During 2016/17 there were 2829 referrals to Live Active.

Baseline stats:
- 49% drink alcohol
- 83% on medication
- 20% smoke

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

Age:
- < 25: 6%
- 25 - 44: 30%
- 45 - 64: 48%
- 65+: 15%

BMI:
- Normal (18.5 - 25): 14%
- Overweight (25-30): 24%
- Obese (>30): 55%
Deprivation

<table>
<thead>
<tr>
<th>SIMD Quintile</th>
<th>Live Active</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>47%</td>
<td>48%</td>
</tr>
<tr>
<td>2</td>
<td>25%</td>
<td>19%</td>
</tr>
<tr>
<td>3</td>
<td>8%</td>
<td>13%</td>
</tr>
<tr>
<td>4</td>
<td>7%</td>
<td>12%</td>
</tr>
<tr>
<td>5</td>
<td>11%</td>
<td>9%</td>
</tr>
</tbody>
</table>

Behaviour Change

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

Baseline: 42%
6 Months: 50%
12 Months: 64%

Physical Activity
Percentage of clients attending their appointments and meeting physical activity recommendations
- Baseline: 20%
- 6 Months: 45%
- 12 Months: 53%

Other Headlines

- 1349 supervised health walk attendances
- 306 referrals to vitality
- 4093 supervised gym session attendances
"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

"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.

- **2563** Referrals
- **1701** Baseline appts
- **494** 6 month appts
- **238** 12 month appts
- **29%** of baseline
- **14%** of baseline
- **48%** of 6 month appts
- **66%** of referrals