

No.	Indicator	Format	Target	Q1 (22-23)	Q2 (22-23)	Q3 (22-23)	Q4 (22-23)	2022/23	Definitions
1	No. of Referrals to the OYK Service (any route)	Number		148	134	136	126	544	Total number of referrals received into the OYK service, via any route during that time frame, with valid contact details (activity measure).
2	No. of referrals contacted by preferred means within 2 working days following referral	Number		135	129	136	116	516	Of the referrals received (Row 2), how many were contacted within 2 working days? E.g., although 6 referrals were received in Q1 only 3 were contacted within 2 working days (the other 3 were not contacted until 4 working days later), therefore 3 would be recorded here. Please note the other 3 cannot be rolled over to the next time frame for any reason.
3	% of referrals to the One You Kent Service contacted within 2 working days (any route)	Percentage	70-85%	91.2%	96.3%	100.0%	92.1%	94.9%	Precalculated from ROW 3 / ROW 2
4	No. of individuals active within the One You Kent Programme (All services, Excluding Health Walks)	Number		135	120	95	78		How many individual clients were active in the OYK programme, within that time frame? Counted once within that time frame, i.e. "Bob" is counted in each quarter he is active but just once in the full year column. Those currently active, all interventions including triaged/assessed, but does not include health walks and follow up.
HEALTHY LIFESTYLE ADVISOR									
5	No. of individuals engaged and seen by Your One You Kent Lifestyle Advisors	Number		48	19	110	64	241	How many individuals saw OYK lifestyle advisors during the timeframe? These are a subset of ROW 5 and should be individuals who have received intervention on lifestyle or either at triage or via lifestyle interventions.
6	No. of NEW individuals engaged and entering the services and seen by Your One You Kent Lifestyle Advisors	Number		40	17	110	64	231	These are individuals NEW to the service that have not been seen in the last 2 years.
7	% of NEW individuals entering the services and seen by Your One You Kent lifestyle Advisors	Percentage	40-50%	83.3%	89.5%	100.0%	100.0%	95.9%	Precalculated from ROW 8 / ROW 7
8	No. of participants from Quintiles 1 & 2 in any services in One You Kent	Number		18	2	12	5	37	
9	% of participants from Quintiles 1 & 2 in any services in One You Kent	Percentage	60%	13.3%	1.7%	12.6%	6.4%		Precalculated from ROW 10 / ROW 5
LIFESTYLE INTERVENTIONS									
10	No. of Health MOTs offered	Number		0	0	0	0	0	
11	No. of Health MOTs taken up	Number		0	0	0	0	0	
12	No. of participants receiving a package of lifestyle intervention	Number		48	19	61	64	192	Number of individuals receiving lifestyle support over multiple sessions. These are a subset of ROW 7.
13	No. of brief intervention on diet	Number		42	18	61	64	185	
14	% of brief intervention on diet	Percentage		87.5%	94.7%	100.0%	100.0%	96.4%	Precalculated from ROW 16 / ROW 15
15	No. engaged and identified to complete a SWEMWBS	Number				61	64	125	
16	No. of individuals who received brief intervention on wellbeing	Number		16	9	61	64	150	How many of those completing a SWEMWBS at sign up received a brief intervention on wellbeing? Counted once per time frame.
17	% of individuals who received brief intervention on wellbeing	Percentage		33.3%	47.4%	100.0%	100.0%	78.1%	Precalculated from ROW 19 / ROW 15
18	No. identified for brief interventions on physical activity	Number		44		61	64	169	
19	No. of eligible participants in lifestyle that set a goal around physical activity	Number		14	7	61	64	146	How many individuals sets a goal around physical activity during the time frame? Counted once per time frame. GPAQ.
20	% of eligible participants that set a goal around physical activity	Percentage	50%	31.8%		100.0%	100.0%	86.4%	Precalculated from ROW 22 / ROW 21
21	No. of individuals successfully contacted for 26 week follow up lifestyle Advisor	Number				18	14	32	How many individuals were successfully contacted for their 26 week follow up, during the time frame where the 26 week fell within the time frame? Counted once per time frame.
22	No. of individuals responding that they have achieved their exit goal - at 26 week follow up lifestyle Advisor	Number				13	10	23	How many individuals from Row 24 reported that they had achieved their exit goal? Counted once per time frame.
