	2.3% (2)	4.1% (5)	6.0% (13)	
	3- 4	4.0% (4)	5.3% (4)	5.7% (5)	8.2% (10)	4.1% (9)	
	5- 6	13.1% (13)	13.2% (10)	12.5% (11)	13.1% (16)	17.4% (38)	
	7+	74.7% (74)	77.6% (59)	79.5% (70)	73.0% (89)	69.3% (151)	
		99	76	88	122	218	603
Between meal snacks	0	24.4% (22)	15.5% (11)	8.5% (7)	22.5% (27)	9.1% (18)	
	1- 2	28.9% (26)	26.8% (19)	28.0% (23)	37.5% (45)	28.9% (57)	
	3- 4	17.8% (16)	22.5% (16)	26.8% (22)	20.0% (24)	29.4% (58)	
	5- 6	8.9% (8)	9.9% (7)	12.2% (10)	8.3% (10)	12.7% (25)	
	7+	20.0% (18)	25.4% (18)	24.4% (20)	11.7% (14)	19.8% (39)	
		90	71	82	120	197	560
Protein- Meat Fish Eggs	0	2.1% (2)	2.8% (2)	4.6% (4)	5.7% (7)	6.1% (13)	
	1- 2	18.1% (17)	16.9% (12)	20.7% (18)	37.7% (46)	19.2% (41)	
	3- 4	41.5% (39)	32.4% (23)	33.3% (29)	26.2% (32)	25.7% (55)	
	5- 6	14.9% (14)	14.1% (10)	18.4% (16)	17.2% (21)	21.5% (46)	
	7+	23.4% (22)	33.8% (24)	23.0% (20)	13.1% (16)	27.6% (59)	
		94	71	87	122	214	588

Eating Habits

Table 18 Continued How often in a WEEK do you eat:

Diary-Cheese/yogurt	0	4.1% (4)	5.5% (4)	2.4% (2)	12.5% (14)	9.4% (20)	
	1- 2	33.7% (33)	30.1% (22)	28.2% (24)	43.8% (49)	25.5% (54)	
	3- 4	30.6% (30)	31.5% (23)	31.8% (27)	20.5% (23)	29.7% (63)	
	5- 6	17.3% (17)	15.1% (11)	18.8% (16)	8.9% (10)	20.3% (43)	
	7+	14.3% (14)	17.8% (13)	18.8% (16)	14.3% (16)	15.1% (32)	
			98	73	85	112	
Sausage/burger/Pies/Pasties/Samosa	0	8.3% (8)	24.3% (17)	19.8% (16)	13.4% (16)	21.7% (44)	
	1- 2	59.4% (57)	50.0% (35)	56.8% (46)	58.8% (70)	54.2% (110)	
	3- 4	17.7% (17)	14.3% (10)	16.0% (13)	18.5% (22)	15.3% (31)	
	5- 6	10.4% (10)	7.1% (5)	1.2% (1)	7.6% (9)	4.9% (10)	
	7+	4.2% (4)	4.3% (3)	6.2% (5)	1.7% (2)	3.9% (8)	
			96	70	81	119	
Fruit/vegetables/Salad	0	5.2% (5)	2.7% (2)	3.4% (3)	1.6% (2)	4.5% (10)	
	1- 2	20.6% (20)	5.3% (4)	23.6% (21)	9.8% (12)	13.1% (29)	
	3- 4	23.7% (23)	21.3% (16)	23.6% (21)	29.3% (36)	19.5% (43)	
	5- 6	29.9% (29)	20.0% (15)	14.6% (13)	20.3% (25)	24.9% (55)	
	7+	20.6% (20)	50.7% (38)	34.8% (31)	39.0% (48)	38.0% (84)	
			97	75	89	123	

Eating Habits

Table 18 Continued How often in a WEEK do you eat:

