

11.4 Reduce Obesity

Project Aim		Start Date	Testing End Date	Progress Scale																								
Reduce the percentage of men and women who are obese in Aberdeen City to 20% by 2021 Project Manager: Chris Littlejohn, NHS Grampian Project Charter Approved Sep 2019		Sep 2019	Sep 2020	6– Testing Underway																								
Changes Being Tested (Specify location/ test group)		Are our changes resulting in improvement?																										
Initial test of change: would people attend a community-led weekly weigh-in every Monday at Torry Youth and Leisure Centre?		Attendees are seeing a loss in weight.																										
Improvement Data																												
<p>Obesity prevalence (Aberdeen City)</p> <table border="1"> <caption>Obesity prevalence (Aberdeen City)</caption> <thead> <tr> <th>Year</th> <th>Prevalence (%)</th> </tr> </thead> <tbody> <tr> <td>2013/17</td> <td>24.6%</td> </tr> <tr> <td>2014/18</td> <td>25%</td> </tr> </tbody> </table>		Year	Prevalence (%)	2013/17	24.6%	2014/18	25%	<p>No. of Participants at Weekly Weigh-In Social</p> <table border="1"> <caption>No. of Participants at Weekly Weigh-In Social</caption> <thead> <tr> <th>Week</th> <th>No. of Participants</th> </tr> </thead> <tbody> <tr> <td>18/11/2019</td> <td>5</td> </tr> <tr> <td>25/11/2019</td> <td>3</td> </tr> <tr> <td>02/12/2019</td> <td>4</td> </tr> <tr> <td>09/12/2019</td> <td>4</td> </tr> <tr> <td>16/12/2019</td> <td>4</td> </tr> <tr> <td>23/12/2019</td> <td>4</td> </tr> <tr> <td>30/12/2019</td> <td>4</td> </tr> <tr> <td>06/01/2020</td> <td>3</td> </tr> </tbody> </table>			Week	No. of Participants	18/11/2019	5	25/11/2019	3	02/12/2019	4	09/12/2019	4	16/12/2019	4	23/12/2019	4	30/12/2019	4	06/01/2020	3
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