

Time Commitment: If a Health & Wellbeing Coach is present at an Outreach event, we offer short interventions on the day for up to 45 minutes. We can also refer into the service and provide up to 6 x 1-hour 1:1 sessions over the course of 12 weeks.

Residents must meet the following criteria:

- Lives, works, studies and/or is registered with a Hounslow GP
- Adult 18+
- Gives consent to record information on NHS patient records including age, sex, ethnicity and any measurements

And has one or more of the following CVD risk factors:

- Smoker
- Lack of physical activity
- BMI outside normal range (usually BMI >25 or <18.5)
- Q-risk $\geq 10\%$
- HbA1c in the diabetic or pre-diabetic range (regardless of Q-risk)
- Living with a CVD condition or risk factor (pre-existing) e.g. CKD, diabetes

If consent is NOT provided, please ask if willing to share the following anonymised information to feedback to the Commissioner of the Service:

- Age
- Sex
- Ethnicity
- Reason for refusal