

HEALTH IMPROVEMENT CARD

Male () Female ()

Age 20-34 () 35-39 () 40-44 () 50-54 () 55-59 () 60-64 () 65-69 () 70-74 ()

Height () metres or feet

Weight () kilograms or pounds

Waist circumference () centimetres or inches

Body mass index = $\frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$ () kg/m²
(SI [metric] units)

OR

Body mass index = $\frac{\text{weight (lb)}}{\text{height (in)} \times \text{height (in)}} \times 703$ () lb/in²
(Imperial/US customary units)

Biometrics scorecard

- helps you track measurable risk indicators which could over time damage your health, potentially leading to cancers, diabetes, respiratory diseases, heart disease, mental health problems and oral diseases.
- allows your health professional to help support you with information, advice, treatments (when indicated) and care
- enables you to improve your health through your own personalised action plan

	GOAL	CAUTION	HIGH RISK
BODY MASS INDEX	18.5 - 24.9	25 - 29.9	30 or greater
FASTING BLOOD SUGAR	less than 100 mg/dL	100 - 125 mg/dL or treat to goal	126 mg/dL or more
CHOLESTEROL	Less than 200 mg/dL untreated	200 - 239 mg/dL or treat to goal	240 or more mg/dL
BLOOD PRESSURE	SBP less than 120 mmHg and DBP less than 80 mmHg	SBP 120 - 139 mmHg and DBP 80 - 89 mmHg	SBP more than 140 mmHg and DBP more than 90 mmHg

HEALTH IMPROVEMENT ACTION PLAN

my commitment		my goal: 
my action		
health professional action		
		target date:

For details, visit www.whpa.org

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Lifestyle scorecard

- helps you understand how you can improve your health by changing your lifestyle
- allows your health professional to help you improve your health and well-being
- enables you to own and personalise your health improvement action plan

 **GOAL**
 **CAUTION**
 **HIGH RISK**

					
HEALTHY DIET	—	An unhealthy diet increases your risk of being overweight, obese and developing oral diseases			
	+	Eat more fruit and vegetables every day and seek advice on lowering salt and saturated fats	5 portions of fruit and vegetables per day	Less than 5 portions of fruit and vegetables per day	I do not eat fruit and vegetables
PHYSICAL ACTIVITY	—	Lack of physical activity increases your risk of cardiovascular diseases, diabetes and some cancers			
	+	Increase the amount of time spent on physical activities at home and at work and engage in sports	Physical activity at least 30 minutes per day	Physical activity less than 30 minutes per day	Physical activity is not a part of my daily routine
TOBACCO USE	—	Tobacco use increases your risk, and the risk of those around you, of cancer, lung diseases, heart attack and stroke			
	+	Stop smoking from today onwards	No, I never use or have stopped using tobacco		Yes, I use tobacco
USE OF ALCOHOL	—	Harmful use of alcohol increase your risk of mental illnesses, and liver damage and other alcohol related deaths			
	+	Limit the amount of alcohol that you drink each day	< 2 drinks per day	3-4 drinks per day	>5 drinks per day or >5 days per week

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