

One You Cheshire East- Eligibility Criteria

Move More (Physical Activity)

- All residents 18+ who are regularly undertaking less than half an hour of physical activity per week.
- Preference will be given to individuals who also have medical conditions such that they would benefit from participation.

Stand Strong (Falls Prevention)

- For those 65+:
 1. Has an individual had 2 or more falls?
 2. Presented with an acute fall within the last 12 months?
 3. Has difficulty walking or with balance?
 4. Can stand and take instruction from a coach?
- There is also scope for the use of broader criteria related to specific health conditions for those under 65 where the participant has a condition linked to increased risk of falls.

Be Smoke Free (Smoking Cessation)

- The service will be available to any Cheshire East Borough resident who is a smoker and motivated to quit/reduce harm caused by cigarettes.
- Smokers from the age of 12 upwards who wish to stop will be offered medicinal and behavioural support.
- An individual may re-apply to this programme a maximum of three times within a 12 month period.

Adult Weight Management & Family Weight Management

- Adult Weight Management:
 - BMI 25+ (23 BAME populations) – secondary screening will take a waist measurement.
- Family Weight Management:
 - At least one child/ young person in a family must be above a healthy weight
 - This child/ young person should be aged less than 18 years and be aged 4 and over.

Maternal Health

- Women who are pregnant and smoke or are physically inactive (conducting less than half an hour's exercise a week).
- Women up to 12 months after giving birth who smoke or have a BMI of 25 or above.