

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


Waist to height ratio = $\frac{\text{Waist circumference (cm)}}{\text{Height (cm)}}$ ()

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
WAIST-TO-HEIGHT RATIO	0.4-0.9	0.5-0.59	0.6 or more
BODYMASS 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 5.6mmol/L (100 mg/dL)	5.6-6.9mmol/L (100 -125 mg/dL)	7 mmol/L or more (126 mg/dL)
CHOLESTEROL	Less than 5.18mmol/L (200mg/dL)	5.18-6.18mmol/L (200 -239 mg/dL)	Greater than 6.18mmol/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	 10 portions of fruit and vegetables per day	 Less than 10 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 drinks 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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My action		Target date:
Health professional action		

For details, visit www.whpa.org

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