During 2016/17 there were 691 referrals to Live Active.

Baseline stats:
- 49% drink alcohol
- 19% smoke
- 87% on medication

Gender distribution:
- Male: 42%
- Female: 58%

Age distribution:
- < 25: 6%
- 25 - 44: 30%
- 45 - 64: 44%
- 65 +: 19%

BMI distribution:
- Normal (18.5 - 25): 13%
- Overweight (25-30): 23%
- Obese (>30): 63%
Deprivation

- SIMD Quintile
- 1: 38% Live Active, 27% Population
- 2: 17% Live Active, 15% Population
- 3: 18% Live Active, 22% Population
- 4: 11% Live Active, 14% Population
- 5: 16% Live Active, 22% Population

Behaviour Change

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

- Baseline: 52% Precontemplation/Contemplation, 48% Preparation, 3% Action/Maintenance
- 6 Months: 4% Precontemplation/Contemplation, 50% Preparation, 46% Action/Maintenance
- 12 Months: 2% Precontemplation/Contemplation, 61% Preparation, 37% Action/Maintenance

Physical Activity

- Percentage of clients attending their appointments and meeting physical activity recommendations

- Baseline: 15%
- 6 Months: 36%
- 12 Months: 48%

Other Headlines

- 362 Live Active support attendances
- 1051 supervised gym session attendances
- 242 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
The Client Journey 2015

616 Referrals

439 Baseline appts

179 6 month appts

38% of baseline

71% of referrals

66% of 6 month appts

27% of baseline

118 12 month appts

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.