



|   |   |                      |  |              |     |  |             |             |         |                             |           |    |
|---|---|----------------------|--|--------------|-----|--|-------------|-------------|---------|-----------------------------|-----------|----|
|   |   |                      |  | Q2 916       |     |  | 10% - 4,792 | 10% - 4,793 | Similar |                             | quarterly | EC |
|   |   |                      |  | Q3 1371      |     |  |             |             |         |                             |           | EC |
|   |   |                      |  | Q4 787       |     |  |             |             |         |                             |           | EC |
|   | Total Target                              |                      |  | 3,827 (8.0%) |     |  |             |             |         |                             |           |    |
| 3.7 decrease excess weight in adults  | prevalence of overweight and obese adults | Active People Survey |  | 2012 65.5%   | low |  | 63.10%      | 63.80%      | similar | estimated and self reported | annual    |    |
| <b>local indicators</b>   | <b>Total Target</b>                       |                      |  |              |     |  |             |             |         |                             |           |    |
| number of people completing a weight management course                                |   | 337                  |  | NA           |     |  |             |             |         |                             |           | LW |
| number of people completing a weight management course and losing 4-5% of body weight |   |                      |  | NA           |     |  |             |             |         |                             |           | LW |