

Inclusion criteria	Exclusion criteria
Aged 18+	Currently pregnant
Diagnosed with hypertension	Type 1 diabetes or Type 2 diabetes on insulin
BMI $\geq 25\text{kg/m}^2$ (Adjusted to $\geq 23.5\text{kg/m}^2$ for people of Asian Black African and African-Caribbean origin)	QOF CHD Register
	QOF Heart Failure Register
	QOF PAD Register
	QOF Stroke/TIA Register
Able to undertake moderate intensity physical activity (e.g. walking briskly)	QOF Dementia
	QOF Palliative care
	QOF Learning Disability Register
Ability to attend and benefit from a group programme, virtually or in the community	Diagnosed eating disorder
	Currently on a weight management programme or under the care of a dietitian (unless referred by them)