23	No. identified as medium to high risk drinkers from Audit C Score	Number		3		3	2	8	How many individuals, who completed an Audit C at enrolment, identified as a medium or high risk drinker and received a brief intervention in the stated time frame? Counted once per time frame.
24	No. of eligible individuals who received brief intervention on alcohol (Adult Score identified as medium to high risk drinkers)	Number		2		3	2	7	
25	% of eligible individuals who received brief intervention on alcohol	Percentage	90%	66.7%		100.0%	100.0%	87.5%	Precalculated from ROW 27 / ROW 26
26	No. of eligible individuals who received extended brief intervention on alcohol	Number		0		1	2	3	"Extended" - TO BE DEFINED.
27	% of individuals who received extended brief intervention on alcohol	Percentage		0.0%		33.3%	100.0%	37.5%	Precalculated from ROW 29 / ROW 26
28	No. of Black Asian Minority and Ethnic (BAME) Participants engaged in Lifestyle Interventions	Number		2		3	8	13	Includes the following members of British and International ethnicities: Bangladeshi, Pakistani, Indian, Indian other, Chinese, Asian other, Black African, Black Caribbean, other Black background, White and Asian mixed, White and African mixed, White and African Caribbean mixed, other mixed background and other ethnic background).
29	% of Black Asian and Minority and Ethnic (BAME) Participants in Lifestyle Interventions	Percentage		4.2%	0.0%	4.9%	12.5%	6.8%	Precalculated from ROW 31 / ROW 15
30	No. of Male Participants in Lifestyle Interventions	Number		11	3	31	20	65	
31	% of Male Participants in Lifestyle Interventions	Percentage		22.9%	15.8%	50.8%	31.3%	33.9%	Precalculated from ROW 33 / ROW 15
32	No. of Participants with Learning Disabilities engaged Lifestyle Interventions	Number		0		1	0	1	A learning disability should not to be confused with a learning difficulty. DoH definition "significant reduced ability to understand new or complex information, to learn new skills (impaired intelligence)".
33	% of Participants with a Learning Disability in Lifestyle Interventions	Percentage		0.0%	0.0%	1.6%	0.0%	0.5%	Precalculated from ROW 35 / ROW 15
HEALTH WALKS									
34	No. of Health Walk Routes available	Number		0		8	12	20	
35	No. of Health Walks Delivered	Number		0		31	45	76	
36	No. of Health Walks attendances	Number		0		1077	1112	2189	
37	No. of individuals attended Health Walks (Annually)	Number							
ADULT TIER 2 WEIGHT MANAGEMENT PROGRAMME									
38	No. of referrals received by the Provider for the Tier 2 WMP	Number		37		29	33	99	Referred but not engaged: How many referrals received during the time period stated? This is counted once in the time period, unless the individual dropped out and started programme again.
39	No. engaged on the Tier 2 Weight loss Programme	Number		30	15	27	22	94	Individual has been referred or self-referred to the service and has been booked onto the Tier 2 WMP by the provider.
40	No. engaged in the Tier 2 WMP who meet the baseline eligibility criteria	Number		28	13	27	22	90	Eligibly Criteria (Individuals are not classified as participants yet as they have not stated the WMP).
41	% engaged in the service who meet, as a baseline the eligibility criteria	Percentage		93.3%	86.7%	100.0%	100.0%	95.7%	Precalculated from ROW 45 / ROW 44
42	No. of NEW individuals entering the weight loss programme	Number		29	14	27	22	92	These are individuals NEW to the service that have not been seen in the last 18 months to 24 months.
43	No. from Quintiles 1 and 2	Number		4	1	3	3	11	
44	% from Quintiles 1 and 2	Percentage		13.3%	6.7%	11.1%	13.6%	11.7%	Precalculated from ROW 48 / ROW 44
45	No. from Target Group (BAME)	Number		0	0	2	3	5	
46	% from Target Group (BAME) Combined Target	Percentage	%TBC	0.0%	0.0%	7.4%	13.6%	5.3%	Precalculated from ROW 50 / ROW 44
47	No. from Target Group (Males)	Number		7	1	4	4	16	
48	% from Target Group (Males) Combined Target	Percentage	%TBC	23.3%	6.7%	14.8%	18.2%	17.0%	Precalculated from ROW 52 / ROW 44
49	No. from Target Group (LD)	Number		0	0	0	0	0	
50	% from Target Group (LD) Combined Target	Percentage	%TBC	0.0%	0.0%	0.0%	0.0%	0.0%	Precalculated from ROW 54 / ROW 44
51	No. of Individuals (Participants) that attend at least one group session	Number		22	12	19	22	75	A participant is someone who has attended at least on or more active group session.
52	No. of Participants that complete the Weight Loss Programme (12 week Programme)	Number		15	7	17	22	61	Complete. Attendance of at least 75% of all active sessions during the programme (At least 8 active sessions of the 12 week group programme).