Bread/Potatoes/Pasta/Rice	0	0.0% (0)	2.7% (2)	1.1% (1)	0.0% (0)	1.4% (3)	
	1- 2	14.6% (14)	14.7% (11)	15.9% (14)	10.5% (13)	14.0% (30)	
	3- 4	13.5% (13)	24.0% (18)	26.1% (23)	24.2% (30)	22.3% (48)	
	5- 6	35.4% (34)	17.3% (13)	29.5% (26)	25.0% (31)	27.0% (58)	
	7+	36.5% (35)	41.3% (31)	27.3% (24)	40.3% (50)	35.3% (76)	
		96	75	88	124	215	598
Cakes/Biscuits	0	18.8% (18)	25.0% (18)	9.4% (8)	14.0% (17)	13.4% (29)	
	1- 2	42.7% (41)	33.3% (24)	37.6% (32)	34.7% (42)	37.5% (81)	
	3- 4	22.9% (22)	13.9% (10)	31.8% (27)	27.3% (33)	26.9% (58)	
	5- 6	7.3% (7)	15.3% (11)	7.1% (6)	17.4% (21)	14.4% (31)	
	7+	8.3% (8)	12.5% (9)	14.1% (12)	6.6% (8)	7.9% (17)	
		96	72	85	121	216	590
Crisps/Chocolate/Sweets	0	24.0% (23)	18.3% (13)	15.1% (13)	18.5% (22)	11.1% (23)	
	1- 2	40.6% (39)	32.4% (23)	39.5% (34)	47.1% (56)	38.0% (79)	
	3- 4	13.5% (13)	25.4% (18)	23.3% (20)	12.6% (15)	25.5% (53)	
	5- 6	13.5% (13)	9.9% (7)	8.1% (7)	9.2% (11)	14.9% (31)	
	7+	8.3% (8)	14.1% (10)	14.0% (12)	12.6% (15)	10.6% (22)	
		96	71	86	119	208	580

Eating Habits

Table 18 - (Continued) How often in a WEEK do you eat:							
Frozen ready meals	0	48.9% (45)	45.8% (33)	50.0% (43)	65.8% (77)	52.6% (110)	
	1- 2	31.5% (29)	34.7% (25)	31.4% (27)	22.2% (26)	30.1% (63)	
	3- 4	9.8% (9)	15.3% (11)	16.3% (14)	9.4% (11)	11.0% (23)	
	5- 6	3.3% (3)	1.4% (1)	0.0% (0)	1.7% (2)	5.3% (11)	
	7+	6.5% (6)	2.8% (2)	2.3% (2)	0.9% (1)	1.0% (2)	
		92	72	86	117	209	576
Take Aways	0	50.0% (47)	46.5% (33)	35.7% (30)	25.8% (32)	42.7% (90)	
	1- 2	45.7% (43)	47.9% (34)	52.4% (44)	55.6% (69)	47.4% (100)	
	3- 4	3.2% (3)	1.4% (1)	8.3% (7)	8.9% (11)	4.3% (9)	
	5- 6	1.1% (1)	1.4% (1)	2.4% (2)	4.0% (5)	1.9% (4)	
	7+	0.0% (0)	2.8% (2)	1.2% (1)	5.6% (7)	3.8% (8)	
		94	71	84	124	211	584
answered question		100	78	94	126	229	627
skipped question							16

Eating Habits

Table 19 - What do you usually eat at meal times							
		Where do you live					
		Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Nothing	breakfast	78.1% (25)	85.7% (12)	60.0% (15)	76.5% (13)	73.5% (36)	
	lunch (mid day)	21.9% (7)	14.3% (2)	36.0% (9)	23.5% (4)	20.4% (10)	
	dinner (evening)	0.0% (0)	0.0% (0)	4.0% (1)	0.0% (0)	6.1% (3)	
		32	14	25	17	49	137
Fruit	breakfast	21.2% (11)	28.1% (18)	31.4% (22)	22.0% (18)	27.5% (49)	
	lunch (mid day)	59.6% (31)	45.3% (29)	48.6% (34)	52.4% (43)	45.5% (81)	
	dinner (evening)	19.2% (10)	26.6% (17)	20.0% (14)	25.6% (21)	27.0% (48)	
		52	64	70	82	178	446
Dairy Foods	breakfast	20.3% (12)	22.2% (10)	20.5% (9)	38.7% (24)	28.6% (36)	
	lunch (mid day)	42.4% (25)	42.2% (19)	54.5% (24)	37.1% (23)	45.2% (57)	
	dinner (evening)	37.3% (22)	35.6% (16)	25.0% (11)	24.2% (15)	26.2% (33)	
		59	45	44	62	126	336
Lean meat/fish/eggs	breakfast	1.1% (1)	4.6% (4)	8.6% (9)	11.6% (14)	5.9% (14)	
	lunch (mid day)	26.4% (24)	32.2% (28)	30.5% (32)	28.1% (34)	27.5% (65)	
	dinner (evening)	72.5% (66)	63.2% (55)	61.0% (64)	60.3% (73)	66.5% (157)	
		91	87	105	121	236	640

