

## **One You Cheshire East- Eligibility Criteria**

### **Move More (Physical Activity)**

- To be eligible, you must be 18+ and currently lead a sedentary or inactive lifestyle, participating in less than 60 minutes of moderate exercise per week (\*Moderate exercise involves activity that will raise your heart rate).

### **Stand Strong (Falls Prevention)**

- For those 65+ 'For those 65+ who have experienced one or more of the below:'
  1. Have you had 2 or more falls within the last 12 months?
  2. Do you have difficulty walking or with balance?
  3. Do you worry about falling?
  4. Can stand and take instruction from a coach?
- You may also be eligible if you are under 65 and have a specific health condition that is linked to an increased risk of falls.

### **Be Smoke Free (Smoking Cessation)**

- 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.
- You can 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 for those from an ethnic minority background) – 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.