



FIT AS A FIDDLE

Monitoring Results Summary



NATIONAL REPORT

- As part of the Fit as a Fiddle programme, participating delivery organisations have been asked to complete an online monitoring form for each new client.
- Basic data is collected to enable the programme co-ordinators to monitor both overall participation levels and their client profile.
- In total, **20,953** monitoring forms have been completed by participating organisations up to 2nd February 2010.
- The following charts summarise the overall national profile information.



Monitoring Results

Data to 2nd February 2010



- The table below shows the number of client records entered to date by region

Delivery Organisations	URN	No of client records
South West	388	3,645
South East	331	2,413
North East	218	2,495
North West	386 / 344 / 382 / 336 / 351	4,236
East Midlands	241 / 251	2,664
West Midlands	256 / 262	1,278
Eastern	191 / 131 / 212 / 184 / 137 / 210 / 187 / 135	1,640
London	280 / 283 / 291	850
Yorkshire & Humber	123	1,692
National	235 / 219	40
TOTAL		20,953

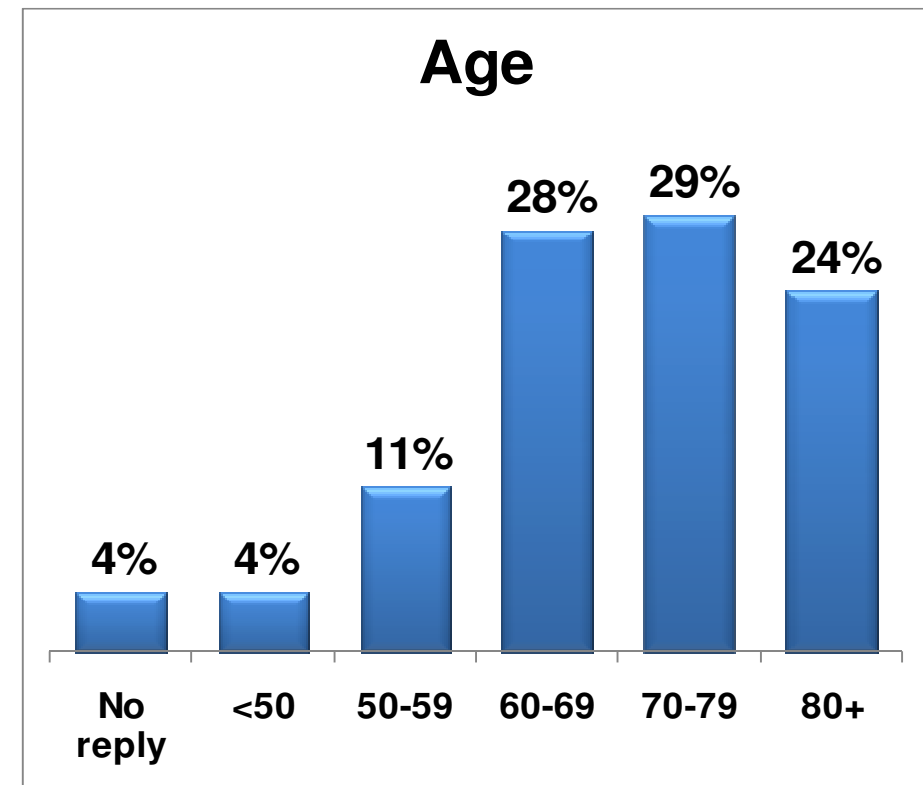
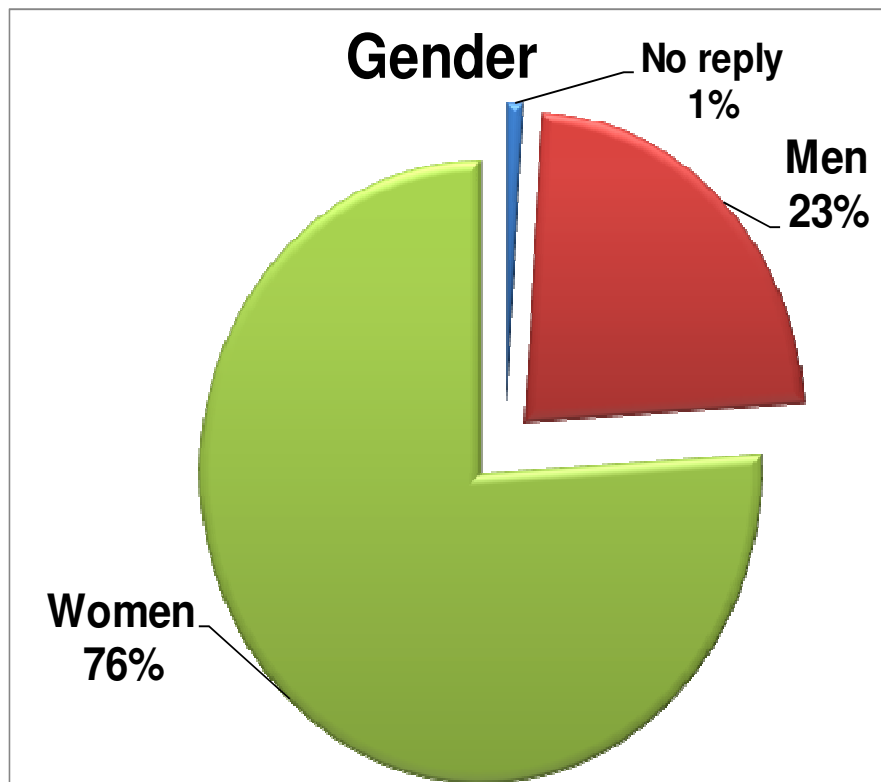