Eating Habits

Table 19 - Continued) What do you usually eat at meal times							
Salad/Vegetables	breakfast	0.0% (0)	0.0% (0)	1.1% (1)	2.1% (3)	2.0% (5)	
	lunch (mid day)	42.4% (39)	52.8% (47)	45.6% (41)	46.2% (66)	47.0% (116)	
	dinner (evening)	57.6% (53)	47.2% (42)	53.3% (48)	51.7% (74)	51.0% (126)	
		92	89	90	143	247	661
Bread/cereal	breakfast	53.1% (69)	61.5% (56)	66.4% (71)	52.6% (101)	60.6% (168)	
	lunch (mid day)	31.5% (41)	29.7% (27)	22.4% (24)	26.6% (51)	30.3% (84)	
	dinner (evening)	15.4% (20)	8.8% (8)	11.2% (12)	20.8% (40)	9.0% (25)	
		130	91	107	192	277	797
Potato/pasta/rice	breakfast	0.0% (0)	0.0% (0)	1.2% (1)	1.5% (2)	1.4% (3)	
	lunch (mid day)	12.8% (12)	22.6% (14)	27.2% (22)	33.1% (43)	28.1% (59)	
	dinner (evening)	87.2% (82)	77.4% (48)	71.6% (58)	65.4% (85)	70.5% (148)	
		94	62	81	130	210	577
Cakes/biscuit/chocolate	breakfast	5.7% (2)	8.0% (2)	8.8% (3)	22.6% (14)	14.9% (13)	
	lunch (mid day)	60.0% (21)	40.0% (10)	61.8% (21)	46.8% (29)	44.8% (39)	
	dinner (evening)	34.3% (12)	52.0% (13)	29.4% (10)	30.6% (19)	40.2% (35)	
		35	25	34	62	87	243

Eating Habits

Sausage/burgers/pies	breakfast	6.1% (3)	5.9% (1)	5.1% (2)	3.5% (2)	3.6% (3)	245
	lunch (mid day)	32.7% (16)	35.3% (6)	35.9% (14)	40.4% (23)	41.0% (34)	
	dinner (evening)	61.2% (30)	58.8% (10)	59.0% (23)	56.1% (32)	55.4% (46)	
		49	17	39	57	83	245
answered question		100	77	94	124	226	621
skipped question							2

	Where do you live					Response Totals	
	Breightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton		
Pizza	39.4% (26)	37.9% (22)	46.8% (36)	65.7% (67)	49.4% (89)	49.7% (240)	
Chippy	42.4% (28)	37.9% (22)	53.2% (41)	58.8% (60)	45.0% (81)	48.0% (232)	
Burger	21.2% (14)	6.9% (4)	27.3% (21)	39.2% (40)	21.7% (39)	24.4% (118)	
Chinese	50.0% (33)	39.7% (23)	35.1% (27)	12.7% (13)	35.6% (64)	33.1% (160)	
Kebab	27.3% (18)	19.0% (11)	23.4% (18)	38.2% (39)	18.9% (34)	24.8% (120)	
Indian	53.0% (35)	34.5% (20)	26.0% (20)	68.6% (70)	41.7% (75)	45.5% (220)	
Chicken	19.7% (13)	17.2% (10)	27.3% (21)	37.3% (38)	22.8% (41)	25.5% (123)	
answered question		66	58	77	102	180	483
skipped question							160

