ONLINE SUPPLEMENT

The HEALTH Passport may be freely printed/photocopied for non-commercial use without written permission from the publisher or the authors.

Scoring:0-3Very high risk4-6High risk7-9Moderate risk10Low risk

Date	Result	Score
Advice Normal weight Physical activity 5 Fruit & veg. daily Smoking Alcohol, sex & drugs Cancer screening Emotional well being 		
Blood PressureBlood Pressure check		
Cholesterol Cholesterol check 		
Diabetes prevention Diabetes check 		
Your health score	Max 10	

Health Score

Risks Action plan

Action Plan



Contact Details

GP Surgery:

:IstiqeoH

Pharmacist:

:finu gnineerse lewoß

Breast screening unit:

Fitness centre:

NHS smoking cessation advisor:

sefiel Websites

ehilfe www.nhs.uk/Change4life www.bhf.org.uk direct.gov.uk/en/HealthAndWellBeing www.direct.gov.uk/en/HealthAndWellBeing



<u>H</u>elping Everyone <u>A</u>chieve <u>L</u>ong <u>T</u>erm <u>H</u>ealth

TRO92249 HTJA3H

Passport To Your Future Health

Helping you to achieve long term health by:

- Understanding why risk factors are important
- Scoring your current health performance
- Producing an action plan to improve your health



Helping Everyone Achieve Long Term Health

Facts and Action Plan

Normal Weight

- Being overweight increases your risk of diabetes, breast and colon cancer, stroke and heart disease
- If overweight, 5% weight loss reduces diabetes risk by 50% and reduces blood pressure
- > Try to reduce your fat, sugar and carbohydrate intake and increase physical activity

Physical Activity

- Regular exercise can reduce the risk of becoming obese or developing diabetes by 50%
- Weight bearing exercise reduces osteoporosis and fracture risk
- > Exercising for 30 minutes, 5 times a week, reduces the risk of heart disease and stroke

5 Fruit and Vegetables Daily

- Reduces the risk of heart disease (20%), stroke (11%), cancer and reduces the symptoms of asthma
- · Nutrients in fruit and vegetables support bone health and reduce the risk of osteoporosis
- > Aim to eat 400g of fruit and vegetables daily; fresh, canned, frozen, dried and juice all count

Smoking

- Smokers have a 15 times increased risk of lung cancer
- On average, smokers die 10 years earlier than non-smokers
- > 1 in 6 people successfully stop smoking with Nicotine Replacement Therapy

Alcohol, Sex and Drugs

- Heavy drinkers have 13 times increased risk of liver cirrhosis, increased risk of stroke and dementia
- 61,863 men and 61,155 women were diagnosed with Chlamydia in the UK in 2008
- Drug use is linked to anxiety, depression and psychosis
- > Drink responsibly; maximum 2 drinks per day for women, 3 for men. Practise safe sex!

Cancer Screening

- Cervical screening prevents 6000 women dying of cervical cancer per year
- Up to 1 in 6 colon cancer deaths can be prevented with bowel screening
- > Be aware of signs and symptoms of cancer and attend screening sessions

Emotional Well Being

- Aerobic and strength exercises can reduce anxiety, stress and mild to moderate depression
- Insomnia leads to increased risk of a psychiatric disorder
- Every day try to be physically active, connect with family, friends and neighbours, learn a new skill, help others and positively reflect on one aspect of the day

Blood Pressure Check

- A blood pressure of 140/90mmHg or higher increases the risk of heart attacks and stroke
- Improving your diet and doing more exercise reduces high blood pressure in overweight individuals
- > Reduce salt intake to 5g per day, exercise and get your blood pressure checked regularly

Cholesterol Check

- Too much cholesterol can cause blockages in the arteries leading to heart attacks and stroke
- Statins (cholesterol lowering drugs) can reduce heart disease by 33%
- > Aim for a cholesterol of below 5mmol/l or below 4 in heart disease, stroke or diabetes patients

Diabetes Prevention

- Men who smoke 40 cigarettes a day are 45% more likely to develop diabetes than non-smokers
- People aged over 45 years or with a waist circumference above 94cm (men) or 80cm (women), a family history of diabetes or history of high blood pressure or heart disease are at greater risk
- 4 in 5 cases of type 2 diabetes below the age of 65 can be prevented by weight management, exercise and a healthy diet