

### APPENDIX 3

#### A. Outcomes monitored against as part of the One You Cheshire East Service

	High Level Outcome	Outcome measure	Evidence
1	To provide services which contribute to increasing both Life Expectancy of residents and Healthy Life Expectancy	<p>To deliver evidence based lifestyle programmes for Cheshire East which achieve high customer satisfaction, low-drop out rates and success in helping residents to meet both short and long-term health outcomes (i.e. by focussing on behaviour change).</p> <p>This relates to the following commissioned programmes; healthy eating, weight management, physical activity and falls prevention classes.</p> <p>Benefits also include improvement in linked outcomes (e.g. emotional and mental wellbeing, social isolation and independence, reductions in secondary and specialist referrals) [see service spec for detail].</p>	<ul style="list-style-type: none"> <li>Information to be supplied from Refer-All using pre-agreed list of KPIs e.g. no. of referrals, no. of referrals uncontactable, no. of referrals live in the programme etc [see B]. This also includes longer term impact of health related interventions.</li> </ul>
2	To provide services which contribute to increasing both Life Expectancy of residents and Healthy Life Expectancy	<p>To contribute towards the integrity and success of the One You Cheshire East system as a whole</p> <p>This includes by providing intelligence for the programme, signposting to relevant services, material/ engagement for marketing purposes e.g. social media (with an understanding of the role of partners), and supporting the place based approach</p>	<ul style="list-style-type: none"> <li>Clients receiving services based on individual's home location (as part of the placed based approach)</li> <li>Source of referrals</li> <li>Signpostings to other One You CE/Public Health services (alcohol, smoking services)</li> <li>Material supplied for publicity purposes e.g. photos, videos, case studies</li> <li>Assistance with ICT system required for One You CE</li> <li>Participation in ad-hoc</li> </ul>

			events that publicise local One You and national One You programmes
3	To provide services which contribute to increasing both Life Expectancy of residents and Healthy Life Expectancy	Ensuring that services are aligned to the health needs of residents from protected characteristic groups and any additional groups specified e.g. adults with a mental illness diagnosis, pregnant women [see service specification]	<ul style="list-style-type: none"> <li>▪ Characteristics of service users (relevant to groups)</li> <li>▪ Special measures taken to ensure that individuals from identified groups are able to participate</li> </ul>

## B. KPIs

Programme	KPI / Outcome	Code	Category
Physical Activity (Active Lives)	KPI	AL-1	Number of referrals
		AL-2	Number of referrals uncontactable
		AL-3	Number of referrals not wanting to join
		AL-4	Referral sources
		AL-5	Number of referrals completing mid way point
		AL-6	Number of referrals live in the programme
		AL-7	Number of participant drop-outs
		AL-8	Number of participants completing 12 week programme
		AL-9	Number of individuals active 3 months after completion
		AL-10	Number of individuals active 6 months after completion
	Outcomes	AL-11	Number of completers showing change in activity levels from low to moderate to high, using IPAQ
		AL-12	Percentage of completers showing change in activity levels from low to moderate to high, using IPAQ
		AL-13	Number showing an improvement in wellbeing (WemWebs)
		AL-14	Percentage showing an improvement in wellbeing (WemWebs)
		AL-15	Numbers showing changes in physical measurements
		AL-16	Percentage showing changes in physical measurements
Adult Weight Management (Reshape)	KPI	R-1	Number of referrals
		R-2	Number of referrals uncontactable
		R-3	Number of referrals not wanting to join
		R-4	Referral sources
		R-5	Number of referrals engaged in the programme
		R-6	Number of participant drop-outs

	Outcomes	R-7	Number of participants completing 12 week programme
		R-8	Number of participants losing 5% body weight
		R-9	Number of individuals active and maintained their weight loss 3 months after completing the programme
		R-10	Number of individuals active and maintained their weight loss 6 months after completing the programme
		R-11	Number of completers showing change in activity levels from low to moderate to high, using IPAQ
		R-12	Percentage of completers showing change in activity levels from low to moderate to high, using IPAQ
		R-13	Numbers showing changes in physical measurements (is more specific detail required)
		R-14	Percentage showing changes in physical measurements (is more specific detail required)
		R-15	Number showing an improvement in wellbeing (WemWebs)
		R-16	Percentage showing an improvement in wellbeing (WemWebs)
		R-17	Dietary Quality Score (DQS)
Healthy Eating (Taste For Life Cookery Courses )	KPI	T4L-1	Number of referrals
		T4L-2	Number of referrals uncontactable
		T4L-3	Number of referrals not wanting to join
		T4L-4	Referral sources
		T4L-5	Number of referrals engaged in the programme
		T4L-6	Number of participant drop-outs
		T4L-7	Number of participants completing 6 week course
		T4L-8	Number of completers continues to cook from scratch 3 months after completing the course
	Outcomes	T4L-9	Dietary Quality Score (DQS)
		T4L-10	Numbers showing an increase in cooking from scratch
		T4L-11	Percentage showing an increase in cooking from scratch
		T4L-12	Improvement in ability cooking from scratch
		T4L-13	Numbers showing increased confidence, knowledge and understanding in cooking, healthy eating and a balanced diet
		T4L-14	Percentage showing increased confidence, knowledge and understanding in cooking, healthy eating and a balanced diet
Falls Prevention (Be Steady Be Safe)	KPI	BSBS-1	Number of referrals
		BSBS-2	Number of referrals uncontactable
		BSBS-3	Number of referrals not wanting to join
		BSBS-4	Referral sources
		BSBS-5	Number of referrals completing mid way point
		BSBS-6	Number of referrals live in the programme
		BSBS-7	Number of participant drop-outs
		BSBS-8	Number of participants completing 24 week programme
		BSBS-9	Number of individuals active 3 months after completing the programme
	Outcomes	BSBS-10	Number of completers showing an improvement in strength and balance
		BSBS-11	Percentage of completers showing an improvement in strength and balance
		BSBS-12	Number of completers showing an improvement in wellbeing (WemWebs)
		BSBS-13	Percentage of completers showing an improvement in wellbeing (WemWebs)