53	% of Participants that complete an active intervention (12 week programme)	Percentage	60%	68.2%	58.3%	89.5%	100.0%	81.3%	Precalculated from ROW 57 / ROW 56 From those who attend at least one or more WMP active group session (last observation taken).	
54	No. of Participants that have lost weight at the end of the active intervention (12 week Programme)	Number		21	7	17	21	66	How many participants attended at least one session during the time period? Counted once per time frame e.g. counted once in the quarter.	
55	% of Participants that have lost weight at the end of the active intervention (12 week programme)	Percentage	75%	95.5%	58.3%	89.5%	95.5%	88.0%	How many participants who attended at least one WMP active session have lost weight at the end of active intervention (within the 12-week programme). Counted once per time frame e.g. counted once in the quarter.	
56	No. of completers that have lost weight at the end of the active intervention (12 week Programme)	Number		15	6	17	21	59	Precalculated from ROW 59 / ROW 56 Calculated from no. of participants who attended at least one WMP active session and no. of participants who have lost weight at the end of active intervention (within the 12-week programme) (last observation taken).	
57	% of completers that have lost weight at the end of the active intervention (12 week programme)	Percentage	75%	100.0%	85.7%	100.0%	95.5%	96.7%	How many completers have lost weight at the end of active intervention (within the 12-week programme). Counted once per time frame e.g. counted once in the quarter.	
58	No. of completers who have lost weight (<3%) at the end of the active Intervention (12 week programme)	Number		3	2	11	8	24	Precalculated from ROW 61 / ROW 57 How many completers lost between 0 and 2.94% of their weight at 12 weeks, where that 12 week period occurred within the specific time frame, based on when the last weight was taken? Counted only once per time frame.	
59	% of completers who have lost weight (<3%) at the end of the active Intervention (12 week programme)	Percentage		20.0%	28.6%	64.7%	36.4%	39.3%	Precalculated from ROW 63 / ROW 57	
60	No. of completers who have lost weight (3–4.9%) at the end of the active Intervention (12 week programme)	Number		10	3	5	11	29	How many completers lost between 3 and 4.94% of their weight at 12 weeks, where that 12 week period occurred within the specific time frame, based on when the last weight was taken? Counted only once per time frame.	
61	% of completers who have lost weight (3–4.9%) at the end of the active Intervention (12 week programme)	Percentage		66.7%	42.9%	29.4%	50.0%	47.5%	Precalculated from ROW 65 / ROW 57 Counted only once per time frame.	
62	No. of completers that lose 5% of their baseline body weight at the end of the active intervention (12 week programme)	Number		2	1	1	3	7	How many completers lost 5%+ of their weight at 12 weeks, where that 12 week period occurred within the specific time frame, based on when the last weight was taken? Counted only once per time frame.	
63	% of completers that lose 5% of their baseline body weight at the end of the active intervention (12 week Programme)	Percentage		13.3%	14.3%	5.9%	13.6%	11.5%	Precalculated from ROW 67 / ROW 57 Counted only once per time frame.	
64	No. of completers invited to provide feedback at the end of an active intervention (12 week Programme)	Number		5	1	19	21	46	All participants should be invited to feedback; route can include a range of different communication methods to contact the participant, e.g., letter, phone calls, email, text message or use of social media networks.	
65	% of completers invited to provide feedback at the end of an active intervention (12 week Programme)	Percentage	100%	33.3%	14.3%	111.8%	95.5%	75.4%	Precalculated from ROW 69 / ROW 57 Calculated from no. that complete the weight loss programme and the no. of participants invited to provide feedback at the end of active intervention (within the 12-week WMP).	
66	No. of completers followed up at 26 weeks who have provided a weight measure	Number				0	0	0		
67	% of completers followed up at 26 weeks (where weight was collected)	Percentage	35%			0.0%	0.0%	0.0%	Precalculated from ROW 71 / ROW 57 Calculated from no. of completers and no. of completers followed up at 26 weeks. RUNS TWO QUARTERS BEHIND	
68	No. of completers followed up at 52 weeks who have provided a weight measure	Number				0	0	0		
69	% of completers followed up at 52 weeks who have provided a weight measure	Percentage	20%						Precalculated from ROW 73 / ROW 57 Calculated from the no. of completes followed up at 26 weeks and completes followed up at 52 weeks (Guidance suggests 20%). RUNS FOUR QUARTERS BEHIND	
