

- Helping you to achieve long term health by:

Passport To Your Future Health



HEALTH PASSPORT

Helping Everyone Achieve Long Term Health

Useful Websites

www.nhs.uk/Change4life
www.nhs.uk
www.bhf.org.uk

NHS smoking session advisor:

Fitness centre:

Breast screening unit:

Bowel screening unit:

Pharmacist:

Hospital:

GP Surgery:



Contact Details

Health Score

Date	Result	Score
Advice <ul style="list-style-type: none"> • Normal weight • Physical activity • 5 Fruit & veg. daily • Smoking • Alcohol, sex & drugs • Cancer screening • Emotional well being 		
Blood Pressure <ul style="list-style-type: none"> • Blood Pressure check 		
Cholesterol <ul style="list-style-type: none"> • Cholesterol check 		
Diabetes prevention <ul style="list-style-type: none"> • Diabetes check 		
Your health score	Max 10	

Scoring:

0-3	Very high risk
4-6	High risk
7-9	Moderate risk
10	Low risk

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**