

## HEALTHY ACTIVE MINDS 2024-25: IMPROVING MENTAL HEALTH THROUGH BEING ACTIVE

Poor mental health is one of the greatest health concerns of our time, costing the Scottish economy £8.8 billion per year. Rates of poor mental health are even higher amongst those affected by poverty.


Extensive evidence shows that physical activity can have a positive impact on health and wellbeing. Healthy Active Minds helps adults experiencing mental health challenges to be active and thrive.

 **1,657** referrals  
(138+ referrals per month)

 **43%** of referrals come from a GP

 **1,392** people were supported

 **2,469** one-to-one and group physical activity sessions delivered

 **43%** of participants are from the most deprived areas of the city

 **50%** of people referred are 25-44 years old

 oldest participant is **83 YEARS OLD**

### THE PROGRAMME NUMBERS

**1 IN 4**  
people are affected by mental health challenges

**1 IN 3**  
GP appointments relate to mental health challenges

Annually, almost **15%** of Edinburgh's population is prescribed drugs for the treatment of anxiety and depression

### THE DEMOGRAPHIC

**56%** female participants 

**43%** male participants 

**1%** unknown 

### THE OUTCOMES

**70%**  
reported improved mental health

**94%**  
are more active

**70%**  
have improved physical health

**67%**  
report improved quality of life

RETURN ON INVESTMENT  
**£13.36**  
PER £1 SPENT

“ When I was drowning in life and needed help, Healthy Active Minds answered the call. I feel stronger, more content, more resilient. It sounds dramatic, but I do think this has helped to save my life. ”



Thrive findings using the Social Value Engine (Social Value Engine: Your Accredited Social Value Platform) calculated HAM as having a £13.36 ROI (per £ spent)