Monitoring Results

Data to 2nd February 2010



- The data shows that three in four Fit as a Fiddle clients are female (76%).
- And, as you would expect, the majority of clients are aged 60+ (81%). But Fit as a Fiddle does reach a broad spectrum of ages, with around one in six clients aged under 60 (15%) and one in four aged 80+ (24%).



(Base for charts: respondents / * = <1%)



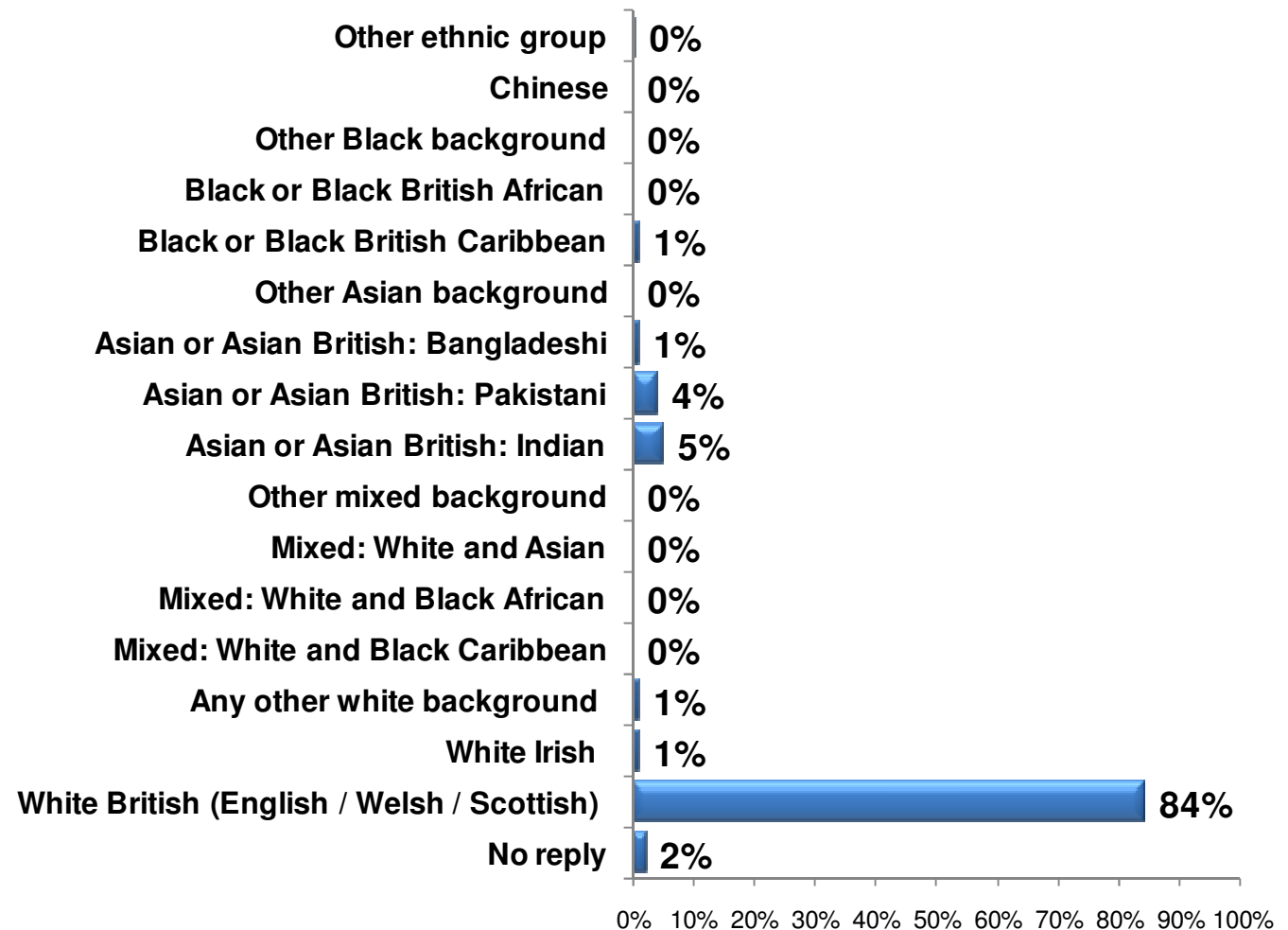
Monitoring Results

Data to 2nd February 2010



- Perhaps not surprisingly, based on the 20,953 client records entered to date, the vast majority of client participants describe themselves as 'White British'.