Eating Habits

Table 21- What do you have as a snack between						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Crisps	48.3% (42)	43.1% (31)	40.0% (36)	37.9% (44)	46.1% (101)	43.5% (254)
Biscuit	37.9% (33)	44.4% (32)	43.3% (39)	57.8% (67)	43.4% (95)	45.5% (266)
Fruit	44.8% (39)	59.7% (43)	54.4% (49)	63.8% (74)	64.4% (141)	59.2% (346)
Nuts	13.8% (12)	16.7% (12)	17.8% (16)	31.9% (37)	20.1% (44)	20.7% (121)
Bread/toast	21.8% (19)	25.0% (18)	27.8% (25)	24.1% (28)	24.7% (54)	24.7% (144)
Cake	24.1% (21)	18.1% (13)	21.1% (19)	31.9% (37)	18.3% (40)	22.3% (130)
Chocolate	40.2% (35)	33.3% (24)	37.8% (34)	35.3% (41)	34.7% (76)	36.0% (210)
Other	9.2% (8)	4.2% (3)	11.1% (10)	12.9% (15)	13.2% (29)	11.1% (65)
<i>answered question</i>	87	72	90	116	219	584
<i>skipped question</i>						59

Eating Habits

Table 22 - Why do you eat what you eat							
		Where do you live					
		Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Like to try new things	Strongly Disagree	3.2% (3)	4.8% (3)	3.8% (3)	1.7% (2)	7.0% (14)	
	Disagree	23.4% (22)	12.7% (8)	12.7% (10)	22.2% (26)	11.9% (24)	
	Neutral/Not Applicable	8.5% (8)	6.3% (4)	16.5% (13)	10.3% (12)	12.9% (26)	
	Agree	57.4% (54)	61.9% (39)	53.2% (42)	55.6% (65)	50.2% (101)	
	Strongly Agree	7.4% (7)	14.3% (9)	13.9% (11)	10.3% (12)	17.9% (36)	
		94	63	79	117	201	554
Cost of buying	Strongly Disagree	8.6% (8)	5.1% (3)	10.5% (8)	4.3% (5)	12.1% (24)	
	Disagree	15.1% (14)	6.8% (4)	18.4% (14)	12.0% (14)	17.7% (35)	
	Neutral/Not Applicable	15.1% (14)	16.9% (10)	30.3% (23)	22.2% (26)	22.7% (45)	
	Agree	51.6% (48)	57.6% (34)	36.8% (28)	55.6% (65)	38.9% (77)	
	Strongly Agree	9.7% (9)	13.6% (8)	3.9% (3)	6.0% (7)	8.6% (17)	
		93	59	76	117	198	543

Eating Habits

Table 22 - (Continued - 1) Why do you eat what you eat

Enjoy cooking	Strongly Disagree	7.7% (7)	8.2% (5)	9.1% (7)	5.9% (7)	6.9% (14)	
	Disagree	25.3% (23)	16.4% (10)	14.3% (11)	13.4% (16)	12.3% (25)	
	Neutral/Not Applicable	9.9% (9)	6.6% (4)	19.5% (15)	15.1% (18)	14.8% (30)	
	Agree	42.9% (39)	52.5% (32)	41.6% (32)	54.6% (65)	47.3% (96)	
	Strongly Agree	14.3% (13)	16.4% (10)	15.6% (12)	10.9% (13)	18.7% (38)	
		91	61	77	119	203	551
Hate cooking	Strongly Disagree	29.5% (26)	35.5% (22)	40.8% (29)	32.7% (37)	38.7% (77)	
	Disagree	37.5% (33)	19.4% (12)	21.1% (15)	31.9% (36)	26.6% (53)	
	Neutral/Not Applicable	18.2% (16)	19.4% (12)	15.5% (11)	15.9% (18)	13.6% (27)	
	Agree	11.4% (10)	14.5% (9)	15.5% (11)	10.6% (12)	15.1% (30)	
	Strongly Agree	3.4% (3)	11.3% (7)	7.0% (5)	8.8% (10)	6.0% (12)	
		88	62	71	113	199	533
Don't know how to cook	Strongly Disagree	31.0% (27)	47.5% (28)	42.3% (30)	49.1% (54)	45.1% (87)	
	Disagree	40.2% (35)	20.3% (12)	33.8% (24)	23.6% (26)	26.9% (52)	
	Neutral/Not Applicable	16.1% (14)	20.3% (12)	11.3% (8)	10.9% (12)	7.3% (14)	
	Agree	12.6% (11)	6.8% (4)	7.0% (5)	10.9% (12)	13.5% (26)	
	Strongly Agree	0.0% (0)	5.1% (3)	5.6% (4)	5.5% (6)	7.3% (14)	
		87	59	71	110	193	520

