

# Tier 1 Physical Activity and Healthy Eating



## What:

- Delivered by a consortium made up of the District and City Councils, Vivacity and Living Sport
- Information and support to individuals who want to be more physically active, whether that be to lose weight, build strength or mobility, or improve their mental or social wellbeing.
- Support for individuals and families to eat more healthily and maintain a balanced diet.

**Who for:** • This is a universal service, suitable for all individuals and families who would like to become healthier across Cambridgeshire and Peterborough

# Supporting Cambridgeshire and Peterborough's Health Professionals

All services are free and for residents registered with a GP in Cambridgeshire or Peterborough.



# Tier 3 Weight Management

## What:

- Delivered by Everyone Health in partnership with Cambridgeshire University Hospitals and Oviva, across Cambridgeshire and Peterborough.

## Who for:

- Aged 18+.
- Must have engaged with tier-2 weight loss intervention within the two years prior to referral to tier-3 but has not been able to achieve/maintain weight loss
- BMI 30 Kg/m<sup>2</sup> if the patient has complex needs and had not responded to previous tier interventions, or
- BMI 35Kg/m<sup>2</sup> with type 2 diabetes or BMI 40Kg/m<sup>2</sup>
- Reduce the above criteria by BMI 2.5Kg/m<sup>2</sup> if Asian origin



# Stop Smoking



## What:

- A 12-week programme – virtual and face to face offer
- Advice from Stop Smoking practitioner who creates an individually tailored plan for every patient.
- Guidance on choosing suitable medication and information on how to manage cravings and withdrawal symptoms provided.

## Who for:

- The Healthy You Stop Smoking Service is available for anyone from the age of 12 and upwards.
- For young people under the age of 13, parental consent, however, will be required in order to access this service.



# Falls Prevention FaME

## What:

- Weekly group exercise classes designed to improve the patient's physical fitness, strength and balance.
- The exercises within the class are progressed slowly according to ability and the exercises are specifically developed to help patients feel steadier on their feet and to improve confidence.
- A falls assessment will be completed prior to exercise

## Who for:

- Patients aged 65 or over; History of falls (injurious or non-injurious); Fear of falling; Feeling unstable; Low bone density and/or family fracture; Medically Stable with any conditions under control; Use of a walking Aid



# Adult Weight Management

## What:

- 12 week programme led by Nutritionists and Physical Activity Specialists – virtual and face to face offer. Each session lasts 60-90 minutes.
- Healthy eating advice and discussions followed by an exercise-based activity session.
- Support with setting achievable goals to help patient with positive lifestyle changes and sustainable weight loss.
- Or a 12-week referral to Slimming World or Wellness that Works (formerly Weight Watchers)

## Who for:

- anyone 16+ with a BMI equal or greater than 25



# Health Trainers

## What:

- Up to 6 sessions of 1:1 support, across a whole year, from a Health Trainer who can help patients set realistic, health related goals. 60-minute initial assessment, 30 minutes thereafter.
- This service can help with many elements of health such as; Healthy eating; Losing weight; Increasing physical activity; Reducing stress; Sexual health concerns.

## Who for:

- 16 + patients who want to make healthy lifestyle changes.

# Specialist Health Trainers

## Alcohol Health Trainers

### What:

- The patient can meet an Alcohol Health Trainer for up to 8 1:1 sessions for support in reducing their alcohol consumption. They can also look at other areas of behaviour change, including; Healthy eating; Losing weight; Increasing physical activity; Reducing stress. 60-minute initial assessment, 30 minutes thereafter.



## Mental Health Health Trainers

### What:

- Up to 8 sessions of 1:1 healthy lifestyle support for patients diagnosed with a mental health illness. Our Health Trainers can help the patient with many elements of their health such as: Healthy eating; Losing weight; Increasing physical activity; Reducing stress; Growing a network of support; Creating more structure to their day. 60-minute Initial assessment, 45 minutes thereafter.

## Eastern European Health Trainers Fenland and Peterborough

### What:

- Up to 6 sessions of 1:1 healthy lifestyle support, in the patient's national language (will engage with translator services if the Health Trainers do not speak their language), which can help the patient with many elements of health such as: Healthy eating; Losing weight; Increasing physical activity; Reducing stress; Reducing alcohol consumption. 60-minute Initial assessment, 30 minutes thereafter.

## Carer Health Trainers Cambridgeshire

### What:

- For all adult carers who are looking after someone with long term illness or dementia. Up to 6 sessions of 1:1 healthy lifestyle support, supporting the patient with many elements of health such as; Healthy eating; Losing weight; Increasing physical activity; Reducing stress.



# NHS Health Checks

## What:

- An NHS Health Check records the patient's height, weight, age, sex, ethnicity, blood pressure, cholesterol and HbA1c levels. Immediate results are shared with the patient's GP.
- 20-30 minutes appointments available during the day, weekend and evenings.
- Advice on how patient can improve their health and help to get specialist support if needed.

## Who for:

- Residents aged between 40 – 74 years who haven't had a NHS Health Check in the last 5 years

