Active North Ayrshire
EXERCISE REFERRAL PROGRAMME

North Ayrshire
- North Coast 28%
- Three Towns 8%
- Irvine 12%
- Kilwinning 26%
- Garnock Valley 25%
- Arran 2%

553 FIRST CONSULTATIONS
- Active no 22% ANA
- 40% HARP
- 25% MBA
- 13% WEIGHT MANAGEMENT

537 supported follow up contacts for behaviour change
165 MISSED APPOINTMENTS
58 WEEKLY CLASSES
- 3 Strength and balance classes within community hubs
- 15 Condition specific classes
- 12 Falls/Strength and balance classes
- 6 SPECIFIC MIND AND BE ACTIVE CLASSES
- 22 HARP multi condition classes

16,811 ATTENDANCES at physical activity sessions
- 6% Swimming
- 23% Aqua Aerobics
- 5% Falls Prevention
- 27% MBA
- 41% Condition specific
- 159 1-1 weight management support sessions
- 441 Gym inductions / personal programmes

33 PARTICIPANTS were found to be contraindicated for exercise at first consultation

REASON FOR REFERRAL
- Coronary 14%
- Pulmonary 16%
- Cancer 34%
- Stroke 20%
- Falls 12%

REFERRED BY
- GP 34%
- Physio 34%
- Cardiac 9%
- Stroke 12%
- Self 2%
- Other 10%
Healthy Active Rehabilitation Programme

Support for participants who are referred with a history of CHD, Stroke, Falls Risk, Cancer or Pulmonary Condition plus one other long term condition.

85% attended first consultations
22 weekly classes
55% elevated blood pressure

220 new consultations

45% male
55% female

78% overweight or obese

Healthy Active Rehabilitation Programme

Mind and be active

55% adherence at 6 months

18% self referrals

138 new consultations

4526 attendances

6 support volunteers

81% are of working age
73% overweight or obese

2 community walks