Eating Habits

Table 22 - (Continued -2) Why do you eat what you eat

Food and nutrition knowledge	Strongly Disagree	5.5% (5)	6.3% (4)	6.4% (5)	5.1% (6)	4.5% (9)	
	Disagree	19.8% (18)	10.9% (7)	14.1% (11)	14.5% (17)	14.4% (29)	
	Neutral/Not Applicable	19.8% (18)	12.5% (8)	29.5% (23)	17.1% (20)	17.9% (36)	
	Agree	46.2% (42)	62.5% (40)	43.6% (34)	55.6% (65)	48.8% (98)	
	Strongly Agree	8.8% (8)	7.8% (5)	6.4% (5)	7.7% (9)	14.4% (29)	
		91	64	78	117	201	551
Easy to shop for	Strongly Disagree	4.3% (4)	3.2% (2)	4.1% (3)	2.5% (3)	9.8% (19)	
	Disagree	13.0% (12)	6.5% (4)	14.9% (11)	10.2% (12)	11.4% (22)	
	Neutral/Not Applicable	13.0% (12)	14.5% (9)	27.0% (20)	15.3% (18)	16.1% (31)	
	Agree	64.1% (59)	71.0% (44)	47.3% (35)	65.3% (77)	52.3% (101)	
	Strongly Agree	5.4% (5)	4.8% (3)	6.8% (5)	6.8% (8)	10.4% (20)	
		92	62	74	118	193	539
Ethics/morals	Strongly Disagree	15.3% (13)	17.9% (10)	17.4% (12)	8.5% (9)	21.7% (40)	
	Disagree	20.0% (17)	16.1% (9)	29.0% (20)	10.4% (11)	14.7% (27)	
	Neutral/Not Applicable	38.8% (33)	46.4% (26)	37.7% (26)	19.8% (21)	29.9% (55)	
	Agree	22.4% (19)	14.3% (8)	14.5% (10)	51.9% (55)	24.5% (45)	
	Strongly Agree	3.5% (3)	5.4% (3)	1.4% (1)	9.4% (10)	9.2% (17)	
		85	56	69	106	184	500

Eating Habits

Table 22 - (Continued - 3) Why do you eat what you eat

Cravings/moods	Strongly Disagree	9.4% (8)	11.7% (7)	4.4% (3)	7.7% (8)	9.4% (18)	508
	Disagree	21.2% (18)	15.0% (9)	25.0% (17)	7.7% (8)	12.0% (23)	
	Neutral/Not Applicable	14.1% (12)	26.7% (16)	25.0% (17)	23.1% (24)	21.5% (41)	
	Agree	49.4% (42)	41.7% (25)	39.7% (27)	46.2% (48)	40.8% (78)	
	Strongly Agree	5.9% (5)	5.0% (3)	5.9% (4)	15.4% (16)	16.2% (31)	
		85	60	68	104	191	
Appetite - often/rarely hungry	Strongly Disagree	4.4% (4)	15.5% (9)	5.7% (4)	6.4% (7)	8.3% (16)	522
	Disagree	23.1% (21)	20.7% (12)	15.7% (11)	20.9% (23)	19.2% (37)	
	Neutral/Not Applicable	22.0% (20)	27.6% (16)	32.9% (23)	30.9% (34)	22.3% (43)	
	Agree	47.3% (43)	29.3% (17)	38.6% (27)	36.4% (40)	38.9% (75)	
	Strongly Agree	3.3% (3)	6.9% (4)	7.1% (5)	5.5% (6)	11.4% (22)	
		91	58	70	110	193	
Concerned about how I look	Strongly Disagree	7.7% (7)	6.7% (4)	14.1% (10)	8.0% (9)	12.8% (25)	530
	Disagree	29.7% (27)	20.0% (12)	18.3% (13)	19.5% (22)	19.0% (37)	
	Neutral/Not Applicable	16.5% (15)	21.7% (13)	23.9% (17)	24.8% (28)	15.4% (30)	
	Agree	39.6% (36)	33.3% (20)	29.6% (21)	36.3% (41)	40.5% (79)	
	Strongly Agree	6.6% (6)	18.3% (11)	14.1% (10)	11.5% (13)	12.3% (24)	
		91	60	71	113	195	

