

11.3 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	March 2021	6– Testing Underway																																				
Changes Being Tested (Specify location/ test group)		Are our changes resulting in improvement?																																						
<p>Initial test of change: would people attend a community-led weekly weigh-in every Monday at Torry Youth and Leisure Centre? Current test of change: would people continue to attend?</p> <p>Current test of change paused due to COVID. Currently exploring new tests of change relating to online weight management and communication of key messages.</p>		<p>Prior to Covid-19 people were continuing to attend. Initial feedback is that it may be the social connection that people are attending for, rather than weight loss alone.</p>																																						
Improvement Data																																								
<p>Obesity prevalence (Aberdeen City)</p> <table border="1"> <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 (Cumulative Median) at Weekly Weigh-In Social</p> <p>Aim = 4</p> <table border="1"> <thead> <tr> <th>Week</th> <th>No. of Participants</th> </tr> </thead> <tbody> <tr><td>19/11/2019</td><td>5</td></tr> <tr><td>25/11/2019</td><td>4</td></tr> <tr><td>02/12/2019</td><td>3</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>3</td></tr> <tr><td>30/12/2019</td><td>3</td></tr> <tr><td>06/01/2020</td><td>4</td></tr> <tr><td>13/01/2020</td><td>4</td></tr> <tr><td>20/01/2020</td><td>4</td></tr> <tr><td>27/01/2020</td><td>4</td></tr> <tr><td>03/02/2020</td><td>5</td></tr> <tr><td>10/02/2020</td><td>6</td></tr> <tr><td>17/02/2020</td><td>4</td></tr> </tbody> </table>			Week	No. of Participants	19/11/2019	5	25/11/2019	4	02/12/2019	3	09/12/2019	4	16/12/2019	4	23/12/2019	3	30/12/2019	3	06/01/2020	4	13/01/2020	4	20/01/2020	4	27/01/2020	4	03/02/2020	5	10/02/2020	6	17/02/2020	4
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