



I confirm that this patient meets the criteria for participation in this program.

*** Please note inclusion and exclusion criteria over page**

Referring GP's signature.....

Date.....

Patient details	Referrer details
Name: <input type="checkbox"/> M <input type="checkbox"/> F Address: Home Ph: Work Ph: Mobile Ph: DOB: Best day/time to call:	Referring GP/Nurse: Surgery name: Address: Phone:

Anthropometrical data	Medical history
Height: _____ (cm) Weight: _____ (kg) BMI: _____ (kg/m ²) Waist: _____ (cm) Blood pressure: _____ (mmHg)	
Blood results	Current medication
Please attach recent results (within last 3 months) including: <ul style="list-style-type: none"> • ELFT's • Fasting BGL • Cholesterol (HDL, LDL, total cholesterol) 	
Comments E.g., Weight history	

Please send this form to: Attention Optimal Health Dietitian, PO Box 6008, Logan Central QLD 4114 or by fax: (07) 3290 3144



Inclusion criteria for program participation

- Participants must be over 18 years of age
- Have a BMI greater than 25
- No chronic disease (excluding hypertension, arthritis, osteoporosis, dyslipidaemia, depression, anxiety)

Contraindications excluding patients from participating in the program

- Type 2 Diabetes Mellitus
- Active heart disease: heart attack within the previous 6 months; unstable angina
- Taking Warfarin
- Moderate to severe kidney disease or undergoing dialysis
- Pregnancy
- Thyroid problems (underactive or overactive)
- Severe chronic lung disease
- Breathing problems requiring hospitalization or oxygen use in previous 6 months
- Using a mobility aid (walker or wheelchair) regularly
- Undergoing active treatment for cancer (surgery, chemotherapy or radiotherapy; does not include hormone therapy)
- Gastric banding
- Moderate to severe mental health conditions (bipolar, schizophrenia etc)
- Unable to participate in telephone counseling

Any other condition identified by the GP that would make moderate-intensity physical activity or strength training contraindicated.

If you have any queries regarding this program, please contact the Dietitians at SPHN on (07) 3290 3733.



The program is a result of the Chronic Disease Prevention & Management Program, an initiative of the Logan Beaudesert Health Coalition auspiced by Queensland Health, delivered by SPHN.