70	No. of completers followed up at 52 weeks that have a body weight that is lower than their baseline (initial) body weight	Number				0		0		
71	% of completers followed up at 52 weeks that have a body weight that is lower than their baseline (initial) body weight (baseline)	Percentage							Precalculated from ROW 75 / ROW 73	
72	No. of completers followed up at 52 weeks that have maintained/increased their activity levels from baseline at the end of intervention	Number				0	0	0		
73	% of completers followed up at 52 weeks that have maintained/increased their activity levels from baseline at the end of intervention	Percentage		0.0%	0.0%	0.0%	0.0%	0.0%	Precalculated from ROW 77 / ROW 22	
WAIST MEASUREMENT METRIC										
74	No. of Participants that provide a waist measurement	Number		15	11	9	26	61	Number of Participants that provided a waist measurement (First session)	
75	No. of Participants that provide a waist measurement that are found to be Very High Risk (at start of 12 week programme)	Number		14			26	40	VERY HIGH RISK Men: >=102 cm [40 in] Women: >=88cm [34in]] (First session)	
76	% baseline measurement -Very High risk	Percentage		93.3%	0.0%	0.0%	100.0%	65.6%	Precalculated from ROW 81 / ROW 80 (First session)	
77	No. of Participants providing a waist measurement that are found to be High Risk (start of 12 week programme)	Number		1			0	1	HIGH RISK Men: >=94 cm [37 in] South Asian Men: >=90 cm [35 in] Women: >=80cm [31.5in] (First session)	
78	% baseline measurement - High risk	Percentage		6.7%	0.0%	0.0%	0.0%	1.6%	Precalculated from ROW 83 / ROW 80 (First session)	
79	No. of Participants reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Number		4		0	4	8	VERY HIGH RISK (As a minimum KCC suggest monthly recording as acknowledge people drop out, but if people want to provide a weekly measure or more regularly measurement than monthly which best suits them that will be fine)	
80	% of Participants that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Percentage		28.6%			15.4%	20.0%	Precalculated from ROW 85 / ROW 81	
81	No. of completers that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Number				0	4	4	VERY HIGH RISK (As a minimum KCC suggest monthly recording as acknowledge people drop out, but if people want to provide a weekly measure or more regularly measurement than monthly which best suits them that will be fine)	
82	% of completers that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Percentage		0.0%			15.4%	10.0%	Precalculated from ROW 87 / ROW 81	
83	No. of Participants that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Number		0		0	0	0	HIGH RISK (As a minimum KCC suggest monthly recording as acknowledge people drop out, but if people want to provide a weekly measure or more regularly measurement than monthly which best suits them that will be fine)	
84	% of Participants that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Percentage		0.0%				0.0%	Precalculated from ROW 89 / ROW 83	
85	No. of completers that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Number				0	0	0	HIGH RISK (As a minimum KCC suggest monthly recording as acknowledge people drop out, but if people want to provide a weekly measure or more regularly measurement than monthly which best suits them that will be fine)	
86	% of completers that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Percentage		0.0%				0.0%	Precalculated from ROW 91 / ROW 83	
SERVICE SATISFACTION: LIFESTYLE & WEIGHT LOSS (ALL SERVICES)										
87	No. of Clients successfully contacted (followed up at 26 weeks)	Number		13			17	26	56	How many individuals were successfully contacted for their 26 week follow up, having been on a pathway, during the time frame where the 26 week period fell within the time frame? Counted once per time frame.
88	No. of Clients that have improved/maintained goals (at 26 week follow up)	Number		4			13	20	37	How many individuals reported that they had improved or maintained goals at 26 weeks? Counted once per time frame.
89	No. of Clients who are followed up at the end of their intervention 10% (inc. at least 5% of survey responses from subcontractors if applicable)	Number		9			19	11	39	How many individuals who had been engaged in the OYK service were followed up at the end of their intervention (Target 10%)
90	No. of Clients who are followed up at the end of their intervention who were satisfied or very satisfied with the service received	Number		8	0		17	10	35	Number of those followed up/surveyed who reported being satisfied or very satisfied with the service they received.
91	% satisfied or very satisfied	Percentage	90–95%	88.9%			89.5%	90.9%	89.7%	Precalculated from ROW 97 / ROW 96

