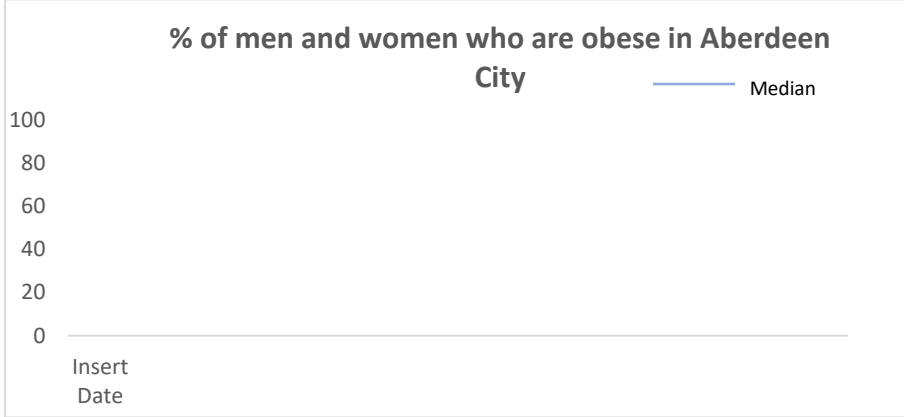
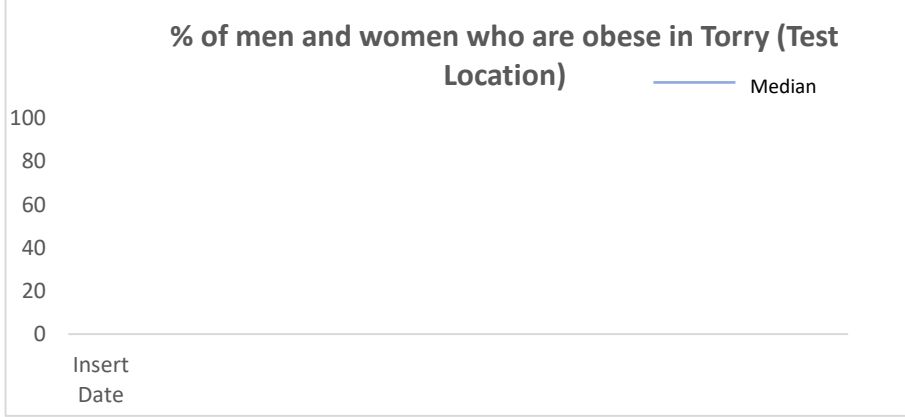
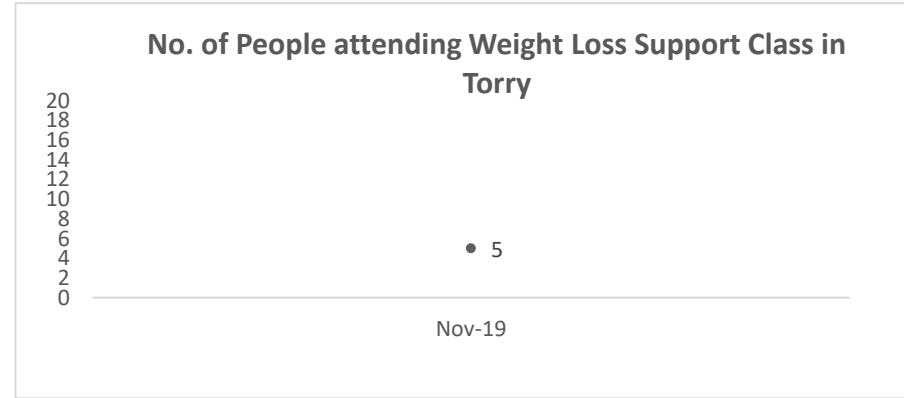


### 11.3 Reduce Obesity

Project Aim		Start Date	Testing End Date	Progress Scale
To reduce the percentage of men and women who are obese in Aberdeen City to 20% by 2021. <b>Project Manager:</b> Chris Littlejohn, NHS <a href="#">Project Charter Approved Sep 2019</a>		Sep 2019	Sep 2020	6– Testing Underway
Changes Being Tested (Specify location/ test group)		Are our changes resulting in improvement?		
Community led weight loss support group in Torry		A new group is being tested in Torry, led by the Torry Locality Partnership with support from health staff from NHS Grampian. The group is being empowered to come together over a tea and coffee and support each other in their journey. Classes are free and members are weighed anonymously. 5 members of the community attended the first class. Data is being collected on the impact on health and wellbeing.		
Improvement Data				
<div><p><b>% of men and women who are obese in Aberdeen City</b></p></div>		<div><p><b>% of men and women who are obese in Torry (Test Location)</b></p></div>		
<div><p><b>No. of People attending Weight Loss Support Class in Torry</b></p></div>				