



**Making life better,  
together**

*Belfast Strategic Partnership*



**Active  
Belfast**

**Focusing on life inequalities**

# Social Return on Investment Evaluation

# Healthwise Physical Activity Referral Programme



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'What it takes to be number #1'



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# Inactivity - silent killer



**5.1 million**

Die from smoking  
globally



**5.3 million**

Die from inactivity  
globally

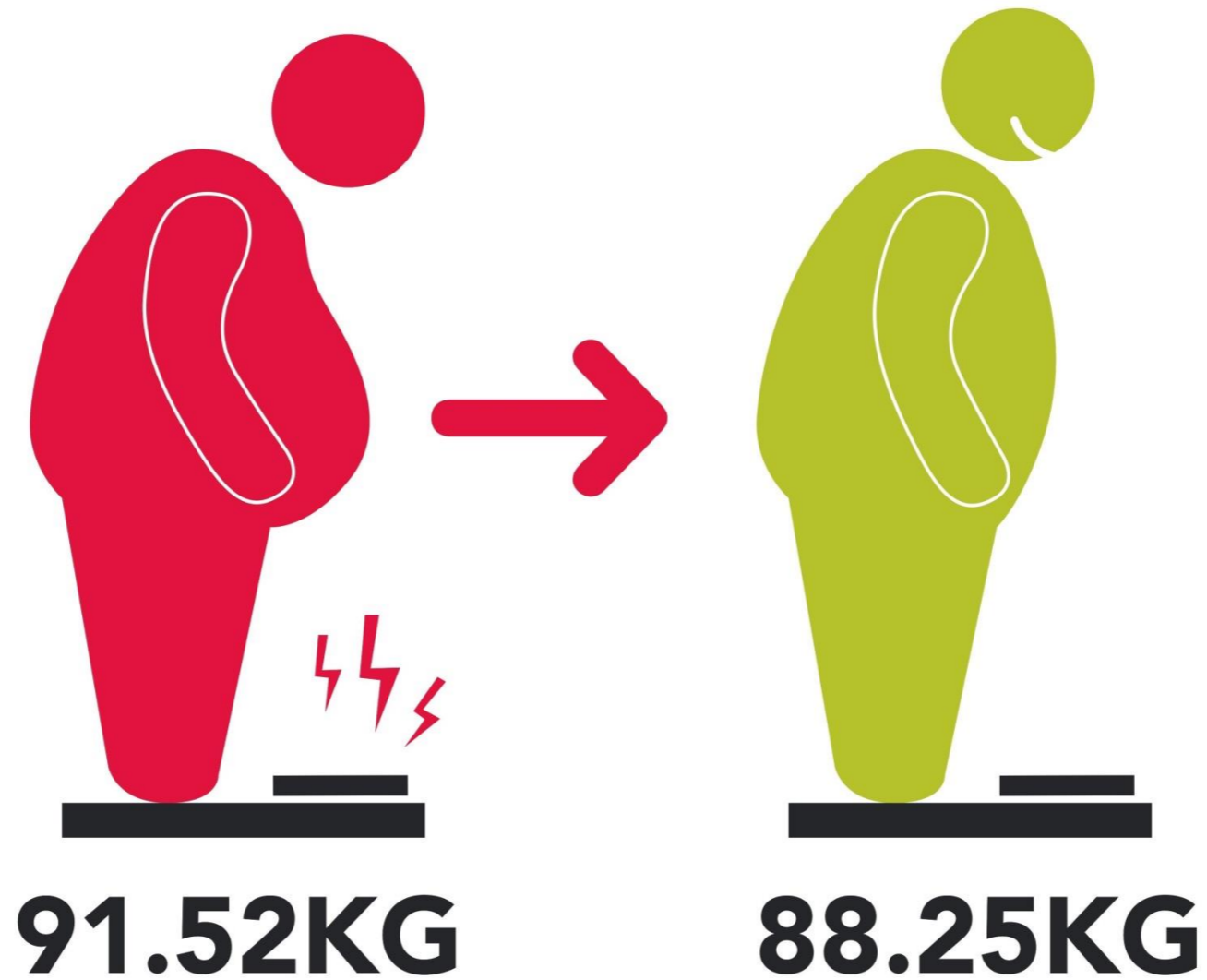
# Physical health benefits



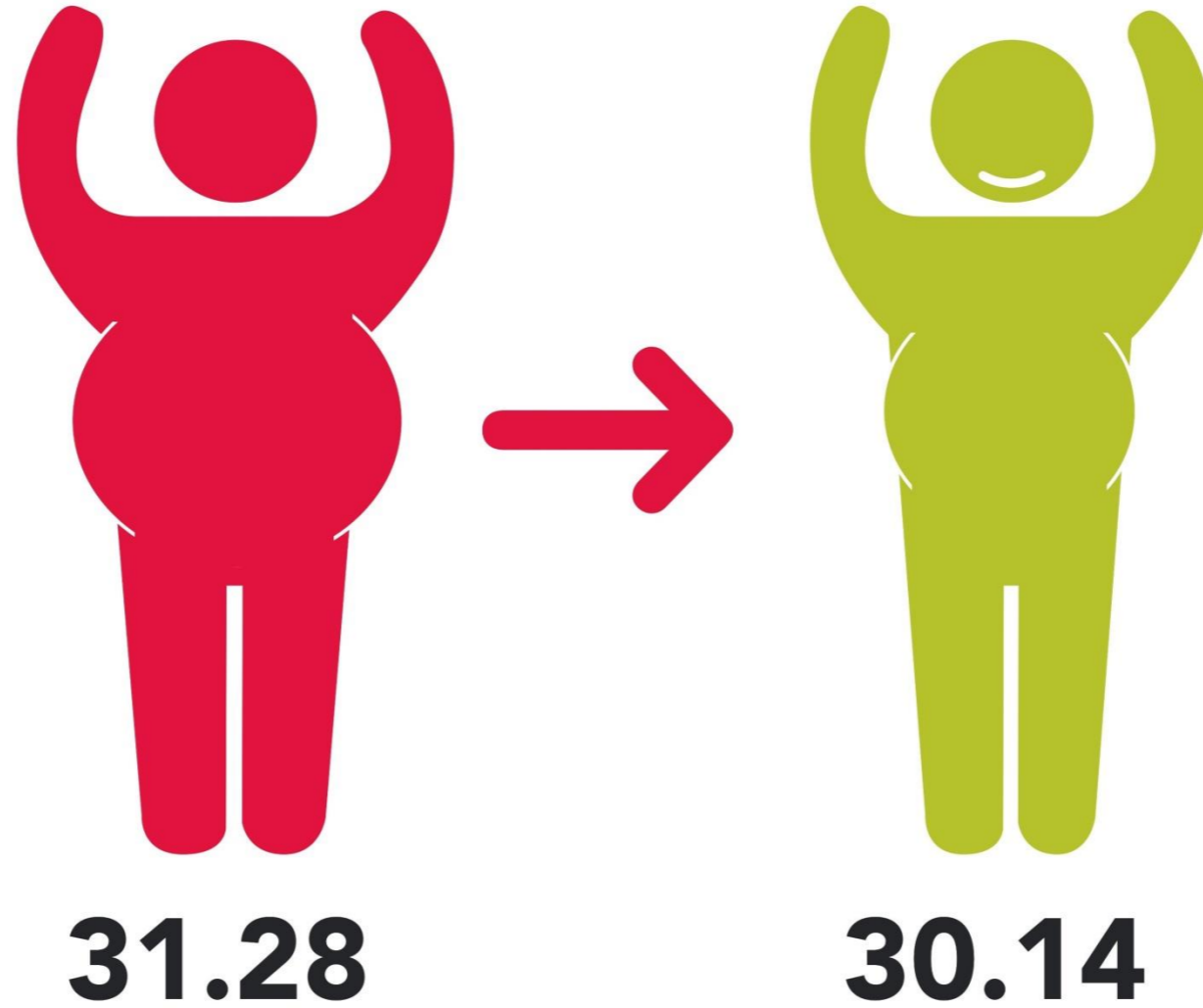
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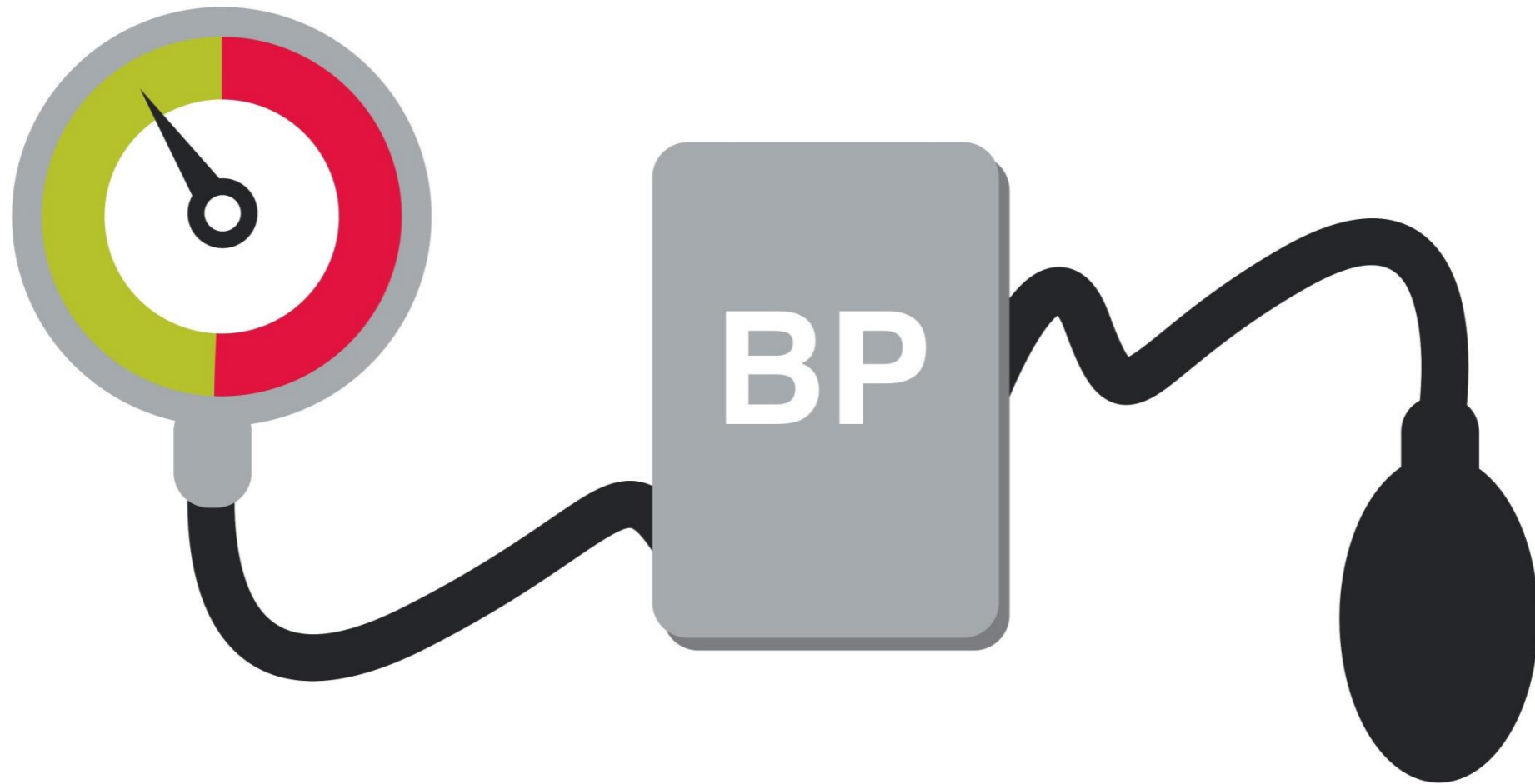
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# Weight loss improved



# Body Mass Index improved



# Blood pressure improved





**28% increase in mood, confidence  
and quality of sleep**



### **Physical activity:**

*"I am now exercising three times a week, prior to Healthwise I was doing nothing"*

*"I am exercising three times per week and will walk more in the better weather"*

### **Physical wellbeing:**

*"Able to function better - walking easier, household chores easier"*

*"Lost 2 stone and feel generally fitter"*

*"definitely feel asthma more controlled - using inhaler less - with weight off I feel better"*

### **Awareness of benefits:**

*"understanding that physical activity is helping control symptoms"*

*"Cholesterol halved!!  
Also weight dropped off"*



**Confidence:**

*"Confidence improved, whole new outlook on life"*

*"This has made a great improvement in my life"*



**Awareness of service:**

*"I go to aqua - I am considering joining fit and active club"*

*"Hoping to try cycle fit soon"*



**Social interaction:**

*"We meet twice a week and we are now great friends"*

*"I was confident but I now feel I have the confidence to join an exercise group"*

# Thank you



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