COLOUR CODING

PHE Guidance

[Key Performance Indicators: Tier 2 Weight Management Services for Adults](#)

[The KPIs proposed in this document are intended to be used in conjunction with a service commissioned and delivered in line with the Public Health England \(PHE\) Guide to Delivering and Commissioning Tier 2 Adult Weight Management Services.](#)

[National Institute for Health and Care Excellence \(2014\) Clinical Guideline 189: Obesity: identification, assessment and management. Available at: https://www.nice.org.uk/guidance/CG189](#)

[National Institute for Health and Care Excellence \(2016\) Quality Standard 111: Obesity in adults: prevention and lifestyle weight management programmes. Available at: https://www.nice.org.uk/guidance/qs111](#)

[National Institute for Health and Care Excellence \(2012\) Public Health Guideline: Obesity: working with local communities. Available at: https://www.nice.org.uk/guidance/ph42](#)

[National Institute for Health and Care Excellence \(2014\) Public Health Guideline 53: Weight management: lifestyle services for overweight or obese adults. Available at: https://www.nice.org.uk/guidance/ph53](#)

[National Institute for Health and Care Excellence \(2013\) Public Health Guideline 46: BMI: Preventing ill health and premature death in black, Asian and other minority ethnic groups. Available at: https://www.nice.org.uk/guidance/ph46](#)

Evidenced Based Measure

Emerging Evidence and Best Practice

Local Data (PH Fingertips)

[Public Health England, Fingertips: a web platform that provides easy access to in-depth analysis of a wide range of health and health related data in thematic profiles. Available at: https://fingertips.phe.org.uk/](#)

Notes & Definitions

In some cases KPI are based on both NICE, PHE and other best practice guidelines. Tools such as Public Health England (PHE) Fingertips, used alongside Kent Joint Strategic Needs Assessment (JSNA) helped to determine our population need of tier 2 weight management services. The Fingertips Profiles are a source of indicators across a range of health and wellbeing themes designed to support our JSNA and commissioning, to improve health and wellbeing and reduce inequalities

NHS Diabetes Prevention Programme and Weight Management Services: Eligibility Criteria. Available at: <https://www.england.nhs.uk/wp-content/uploads/2016/07/dpp-wm-service.pdf>

engaged = Sign-Ups.

Participants = Attended at least one active session. Previously "Engagers", "Participants" is the correct PHE term.

