During 2016/17 there were 643 referrals to Live Active.

Baseline stats:
- 45% drink alcohol
- 90% on medication
- 11% smoke

Gender:
- Male: 46%
- Female: 54%

Age:
- ≤ 25: 9%
- 25 - 44: 29%
- 45 - 64: 54%
- 65+: 13%

BMI:
- Normal (18.5 - 25): 16%
- Overweight (25-30): 28%
- Obese (>30): 47%
**Deprivation**

- SIMD Quintile 1: 9% Live Active, 4% Population
- SIMD Quintile 2: 25% Live Active, 16% Population
- SIMD Quintile 3: 12% Live Active, 9% Population
- SIMD Quintile 4: 18% Live Active, 18% Population
- SIMD Quintile 5: 36% Live Active, 53% Population

**Behaviour Change**

- Stage of Change:
  - Precontemplation/Contemplation
  - Preparation
  - Action/Maintenance

- Baseline: 54% Precontemplation/Contemplation, 36% Preparation, 10% Action/Maintenance
- 6 Months: 62% Precontemplation/Contemplation, 36% Preparation, 2% Action/Maintenance
- 12 Months: 67% Precontemplation/Contemplation, 28% Preparation, 5% Action/Maintenance

**Physical Activity**

- Percentage of clients attending their appointments and meeting physical activity recommendations
  - Baseline: 56%
  - 6 Months: 69%
  - 12 Months: 74%

**Other Headlines**

- 244 supervised health walk attendances
- 869 supervised gym session attendances
- 88 referrals to vitality
What's been said?

The referrer's view

"Live Active has made a huge impact on the physical and psychological well being of a great number of my patients. The feedback from patients as to the support and benefit they receive is extremely positive."

GP

"My patients feel it’s a good way into looking at changing their lifestyle with support."

Practice Nurse

"With options from walking groups to swimming to exercise classes I know the clients who finish cardiac rehab will be inspired to keep active in a way that suits them."

Specialist Physiotherapist

The participant's view

"Live Active has given me the confidence to exercise again. My advisor made me feel very comfortable and has been a star. I feel much fitter and I can now manage my stairs without any bother."

Mary (pictured)

"My balance has improved, I am maintaining my weight goal and I feel relaxed and happier. I have met many friends at Bellahouston."

Gordon

"The service for me has been absolutely excellent... The support has been great. I would never have stepped into a gym without the supported gym sessions. I also do Vitality class and both activities keep me fit and active and make a big difference in my life."

Vickie
A number of the referrals from 2016/17 are still receiving support from Live Active. Therefore the below graphic looks at the progression through the service of referrals from 2015.

- **650 Referrals**
- **507 Baseline appts**
- **297 6 month appts**
- **210 12 month appts**

- **78% of referrals**
- **59% of baseline**
- **41% of baseline**
- **70% of 6 month appts**