During 2016/17 there were 505 referrals to Live Active.

Baseline stats:
- 68% drink alcohol
- 23% smoke
- 87% on medication
Deprivation

SIMD Quintile

1: 47% - Live Active, 42% - Population
2: 14% - Live Active, 14% - Population
3: 12% - Live Active, 14% - Population
4: 14% - Live Active, 14% - Population
5: 12% - Live Active, 12% - Population

Behaviour Change

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

Baseline: 49%
6 Months: 60%
12 Months: 75%

Physical Activity

Percentage of clients attending their appointments and meeting physical activity recommendations

Baseline: 28%
6 Months: 68%
12 Months: 76%

Other Headlines

- 369 supervised health walk attendances
- 1648 supervised gym session attendances
- 33 referrals to vitality
"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.

- **602** Referrals
- **458** Baseline appts
- **215** 6 month appts
- **29%** of baseline
- **61%** of 6 month appts
- **132** 12 month appts
- **76%** of referrals