Indicator	Format	Target	Q1 (22-23)	Q2 (22-23)	Q3 (22-23)	Q4 (22-23)	2022/23	Definitions
ADULT TIER 2, One to One WEIGHT MANAGEMENT PROGRAMME								NICE Guideline PH53 https://www.nice.org.uk/guidance/ph53 . Are multi-component that is, they address dietary intake, physical activity levels and behaviour change. Are developed by a multidisciplinary team. This includes input from a registered dietitian, ensure supervised physical activity sessions are led by an appropriately qualified physical activity instructor and take into account any medical conditions people may have. Instructors should be on the Register of Exercise Professionals (or equivalent) at level 3 or above, registered practitioner psychologist and a qualified physical activity instructor.
No. enrolled on the Tier 2 121 Weight loss Programme	Number		8	21	22	7	58	Individual has been referred or self-referred to the service and has been booked onto the Tier 2 121 WMP by the provider.
No. enrolled in the Tier 2 121 WMP who meet the baseline eligibility criteria	Number		7	17	22	7	53	Eligibly Criteria (individuals are not classified as participants yet as they have not stated the WMP).
% enrolled in the service who meet, as a baseline the eligibility criteria	Percentage		87.5%	81.0%	100.0%	100.0%	91.4%	PRECALCULATED FROM Rows 4 AND 3.
No. of NEW individuals entering the weight loss programme	Number		8	20	22	7	57	These are individuals NEW to the service that have not been seen in the last 18 months to 24 months.
No. from Quintiles 1 and 2	Number		0	5	1	1	7	
% from Quintiles 1 and 2	Percentage		0.0%	23.8%	4.5%	14.3%	12.1%	PRECALCULATED FROM Rows 7 AND 3.
No. from Target Group (BAME/Males/LD)	Number		2	4	7	3	16	
% from Target Group (BAME/Males/LD) Combined Target	Percentage	%TBC	25.0%	19.0%	31.8%	42.9%	27.6%	PRECALCULATED FROM Rows 9 AND ROW 3.
No. of Individuals (Participants) that attend at least one 121 session	Number		8	21	14	6	49	A participant is someone who has attended at least on or more active group session.
No. of Participants that complete the Weight Loss Programme (12 week Programme)	Number		4	4	9	4	21	Complete. Attendance of at least 75% of all active sessions during the programme (At least 8 active sessions of the 12 week group programme).
% of Participants that complete an active intervention (12 week programme)	Percentage	60%	50.0%	19.0%	64.3%	66.7%	42.9%	PRECALCULATED FROM Rows 12 AND 11. From those who attend at least one or WMP active group session (last observation taken).
No. of Participants that have lost weight at the end of the active intervention (12 week Programme)	Number		7	4	9	2	22	How many participants attended at least one session during the time period? Counted once per time frame e.g. counted once in the quarter.
% of Participants that have lost weight at the end of the active intervention (12 week programme)	Percentage	75%	87.5%	19.0%	64.3%	33.3%	44.9%	PRECALCULATED FROM Rows 14 AND 11. Calculated from no. of participants who attended at least one WMP active session and no. of participants who have lost weight at the end of active intervention (within the 12-week programme) (last observation taken).
No. of Participants who have lost weight (<3%) at the end of the active Intervention (12 week programme)	Number		2	2	2	2	8	How many participants lost between 0 and 2.94% of their weight at 12 weeks, where that 12 week period occurred within the specific time frame, based on when the last weight was taken? Counted only once per time frame.
% of Participants who have lost weight (<3%) at the end of the active Intervention (12 week programme)	Percentage		25.0%	9.5%	14.3%	33.3%	16.3%	PRECALCULATED FROM Rows 16 AND 11. Calculated from no. of participants who attended at least one WMP active session and no. of participants who have lost weight at the end of active intervention (within the 12-week programme) (last observation taken).
No. of Participants who have lost weight (3-4.9%) at the end of the active Intervention (12 week programme)	Number		2	2	4	2	10	How many participants lost between 3 and 4.94% of their weight at 12 weeks, where that 12 week period occurred within the specific time frame, based on when the last weight was taken? Counted only once per time frame.
% of Participants who have lost weight (3-4.9%) at the end of the active Intervention (12 week programme)	Percentage		25.0%	9.5%	28.6%	33.3%	20.4%	PRECALCULATED FROM Rows 18 AND 11. Counted only once per time frame.
No. of Participants that lose 5% of their baseline body weight at the end of the active intervention (12 week programme)	Number		3	0	3	0	6	How many participants lost 5%+ of their weight at 12 weeks, where that 12 week period occurred within the specific time frame, based on when the last weight was taken? Counted only once per time frame.
% of Participants that lose 5% of their baseline body weight at the end of the active intervention (12 week Programme)	Percentage		37.5%	0.0%	21.4%	0.0%	12.2%	PRECALCULATED FROM Rows 20 AND 11. Counted only once per time frame.
No. of completers that lose 5% of their baseline body weight end of active intervention (12 week programme)	Number		2		2	0	4	How many participants completed (attended 75% of the 12 weeks, i.e. 8 out 12 sessions) and lost 5% of their baseline weight at 12 weeks, where that 12 week period occurred within the specific time frame, based on the when the last weight was taken? Counted only once per time frame.
% of completers that lose 5% of their baseline body weight end of active intervention (12 week programme)	Percentage	50%	50.0%	0.0%	22.2%	0.0%	19.0%	PRECALCULATED FROM Rows 22 AND 12. Calculated from no. that complete the weight loss programme and the no. of completers that have lost 5%+ of baseline body weight.
No. of completers invited to provide feedback at the end of an active intervention (12 week Programme)	Number		3		9	4	16	All participants should be invited to feedback; route can include a range of different communication methods to contact the participant, e.g., letter, phone calls, email, text message or use of social media networks.
% of completers invited to provide feedback at the end of an active intervention (12 week Programme)	Percentage	100%	75.0%	0.0%	100.0%	100.0%	76.2%	PRECALCULATED FROM Rows 24 AND 12. Calculated from no. that complete the weight loss programme and the no. of participants invited to provide feedback at the end of active intervention (within the 12-week WMP).
No. of completers followed up at 26 weeks who have provided a weight measure	Number				0	0	0	
% of completers followed up at 26 weeks (where weight was collected)	Percentage	35%	0.0%	0.0%	0.0%	0.0%	0.0%	PRECALCULATED FROM Rows 26 AND 12. Calculated from no. of completers and no. of completers followed up at 26 weeks.
No. of completers followed up at 52 weeks who have provided a weight measure	Number				0	0	0	
% of completers followed up at 52 weeks who have provided a weight measure	Percentage	20%						PRECALCULATED FROM Rows 28 AND 26. Calculated from the no. of completes followed up at 26 weeks and completes followed up at 52 weeks (Guidance suggests 20%).
No. of completers followed up at 52 weeks that have a body weight that is lower than their baseline (initial) body weight	Number					0	0	
% of completers followed up at 52 weeks that have a body weight that is lower than their baseline (initial) body weight (baseline)	Percentage							Manually Insert (%)
No. of completers followed up at 52 weeks that have maintained/increased their activity levels from baseline at the end of intervention	Number					0	0	
% of completers followed up at 52 weeks that have maintained/increased their activity levels from baseline at the end of intervention	Percentage							Manually Insert (%)

