**Guidance regarding clients’ eligibility for the Eatwell Programme**

**(tier 2 service)**

**The programme offers 7 x weekly group sessions with supportive health improvement practitioners. These sessions include evidence based nutritional information, group discussion, hands on activities and resources to take home.  The programme is suitable for those with a body mass index (BMI) between 26 - 39.9. Clients attend an initial 1-2-1 appointment with a health improvement practitioner prior to joining the programme.**

The following guidance is to help ensure that clients are suitably matched to the Eatwell weight management/healthy eating programme. As these are guidelines, individual cases may be considered after discussion with relevant practitioners/health professionals.

Eligibility

* Plymouth based adults (or registered with a Plymouth GP) aged 18+ - signpost under 18’s to speak to their GP re relevant services available. WW and Slimming World do provide some services for under 18’s.
* BMI of  26kg/m2 - 39.9kg/m2  (BMI  23kg/m2  - 39.9kg/m2 for Black & Asian ethnic minority) - those with a BMI over 39.9kg/m2 may be considered after they have been informed about the tier 3 weight management service <https://www.livewellsouthwest.co.uk/project/weight-management-service> but express a preference for the tier 2 programme.
* The course is not suitable for pregnant women - signpost to their midwife/nurse for further advice. The client may wish to attend one of our free Healthy Eating 2 hour workshops. <https://www.livewellswacademy.co.uk/courses/74/healthy_eating_workshop/731>

Guidelines for clients living with any of the following conditions

* Type 2 diabetes mellitus – must be well controlled with no recent episodes of hyperglycaemia.
* Type 1 diabetes mellitus – diabetes is well controlled and managed and they have regular monitoring via their diabetes nurse/GP
* Cardiovascular disease - no recent myocardial infarction or any other acute cardiac event and the client has completed/is near completion of phase 3 of their cardiac rehabilitation <https://www.heartstogether.org.uk/cardiac-rehabilitation>
* Musculoskeletal conditions eg. osteoarthritis/rheumatoid arthritis/osteoporosis - client is confident that they could undertake some form of physical activity (can be chair based).
* Gastro conditions eg. Coeliac disease, Crohns disease, those who have had stoma surgery – condition is well managed and client has received dietary advice from their consultant, GP, nurse or dietitian.
* Previous bariatric surgery (NHS) – refer back to tier 3 for support
* Chronic Kidney Disease stage 4 onwards – refer client to their GP/consultant for dietetic support
* Mental health disorders (including autism) – client considers they can cope in a group setting (this can include attending with a support worker if appropriate)
* Eating disorder – if a client reveals a current eating disorder please signpost to relevant services <http://www.eatingdisorderserviceplymouth.co.uk/> <https://www.beateatingdisorders.org.uk/support-services/online-groups>
* Learning disabilities – client feels they are able to cope on a mainstream course (this can include attending with a care/support worker if appropriate). If not, please refer to Improving Lives Plymouth ‘Healthy Living Club’ <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice/better-futures-what-we-provide>
* Other conditions to be considered on a case by case basis