During 2016/17 there were 6171 referrals to Live Active.

Referrals were deemed inappropriate at triage: 4%

SCI Gateway referrals since its introduction in July 2016: 2619

Baseline stats:
- 85% on medication
- 52% drink alcohol
- 18% smoke

Gender distribution:
- Male: 45%
- Female: 55%

Age distribution:
- <25: 6%
- 25-44: 28%
- 45-64: 45%
- 65+: 20%

BMI distribution:
- Normal (18.5 - 25): 14%
- Overweight (25-30): 24%
- Obese (>30): 53%
Deprivation

SIMD Quintile

<table>
<thead>
<tr>
<th>Quintile</th>
<th>Live Active</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>41%</td>
<td>40%</td>
</tr>
<tr>
<td>2</td>
<td>20%</td>
<td>18%</td>
</tr>
<tr>
<td>3</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>4</td>
<td>11%</td>
<td>13%</td>
</tr>
<tr>
<td>5</td>
<td>15%</td>
<td>19%</td>
</tr>
</tbody>
</table>

Behaviour Change

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

- Baseline: 41%
- 6 Months: 52%
- 12 Months: 63%

Physical Activity
- Baseline: 23%
- 6 Months: 53%
- 12 Months: 63%

Other Headlines

- 3252 supervised health walk attendances
- 10,406 supervised gym session attendances
- 950 referrals to vitality
What's been said?

"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.

- **5916** referrals

- **4244** Baseline appts

- **1816** 6 month appts (43% of baseline)

- **1157** 12 month appts (64% of 6 month appts)

- 72% of referrals

- 27% of baseline

- 43% meeting physical activity recommendations