WAIST MEASUREMENT METRIC								
No. of Participants that provide a waist measurement	Number		8		2	4	14	Number of Participants that provided a waist measurement (First session)
No. of Participants that provide a waist measurement that are found to be Very High Risk (at start of 12 week programme)	Number				0	4	4	VERY HIGH RISK Men: >=102 cm [40 in] Women: >=88cm [34in]] (First session)
% baseline measurement -Very High risk	Percentage		0.0%		0.0%	100.0%	28.6%	PRECALCULATED FROM Rows 36 AND 35 (First session)
No. of Participants providing a waist measurement that are found to be High Risk (start of 12 week programme)	Number				1	0	1	HIGH RISK Men: >=94 cm [37 in] South Asian Men: >=90 cm [35 in] Women: >=80cm [31.5in] (First session)
% baseline measurement - High risk	Percentage		0.0%		50.0%	0.0%	7.1%	PRECALCULATED FROM Rows 38 AND 35 (First session)
No. of Participants reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Number				0	0	0	VERY HIGH RISK (As a minimum KCC suggest monthly recording as acknowledge people drop out, but if people want to provide a weekly measure or more regularly measurement than monthly which best suits them that will be fine)
% of Participants that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Percentage					0.0%	0.0%	PRECALCULATED FROM Rows 40 AND 36
No. of completers that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Number				0	0	0	VERY HIGH RISK (As a minimum KCC suggest monthly recording as acknowledge people drop out, but if people want to provide a weekly measure or more regularly measurement than monthly which best suits them that will be fine)
% of completers that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Percentage					0.0%	0.0%	PRECALCULATED FROM Rows 42 AND 36
No. of Participants that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Number				0	0	0	HIGH RISK (As a minimum KCC suggest monthly recording as acknowledge people drop out, but if people want to provide a weekly measure or more regularly measurement than monthly which best suits them that will be fine)
% of Participants that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Percentage				0.0%		0.0%	PRECALCULATED FROM Rows 44 AND 38
No. of completers that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Number				0	0	0	HIGH RISK (As a minimum KCC suggest monthly recording as acknowledge people drop out, but if people want to provide a weekly measure or more regularly measurement than monthly which best suits them that will be fine)
% of completers that reduce their WC by 8–9% of their baseline WC measure at the end of the active intervention (12 week Programme)	Percentage				0.0%		0.0%	PRECALCULATED FROM Rows 46 AND 38
SERVICE SATISFACTION: LIFESTYLE & WEIGHT LOSS (ALL SERVICES)								
% satisfied or very satisfied	Percentage	90–95%			100.0%	90.9%		Manually Insert (%)

