| Supporting those over 40 to change lifestyle behaviours detrimental to health and wellbeing |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Overarching indicator | Specific indicator |  |  | West Berkshire outturn | 'Good' is... | Direction of Travel on previous outturn | Benchmarks |  |  | Data caveats: | Frequency: | Lead |
|  | Detail | Source |  |  |  |  | South East | England | Comparis on with England value |  |  |  |
| 3.1 Decrease smoking prevalence in adults aged 18 and over | 2.14i: Prevalence of smoking among people aged 18+ | PHOF | $\begin{gathered} 2011 \\ 18.6 \% \end{gathered}$ | $\begin{gathered} 2012 \\ 18.76 \% \end{gathered}$ | Low | $\uparrow$ | 18.02\% | 19.53\% | Similar |  | Annual (Figures will be published in Feb15) | PH and wellbeing team |
| local indicators | Target |  |  |  |  |  |  |  |  |  |  |  |
| number of 4 week quitters |  |  |  | 2013/14 |  |  |  |  |  |  |  |  |
|  |  | local | Not Available | Q1 144 | high |  |  |  |  |  | quarterly | FN |
|  |  |  |  | Q2 149 |  |  |  |  |  |  |  | FN |
|  |  |  |  | Q3 157 |  |  |  |  |  |  |  | FN |
|  |  |  |  | Q4 291 |  |  |  |  |  |  |  | FN |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Total Target | 840 |  | 741 |  |  |  |  |  |  |  |  |
| number of 12 week quitters |  |  | Not <br> Available | 2013/14 |  |  |  |  |  |  |  |  |
|  |  |  |  | Q1 90 |  |  |  |  |  |  |  |  |
|  |  |  |  | Q2 114 |  |  |  |  |  |  | quarterly | FN |
|  |  |  |  | Q3 120 |  |  |  |  |  |  |  | FN |
|  |  |  |  | Q4 155 |  |  |  |  |  |  |  | FN |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Total Target | 588 |  | 479 |  |  |  |  |  |  |  |  |
| 3.2 Increase the successful completion of drug treatment for opiate users | 2.15i: \% of opiate drug users that left drug treatment successfully who do not represent to treatment within 6 months | PHOF | $\begin{aligned} & 2011 \\ & 7.2 \% \end{aligned}$ | $\begin{array}{\|l\|} \hline 2012 \\ 12.21 \% \end{array}$ | High |  | 9.16\% | 8.24\% | Significant\| y better |  | This is available quarterly through NDTMS |  |
| 3.6 Increase the percentage of eligible population aged 40-74 offered an NHS health check | 2.22ii: \% of eligible population aged 40-74 offered an NHS Health Check | PHOF/ | N/A | $\begin{aligned} & 2013 / 14 \\ & 19.1 \% \end{aligned}$ | High | N/A | 17.10\% | 18.40\% |  |  | Updated annually on PHOF, but we will be able to provide quarterly figures. |  |
| 3.6 Increase the percentage of eligible population aged 40-74 receiving an NHS health check | 2.22ii: \% of eligible population aged 40-74 who received a Health Check | PHOF/ | N/A | $\begin{array}{\|l\|} \hline 2013 / 14 \\ 8.0 \% \end{array}$ | High | N/A | 6.60\% | 9.00\% |  |  |  |  |
| local indicators |  |  |  | 2013/14 |  |  |  |  |  |  |  |  |
| number of people offered an NHS health check |  |  |  | Q1 2012 |  |  |  |  |  |  | quarterly | EC |
|  |  |  |  | Q2 2429 |  |  | 20\% - | 20\% - |  |  |  | EC |
|  |  |  |  | Q3 2270 |  |  |  |  | Similar |  |  | EC |
|  |  |  |  | Q4 2426 |  |  |  |  |  |  |  |  |
|  | Total Target |  |  | 9,137 (19.1\%) |  |  |  |  |  |  |  | EC |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| number of NHS health checks completed |  |  |  | Q1 753 |  |  |  |  |  |  |  | EC |


|  |  |  | Q2 916 |  | $\begin{aligned} & 10 \% \text { - } \\ & 4,792 \end{aligned}$ | $\begin{aligned} & 10 \%- \\ & 4,793 \end{aligned}$ | 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 <br> People <br> Survey | $\begin{aligned} & 2012 \\ & 65.5 \% \end{aligned}$ | low | 63.10\% | 63.80\% | similar | estimated and self reported | annual |  |
| local indicators | Total Target |  |  |  |  |  |  |  |  |  |
| number of people completing a weight management course | 337 |  | NA |  |  |  |  |  |  | LW |
| number of people completing a weight management courtse and losing 4-5\% of body weight |  |  | NA |  |  |  |  |  |  | LW |