How clients would describe their ethnic origin



(Base for chart: 20,953 respondents / 0% = <1%)



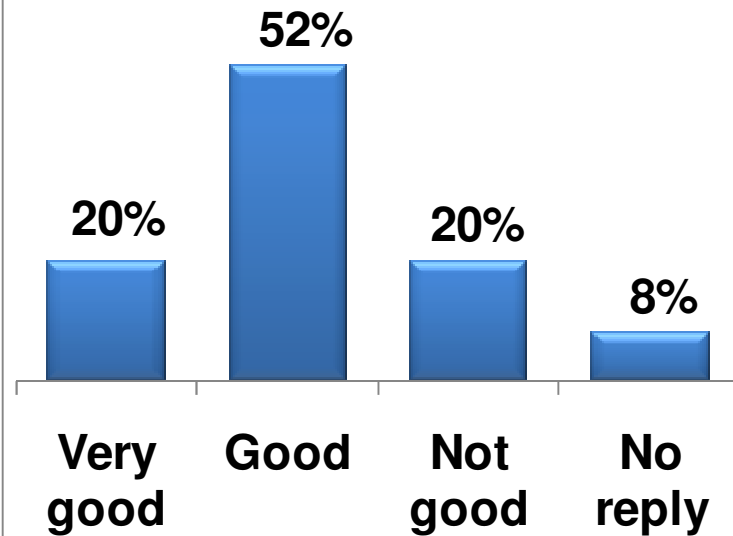
Monitoring Results

Data to 2nd February 2010



Clients' health in the last 12 months on the whole

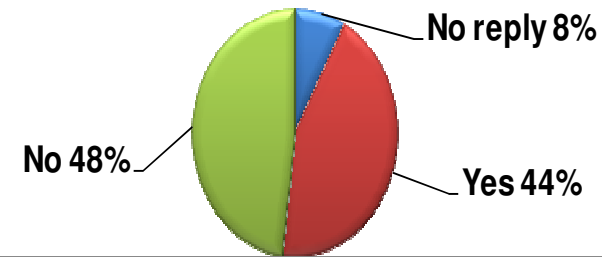
(Base: 20,953 respondents)



- The majority of clients (73%) claim to have been in good health for the preceding 12 months. But around one in five (20%) said their health had not been good.

Have a disability, illness or infirmity?

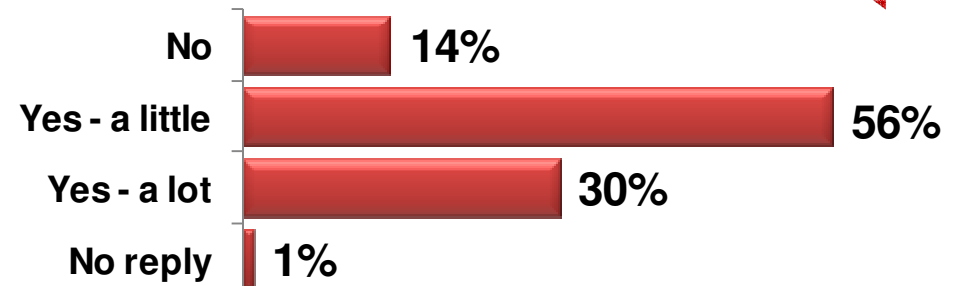
(Base: 20,953 respondents)



- Over two in five (44%) have a long-standing disability, illness or infirmity.
- Of these, three in ten (30%) say that this limits their daily activities 'a lot'.

Does this limit your daily activities?

