

# Health & Lifestyle Trends in England



Online Tool ([www.nwph.net/lifestyles](http://www.nwph.net/lifestyles))

User Guide

## Introduction

This map tool illustrates trends in Health & Lifestyles Indicators from 1994 – 1996 to 2000 – 2002 across England.

## Symbols used in this guide

-  Identifies an action to be carried out
-  Provides useful information to you

## Steps

- 1 Accessing the tool
- 2 Choosing an indicator from the launch page
- 3 Observing a change over time
- 4 Changing an indicator

## 1. Accessing the tool



Click the quick link icon from the NWPPO homepage [www.nwpho.org.uk](http://www.nwpho.org.uk)

Or access it directly at [www.nwph.net/lifestyles](http://www.nwph.net/lifestyles)

## 2. Choosing an indicator from the launch page



**Health & Lifestyle Trends in England**  
by Strategic Health Authority (Health Survey for England 1994-2002)

Obese and Overweight    Obese

kg (m)<sup>2</sup>    Smoking

Body Mass Index (BMI)

Alcohol Consumption    Hazardous & Harmful Drinking

Good Self Assessed Health

This map tool illustrates trends in Lifestyles indicators from 1994-1996 to 2000-2002 across England.

Click on an indicator to see a series of maps showing the level of change across the entire period.

[User Guide](#)

The data are derived from analysis commissioned by the Department of Health from the 1994 to 2002 Health Surveys for England, for 2002 Strategic Health Authority areas.

Website produced by North West Public Health Observatory, Centre for Public Health, JMU [nwpho-contact@ljamu.ac.uk](mailto:nwpho-contact@ljamu.ac.uk)

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### 3. Observing a change over time and changing an indicator

**Health & Lifestyle Trends in England**  
by Strategic Health Authority (Health Survey for England 1994-2002)

**Body Mass Index (BMI)**  
>>> Move through the years >>>

Click Indicator:  kg (m)  BMI  ...

Summary/Map Page

Age standardised mean Body Mass Index (BMI) for males

Website produced by North West Public Health Observatory, Centre for Public Health, JMU [nwpho-contact@ljmu.ac.uk](mailto:nwpho-contact@ljmu.ac.uk)  
Maps derived from data produced by National Centre for Social Research (NatCen) and Department of Health

### 5. Summary Data Pages

**Health & Lifestyle Trends in England**  
by Strategic Health Authority (Health Survey for England 1994-2002)

**Body Mass Index (BMI)**  
Age standardised mean Body Mass Index (BMI) for males  
Summary maps showing data for non overlapping years

Males  
 Females

SHA Code Name	1994-96	1995-97	1996-98	1997-99	1998-00	1999-01	2000-02
Q01 Norfolk, Suffolk and Cambridgeshire	26.38	26.35	26.35	26.22	26.29	26.41	26.92
Q02 Bedfordshire and Hertfordshire	26.22	26.26	26.33	26.53	26.81	27.00	26.79
Q03 Essex	26.19	26.26	26.32	26.35	26.73	26.86	27.16
Q04 North West London	25.99	25.98	26.76	26.22	26.94	26.99	26.94
Q05 North Central London	25.77	25.69	25.72	25.41	26.05	26.08	25.95
Q06 North East London	25.70	25.97	25.94	26.18	26.07	26.43	26.21
Q07 South East London	25.97	25.86	26.10	26.16	26.32	26.21	26.33
Q08 South West London	25.71	25.56	25.77	25.78	26.76	26.99	27.04
Q09 Northumberland, Tyne & Wear	26.28	26.55	26.61	26.63	26.61	26.88	26.95
Q10 County Durham and Tees Valley	26.31	26.69	26.45	26.82	26.74	27.42	27.74
Q11 North and East Yorkshire and Northern Lincolnshire	26.43	26.54	26.63	26.56	26.74	26.97	27.30
Q12 West Yorkshire	26.09	26.11	26.27	26.39	26.90	26.41	26.61
Q13 Cumbria and Lancashire	25.96	26.26	26.46	26.51	26.71	26.33	26.88
Q14 Greater Manchester	25.97	26.03	26.26	26.36	26.49	26.65	26.86
Q15 Cheshire & Merseyside	26.25	26.37	26.43	26.63	26.61	26.68	26.64
Q16 Thames Valley	26.13	26.21	26.23	26.18	26.34	26.51	26.80
Q17 Hampshire and Isle of Wight	26.01	26.24	26.31	26.34	26.35	26.54	26.93
Q18 Kent and Medway	26.14	26.30	26.50	26.38	26.64	26.86	27.03
Q19 Surrey and Sussex	25.87	26.06	26.28	26.25	26.18	26.11	26.41

### Acknowledgements

- Source: 2001 Census Output Area Boundaries. © Crown copyright 2006. Crown copyright material is reproduced with the permission of the Controller of HMSO
- [National Centre for Social Research \(NatCen\)](http://www.natcen.ac.uk) and [Department of Health](http://www.dh.gov.uk)



North West Public Health Observatory  
Centre for Public Health, Liverpool John Moores University, Castle House, North Street, Liverpool L3 2AY  
Tel: 0151 231 4454 Website: [www.nwpho.org.uk](http://www.nwpho.org.uk); email: [nwpho-contact@ljmu.ac.uk](mailto:nwpho-contact@ljmu.ac.uk)

