

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




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

OR


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

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 kg/m ²	25 - 29.9 kg/m ²	30 kg/m ² or greater
FASTING BLOOD SUGAR	Less than 5.6 mmol/L (100 mg/dL)	5.6-6.9 mmol/L (100 - 125 mg/dL)	7 mmol/L (126 mg/dL) or more
CHOLESTEROL	Less than 5.18 mmol/L (200mg/dL)	5.18-6.18 mmol/L (200 - 239 mg/dL)	Greater than 6.18 mmol/L (240 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 139 mmHg and DBP more than 89 mmHg

HEALTH IMPROVEMENT ACTION PLAN

My commitment		My goal
My action		
Health professional action		Target date:

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, liver damage and other alcohol related deaths
	+	Limit the amount of alcohol that you drink each day


0 drinks per week


1-2 drink per week



More than 2 drinks per week

SLEEP QUANTITY	-	Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status
	+	Reduced chronic systemic inflammation; improved physical, cognitive, emotional and immune status


7-9 hours


Less than 7 or more than 9 hours

SLEEP QUALITY	-	Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status
	+	Reduced chronic systemic inflammation; improved physical, cognitive, emotional and immune status


Rested on awaking


Not rested when awaking


STRESS	-	Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status
	+	Reduced chronic systemic inflammation; improved physical, cognitive, emotional and immune status


Manageable


Somewhat manageable


Not manageable

HEALTH IMPROVEMENT ACTION PLAN

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