Eating Habits

Table 22 - (Continued - 4) Why do you eat what you eat

Busy - no time to cook	Strongly Disagree	9.0% (8)	20.3% (12)	24.7% (18)	22.6% (26)	21.2% (42)	
	Disagree	43.8% (39)	30.5% (18)	30.1% (22)	42.6% (49)	33.3% (66)	
	Neutral/Not Applicable	14.6% (13)	22.0% (13)	21.9% (16)	8.7% (10)	18.2% (36)	
	Agree	29.2% (26)	15.3% (9)	20.5% (15)	17.4% (20)	19.2% (38)	
	Strongly Agree	3.4% (3)	11.9% (7)	2.7% (2)	8.7% (10)	8.1% (16)	
		89	59	73	115	198	534
Tastes good/Looks/smells good	Strongly Disagree	3.2% (3)	7.9% (5)	1.4% (1)	1.7% (2)	3.0% (6)	
	Disagree	3.2% (3)	6.3% (4)	6.8% (5)	5.8% (7)	5.1% (10)	
	Neutral/Not Applicable	9.6% (9)	11.1% (7)	16.2% (12)	5.8% (7)	9.6% (19)	
	Agree	66.0% (62)	54.0% (34)	52.7% (39)	54.2% (65)	54.8% (108)	
	Strongly Agree	18.1% (17)	20.6% (13)	23.0% (17)	32.5% (39)	27.4% (54)	
		94	63	74	120	197	548
Sociability/peer group	Strongly Disagree	16.1% (14)	12.3% (7)	12.9% (9)	7.6% (8)	20.2% (38)	
	Disagree	21.8% (19)	24.6% (14)	22.9% (16)	17.1% (18)	17.6% (33)	
	Neutral/Not Applicable	32.2% (28)	31.6% (18)	41.4% (29)	29.5% (31)	31.9% (60)	
	Agree	26.4% (23)	29.8% (17)	20.0% (14)	41.9% (44)	26.6% (50)	
	Strongly Agree	3.4% (3)	1.8% (1)	2.9% (2)	3.8% (4)	3.7% (7)	
		87	57	70	105	188	507

Eating Habits

Table 22 - (Continued - 5) Why do you eat what you eat

Family tradition	Strongly Disagree	14.1% (13)	7.9% (5)	11.0% (8)	2.5% (3)	14.0% (27)	
	Disagree	17.4% (16)	22.2% (14)	19.2% (14)	10.1% (12)	18.1% (35)	
	Neutral/Not Applicable	27.2% (25)	23.8% (15)	28.8% (21)	10.9% (13)	25.9% (50)	
	Agree	37.0% (34)	34.9% (22)	34.2% (25)	48.7% (58)	35.2% (68)	
	Strongly Agree	4.3% (4)	11.1% (7)	6.8% (5)	27.7% (33)	6.7% (13)	
		92	63	73	119	193	540
Regional/cultural tradition	Strongly Disagree	21.8% (19)	17.5% (10)	25.4% (18)	2.5% (3)	23.8% (45)	
	Disagree	28.7% (25)	22.8% (13)	26.8% (19)	11.6% (14)	24.3% (46)	
	Neutral/Not Applicable	34.5% (30)	40.4% (23)	26.8% (19)	16.5% (20)	31.2% (59)	
	Agree	11.5% (10)	17.5% (10)	18.3% (13)	42.1% (51)	16.9% (32)	
	Strongly Agree	3.4% (3)	1.8% (1)	2.8% (2)	27.3% (33)	3.7% (7)	
		87	57	71	121	189	525
answered question		98	69	86	125	212	590
skipped question							53

