During 2016/17 there were 888 referrals to Live Active.

**Baseline stats**
- 62% drink alcohol
- 87% on medication
- 18% smoke

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

**Age**
- < 25: 6%
- 25 - 44: 31%
- 45 - 64: 42%
- 65+: 21%

**BMI**
- Normal (18.5 - 25): 12%
- Overweight (25-30): 25%
- Obese (>30): 61%
### Deprivation

<table>
<thead>
<tr>
<th>SIMD Quintile</th>
<th>Live Active</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>36%</td>
<td>34%</td>
</tr>
<tr>
<td>2</td>
<td>31%</td>
<td>30%</td>
</tr>
<tr>
<td>3</td>
<td>22%</td>
<td>22%</td>
</tr>
<tr>
<td>4</td>
<td>7%</td>
<td>9%</td>
</tr>
<tr>
<td>5</td>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>

### Behaviour Change

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

- **Baseline:**
  - Precontemplation/Contemplation: 47%
  - Preparation: 18%
  - Action/Maintenance: 35%

- **6 Months:**
  - Precontemplation/Contemplation: 16%
  - Preparation: 42%
  - Action/Maintenance: 42%

- **12 Months:**
  - Precontemplation/Contemplation: 7%
  - Preparation: 24%
  - Action/Maintenance: 73%

### Physical Activity

Percentage of clients attending their appointments and meeting physical activity recommendations

- **Baseline:** 20%
- **6 Months:** 64%
- **12 Months:** 74%

### Other Headlines

- **1257** supervised health walk attendances
- **1861** supervised gym session attendances
- **196** 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
The Client Journey 2015

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.

- 845 Referrals
- 392 6 month appts
- 60% of baseline
- 76% of 6 month appts
- 45% of baseline
- 658 Baseline appts
- 298 12 month appts
- 78% of referrals