COLOUR CODING	
PHE Guidance	Key Performance Indicators: Tier 2 Weight Management Services for Adults The KPIs proposed in this document are intended to be used in conjunction with a service commissioned and delivered in line with the Public Health England (PHE) Guide to Delivering and Commissioning Tier 2 Adult Weight Management Services.
NICE Guidelines	National Institute for Health and Care Excellence (2014) Clinical Guideline 189: Obesity: identification, assessment and management. Available at: https://www.nice.org.uk/guidance/cg189
	National Institute for Health and Care Excellence (2016) Quality Standard 111: Obesity in adults: prevention and lifestyle weight management programmes. Available at: https://www.nice.org.uk/guidance/qs111
	National Institute for Health and Care Excellence (2012) Public Health Guideline: Obesity: working with local communities. Available at: https://www.nice.org.uk/guidance/ph42
	National Institute for Health and Care Excellence (2014) Public Health Guideline 53: Weight management: lifestyle services for overweight or obese adults. Available at: https://www.nice.org.uk/guidance/ph53
	National Institute for Health and Care Excellence (2013) Public Health Guideline 46: BMI: Preventing ill health and premature death in black, Asian and other minority ethnic groups. Available at: https://www.nice.org.uk/guidance/ph46
Evidenced Based Measure	
Emerging Evidence and Best Practice	
Local Data (PH Fingertips)	Public Health England, Fingertips: a web platform that provides easy access to in-depth analysis of a wide range of health and health related data in thematic profiles. Available at: https://fingertips.phe.org.uk/
Notes & Definitions	In some cases KPI are based on both NICE, PHE and other best practice guidelines. Tools such as Public Health England (PHE) Fingertips, used alongside Kent Joint Strategic Needs Assessment (JSNA) helped to determine our population need of tier 2 weight management services. The Fingertips Profiles are a source of indicators across a range of health and wellbeing themes designed to support our JSNA and commissioning, to improve health and wellbeing and reduce inequalities NHS Diabetes Prevention Programme and Weight Management Services: Eligibility Criteria. Available at: https://www.england.nhs.uk/wp-content/uploads/2016/07/dpp-wm-service.pdf Enrolled = Sign-Ups. Participants = Attended at least one active session. Previously "Engagers", "Participants" is the correct PHE term.