

Guidance on Common Reasons for Exclusion (CEG hosted document Apr2018)

Users accessing the Weight Management programme should:

Overweight – BMI $\geq 25\text{kg/m}^2$ ($\geq 23.5\text{ kg/m}^2$ BAME) **WITH** other risk factors for type 2 diabetes or CVD

Obese - BMI 30+ (≥ 27.5 BAME) **with or without** risk factors for type 2 diabetes or CVD

Users accessing the PARS programme should:

Classified as '**Inactive**' participating in less than 30min moderate activity per week

WITH at least one established risk factor or (stable) chronic condition which would benefit from physical activity.

	Inclusion	Exclusion
Cardiovascular disease /Stroke	Service user has completed all phases of Cardiac Rehabilitation	Service user has not completed all phases of Cardiac/Stroke Rehabilitation Recent cerebrovascular event (<3 months)
Type 1 and 2 Diabetes	Well controlled with no recent episodes of hypoglycaemia Has attended EDDI or X-PERT diabetes education sessions if has Type 2 DM If on Insulin or oral medication capable of inducing hypoglycaemia Patient should be under care of Diabetes team.	Poorly controlled Hba1C >10% or Diagnosed in last 6 months and not attended EDDI. if patients reports to having episodes of hypoglycaemia, should seek advice from Diabetes team on how to manage with lifestyle changes.
Pre-diabetes	Fasting blood glucose between 5.5 and 6.9mmol/l or HbA1c between 42 and 47mmol/mol (6-6.4%)	Better suited to NDPP programme for support with diabetes prevention. See NHS England Publications Gateway Reference 05140 for guidance.
COPD	Service user has completed Pulmonary Rehabilitation	Service user has not completed Pulmonary Rehabilitation MRC breathlessness scale ≥ 3
Asthma	Well controlled with no recent history of acute exacerbation requiring hospital admission	Uncontrolled exercise-induced asthma to be excluded until appropriate treatment has been commenced
Muscular-skeletal conditions e.g. Osteoarthritis/ rheumatoid arthritis/ osteoporosis or a mobility linked condition	Service user condition is chronic and would benefit from lifestyle intervention Confident and willing to take part in some physical activity in a group setting/independently.	Service user referred from the result of an acute injury /flare up rather than chronic condition. Service user requires a specialist rehabilitation programme for their condition. Service user's Condition would exacerbated by physical activity
Mental Health Conditions	Mild to moderate mental health condition	Service user has severe or unstable mental health condition Service user on medication that will induce weight gain.