Eating Habits

Table 23 - If you wanted to change your eating habits what local help is there						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
None	44.7% (42)	16.9% (11)	34.6% (28)	18.0% (22)	18.0% (35)	24.8% (138)
Cookery classes	17.0% (16)	18.5% (12)	17.3% (14)	27.9% (34)	19.1% (37)	20.3% (113)
Advice/information	33.0% (31)	55.4% (36)	33.3% (27)	45.9% (56)	52.6% (102)	45.3% (252)
Fruit/veg availability	24.5% (23)	47.7% (31)	37.0% (30)	42.6% (52)	48.5% (94)	41.4% (230)
Other (please specify)	3 replies (3.2%)	5 replies (7.7%)	5 replies (6.2%)	4 replies (3.3%)	13 replies (6.7%)	5.4% (30)
<i>answered question</i>	94	65	81	122	194	556
<i>skipped question</i>						87

What Do You Need to Do to Change Your Eating Habits

Table 24- Which of the following do you need to change						
	Where do you live					
	Brightmet	Farnworth	Hulton Lane	Rumworth	Other part of Bolton	Response Totals
Improved cooking skills	31.1% (23)	24.2% (15)	38.0% (27)	34.5% (38)	38.4% (68)	34.6% (171)
Better time planning	23.0% (17)	45.2% (28)	32.4% (23)	41.8% (46)	42.9% (76)	38.5% (190)
Improved shops	39.2% (29)	12.9% (8)	21.1% (15)	25.5% (28)	20.9% (37)	23.7% (117)
Nearer shops	21.6% (16)	6.5% (4)	22.5% (16)	30.9% (34)	18.1% (32)	20.6% (102)
More information/knowledge	23.0% (17)	16.1% (10)	32.4% (23)	30.9% (34)	26.6% (47)	26.5% (131)
Local group to join to learn about food/cooking	10.8% (8)	17.7% (11)	22.5% (16)	25.5% (28)	21.5% (38)	20.4% (101)
Direct support from a health group	9.5% (7)	14.5% (9)	19.7% (14)	20.9% (23)	16.4% (29)	16.6% (82)
Support to manage cravings/moods	14.9% (11)	27.4% (17)	18.3% (13)	24.5% (27)	22.6% (40)	21.9% (108)
Peer support	5.4% (4)	6.5% (4)	9.9% (7)	6.4% (7)	11.3% (20)	8.5% (42)
Family support	16.2% (12)	30.6% (19)	28.2% (20)	27.3% (30)	27.1% (48)	26.1% (129)
Improved work/life balance	25.7% (19)	24.2% (15)	29.6% (21)	20.0% (22)	38.4% (68)	29.4% (145)
More energy	40.5% (30)	27.4% (17)	42.3% (30)	42.7% (47)	37.9% (67)	38.7% (191)
An interest in cooking	20.3% (15)	25.8% (16)	36.6% (26)	20.9% (23)	28.8% (51)	26.5% (131)
Having things to do to avoid eating because I am bored	31.1% (23)	37.1% (23)	25.4% (18)	30.9% (34)	27.7% (49)	29.8% (147)
Other	6.8% (5)	11.3% (7)	18.3% (13)	8.2% (9)	11.9% (21)	11.1% (55)
answered question	74	62	71	110	177	494

skipped question

149

List of Broadcasts/Subjects

- 1** Friday Breakfast
- 2** Interviews with Joan Farnworth
- 3** Market interview with Karen
- 4** Meals on wheels
- 5** Monday breakfast
- 6** School dinner
- 7** Thursday breakfast
- 8** Tuesday breakfast
- 9** Wednesday breakfast

Please note the broadcasts are available in the form of reduced size MP3 files circulated separately via e-mail with the PDF file of this report. They can also be supplied in a Compact Disc format on request.