(Base: 9,206 respondents)





Monitoring Results

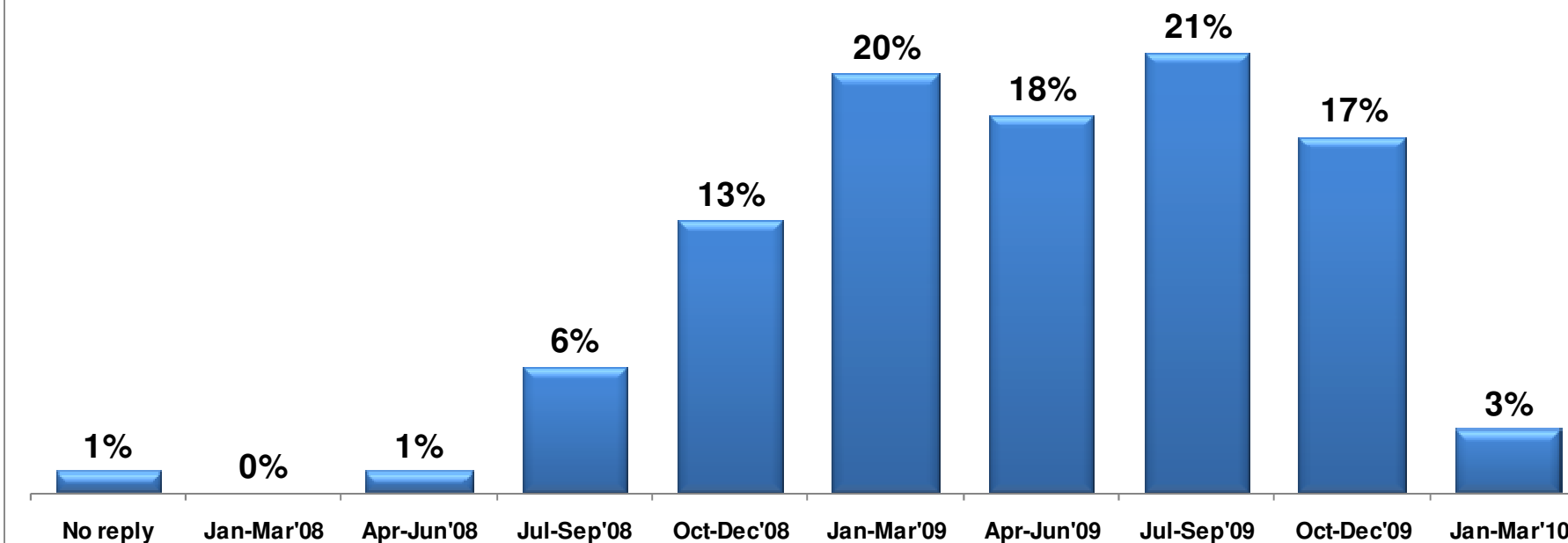
Data to 2nd February 2010



- This chart represents the quarter in which the forms were completed.

Please note: this may not necessarily correlate with the date that the forms were actually entered online (i.e. there may be some forms completed offline within this timeframe that are yet to be entered online).

Quarter forms completed



(Base for charts: 20,953 respondents / 0% = <1%)



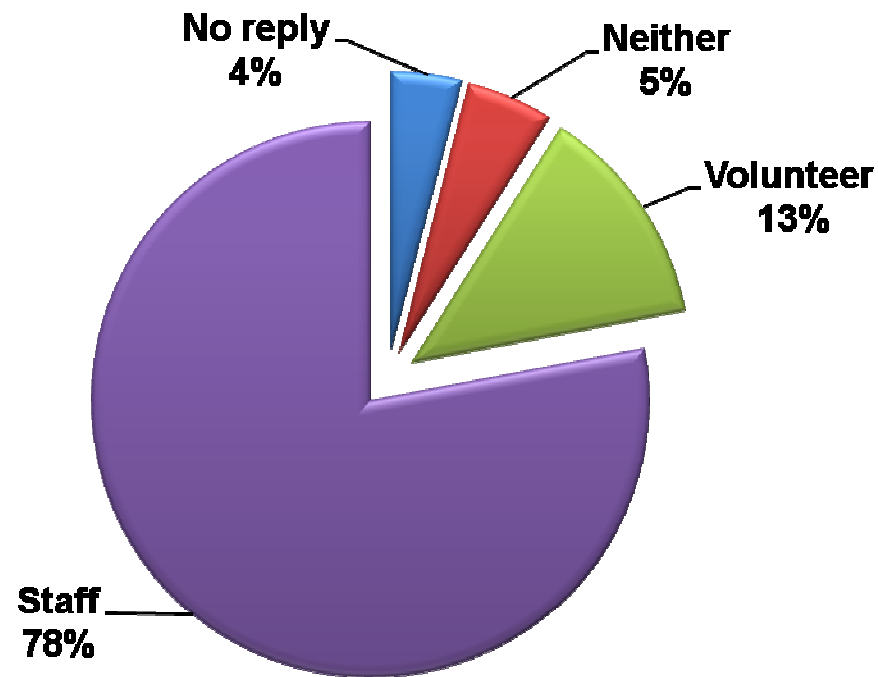
Monitoring Results

Data to 2nd February 2010



- The majority of forms were entered online by a member of staff or a volunteer working on the Fit as a Fiddle programme.

Who completed the form online?



(Base for charts: 20,953 respondents / * = <1%)