HEALTH IMPROVEMENT CARD

Male() Age: 20-34() 35-39() 40-44() 45-49() 50-54() 55-59() 60-64() 65-69() Female () 70-74() 75-79() 80-84() 85-89() 90-94() 95-99() 100-104() Height () metres or feet Waist circumference () centimeters or inches Weight () kilograms or pounds weight (kg) Body mass index = (SI $) kg/m^2$ height (m) x height(m) [metric] units) OR weight (lb) Body mass index = (Imperial/US X 703)lb/in² customary units) height (in) x height(in)

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;



HEAITH IMPROVEMENT ACTION PLAN



















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.







An unhealthy diet increases your risk of being overweight, obese and developing oral diseases HEALTHY DIET



Less than 5 portions of fruit



Eat more fruit and vegetables every day and seek advice on lowering salt and saturated fats



and vegetables









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





activity is not a

TOBACCO

SLEEP

QUANTITY

OUALITY

STRESS

+

+

PHYSICAL

ACTIVITY



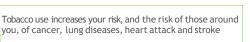


part of my daily routine

Physical

Yes, Luse

tobacco



No. I never use



USE + Stop smoking from today onwards





Harmful use of alcohol increase your risk of mental illnesses, liver damage and other alcohol related deaths **USE OF**



0 drinks

per week



1-2 drink

More than 2 drinks per week

Limit the amount of alcohol that you drink each day ALCOHOL





Less than 7 or more than 9

hours

Not rested

physical, cognitive, emotional and immune status Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status **SLEEP**





awaking



when awaking



function, and emotional status; reduced immune status Reduced chronic systemic inflammation; improved physical, cognitive, emotional and immune status

Metabolic stressor; impaired physical function, cognitive

Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status

Reduced chronic systemic inflammation: improved

Reduced chronic systemic inflammation; improved

physical, cognitive, emotional and immune status



Manageable



manageable

HEALTH IMPROVEMENT ACTION PLAN

My commitment My action









My goal

For details, visit www.whpa.org

Health professional

action





