

**SUPPLEMENTAL PUBLIC QUESTION - WRITTEN RESPONSE**

2.

**Questioner:** Raksha Pandya, Mind in Harrow

**Asked of:** Councillor Anne Whitehead, Portfolio Holder for Public Health, Equality and Wellbeing

**Supplemental Question:** How many referrals have been received in 2013 and 2014 by Public Health on the Exercise on Referral Scheme and what percentage of these people are experiencing mental health problems?

**Supplemental Answer:** Right, those figures I do not have at hand and I will have to give you a written response to that question. Is that all right?

**Ms Pandya:** Okay, that is fine. Thank you.

**Written Response:** Exercise on Referral offers tailored exercise sessions to meet individual need in people who meet a strict referral criteria. The referral criteria is imposed due to the skill set / qualification of the instructors delivering the programme.

The referral criteria are:

Obese (BMI over 30)

Overweight (BMI over 25) plus one other risk factor from the below:

- Diabetes (must be controlled)
- Hypertension (must be controlled)
- Hyperlipidaemia (type of high cholesterol)
- Depression / Anxiety (mild-moderate)
- Mild arthritis in hips or knees
- Osteoporosis (T-score of -2.5 or lower and no history of lower trauma fractures)

During 2013/14, 1211 people attended a pre assessment on the Exercise on Referral programme of which approximately 6% gave their primary reason for referral as mild anxiety or depression equating to 73 people.

A further 15% (182 people) had mild anxiety and depression cited as a secondary reason for referral.

In addition to the Exercise on Referral programme a physical activity initiative specifically for community based mental health patients called Let's Get Moving is in place. The project is open to community based mental health patients referred by a mental health professional who are not currently considered active (5 x

30 minutes per week). Priority is given to those who already have early signs of potentially serious diseases such as cardiovascular disorders and secondary diabetes which are responsive to regular physical activity. Clients work with a health trainer to look at their motivation and confidence to increase their physical activity levels and the types of physical activity they would like to undertake. They then, if required, work on a 2 client to 1 personal trainer basis undertaking their preferred form of physical activity for 10 weeks. During 2013/14 there were 115 referrals onto the programme of which 72 people accessed the exercise support element of the programme.