During 2016/17 there were 657 referrals to Live Active.

- **Baseline stats**
  - 45% drink alcohol
  - 11% smoke
  - 94% on medication

**Gender Distribution**
- Male: 47%
- Female: 53%

**Age Distribution**
- 4%: < 25
- 13%: 25 - 44
- 47%: 45 - 64
- 36%: 65 +

**BMI Distribution**
- Normal (18.5 - 25): 30%
- Overweight (25-30): 10%
- Obese (>30): 47%
Deprivation

![Graph showing deprivation levels across SIMD quintiles with Live Active and Population percentages.]

**Behaviour Change**

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

- **Baseline:**
  - Precontemplation/Contemplation: 62%
  - Preparation: 49%
  - Action/Maintenance: 62%

- **6 Months:**
  - Precontemplation/Contemplation: 56%
  - Preparation: 57%
  - Action/Maintenance: 62%

- **12 Months:**
  - Precontemplation/Contemplation: 59%
  - Preparation: 57%
  - Action/Maintenance: 62%

**Physical Activity**

- **Percentage of clients attending their appointments and meeting physical activity recommendations**
  - **Baseline:** 9%
  - **6 Months:** 46%
  - **12 Months:** 57%

**Other Headlines**

- **33** supervised health walk attendances
- **884** supervised gym session attendances
- **85** referrals to vitality
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.

- **524** Referrals
- **399** Baseline appts
- **220** 6 month appts
- **55%** of baseline
- **167** 12 month appts
- **76%** of 6 month appts
- **76%** of referrals
- **42%** of baseline