

# Active Lives Pathways

## Health and Social Care Professional Screening Questions



**Eligibility** - Patients are eligible for referral to the Active Lives Pathway if they do not meet either:

- Physical Activity guidelines or
- Muscle strengthening guidelines

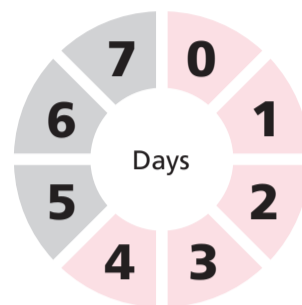
Use **three screening questions** to assess whether your patient meets both the physical activity and muscle strengthening guidelines.

**Physical activity is assessed using two screening questions to determine if the patient meets national weekly activity guidelines.**

**1**

**In the past week, on how many days have you been physically active for at least 30 minutes?**

Activity should be of moderate intensity—enough to raise heart rate, increase warmth, and cause slightly faster breathing. For example brisk walking, cycling, gardening, sport or exercise.



**5 to 7 days go to question 3 - not eligible for referral** as they meet the physical activity guidelines.

If the patient reports **0 to 4 days, proceed to Question 2.**

**2**

**If 4 days or fewer, have you accumulated at least 150 minutes (2.5 hours) of moderate physical activity over the past week?**



Yes



No

If **yes**, the patient meets the guideline and is **not eligible for referral under this criterion.**

If **no**, the patient is eligible for referral.

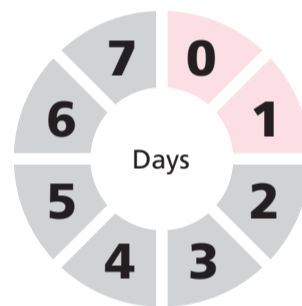
Go to question 3

**Muscle strengthening is assessed using one screening question to determine if the patient meets national weekly activity guidelines.**

**3**

**In the past week, on how many days have you done activities that strengthen your muscles?**

Examples include lifting weights, resistance bands, heavy gardening (for example digging, shovelling), hill walking, cycling, dance, or yoga.



If the patient reports **2 or more days**, they meet the guideline and are **not eligible for referral** under this criterion.

If the patient reports **0-1 days**, they are eligible for referral.

## Patient Screening Outcome and Next Steps

### Meets both physical activity and muscle strengthening guidelines

- Patient is **not eligible for referral.**
- Provide positive reinforcement that they are meeting national recommendations.
- Signpost to DG Doing More for advice and opportunities to remain active.
- **Active Communities** provide a range of classes across Dumfries and Galloway <https://dgdoingmore.co.uk/active-communities/>

### Meets neither physical activity and muscle strengthening guidelines or only one of the two guidelines

Patient is eligible for referral. Proceed to next questions to guide referral to a suitable physical activity programme.

The next questions are intended for patients who do not meet one or both of the national guidelines for physical activity and muscle strengthening.

**4**

**Are you ready to take part in an organised physical activity programme?**



Yes



No

If the patient is not motivated and ready, please **DO NOT** refer then to the Active Lives Pathway at this time.

Please signpost them to DG Doing More and offer a referral to a Community Link Worker, call 030 33 33 3001

**5**

**Do you have any health, mobility or other limitations that affect your ability to access a facility in your local area?**

Yes



No



Tier 3



Active at Home

**6**

**Do you have a long-term health condition or have you been advised by a health professional that you are at risk of developing one (for example cardiovascular disease, diabetes, depression, chronic pain)?**

Yes



No



Tier 4

**7**

**Is one to one, condition specific, support required to help you become more physically active?**

Yes



Tier 2

No



Tier 3