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Helping everyone achieve long term health

 HEALTH PASSPORT

Helping you to achieve long term health by:

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

Passport To Your Future Health

Contact Details

GP Surgery:

Hospital:

Pharmacist:

Bowel screening unit:

Breast screening unit:

NHS smoking cessation advisor:

Fitness centre:

Useful Websites

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

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Health Score

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
<th>Score</th>
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<tbody>
<tr>
<td>Advice</td>
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</table>
• Normal weight
• Physical activity
• 5 Fruit & veg. daily
• Smoking
• Alcohol, sex & drugs
• Cancer screening
• Emotional well being

| Blood Pressure |
• Blood Pressure check

| Cholesterol |
• Cholesterol check

| Diabetes prevention |
• Diabetes check

Your health score: Max 10

Scoring:

<table>
<thead>
<tr>
<th>Score</th>
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<td>0-3</td>
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<tr>
<td>4-6</td>
<td>High risk</td>
</tr>
<tr>
<td>7-9</td>
<td>Moderate risk</td>
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<tr>
<td>10</td>
<td>Low risk</td>
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Action Plan

Risks | Action plan |
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**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**