

# Your Health Checklist

## Alberta Screening and Prevention Plus

### Supporting patients toward positive health changes

Our health is shaped by the places where we spend our time and the environments where we live. Some health conditions improve when we're better connected to community resources. Please take a few minutes to answer the questions below so your healthcare team and community partners can work with you to be as healthy as possible.

#### 1. TOBACCO USE

**Have you used tobacco within the last 30 days?** (Use of the term 'tobacco' in this document does not include the use of traditional tobacco for Indigenous ceremonial and/or spiritual purposes.)

Never used  Yes  No

If yes, are you a daily user?  Yes  No

If no, did you stop using tobacco within the past year (12 months)?  Yes  No

**Would you like more information, or support related to tobacco use?**  Yes  No

#### 2. PHYSICAL ACTIVITY

**On average, how many days per week do you participate in moderate to strenuous physical activity?** (Like walking fast, running, jogging, dancing, swimming, biking or other activities that cause a light or heavy sweat.) \_\_\_\_\_

**On average, how many minutes do you engage in physical activity at this level?** \_\_\_\_\_

**Would you like more information, or support related to physical activity?**  Yes  No

#### 3. VEGETABLE AND FRUIT INTAKE

**On a usual day, how many times do you eat vegetables?**

Don't include French Fries, fried potatoes, or chips. \_\_\_\_\_

**On a usual day, how many times do you eat fruit?**

Don't include the juice that you drink. \_\_\_\_\_

**Would you like more information, or support related to vegetable and fruit intake?**  Yes  No

#### 4. ALCOHOL USE

**On a typical drinking day, how many drinks do you consume?**

None  1 drink per day  2 drinks per day  3 drinks per day  4 drinks per day  5+ drinks per day

**On average, how many drinks do you have per week?**

See back of page for standard drink examples.

None  1 – 4 drinks/week  5 – 10 drinks/week  11 – 15 drinks/week  16+ drinks/week

**Would you like more information, or support related to alcohol use?**  Yes  No

Your personal information:

NAME

DATE OF BIRTH

TODAY'S DATE

The information collected in this checklist will be used by your healthcare team only, for the purpose of helping to better inform your care.

# Tobacco Use



If you currently use tobacco or if you stopped using tobacco within the past 12 months, please be reminded that quitting tobacco is important for your health. Your healthcare provider can help with quitting whenever you are ready and provide you with helpful resources.

Use of the term 'tobacco' in this document does not include the use of traditional tobacco for Indigenous ceremonial and/or spiritual purposes.

# Physical Activity

**For adults 18+,** strive to meet the Canadian Physical Activity Guidelines: 150 minutes of moderate-to-strenuous physical activity per week, in bouts of 10 minutes or more.

- Moderate activities cause adults to sweat and breathe a little harder (e.g. brisk walking, bike riding)
- Strenuous activities cause adults to sweat and feel out of breath (e.g. jogging, swimming)
- Include muscle and bone strengthening activities using major muscle groups at least 2 days per week.

Talk with your healthcare team before increasing your physical activity.



# Vegetable and Fruit Intake



Vegetables and fruits are an important part of healthy eating. Canada's Food Guide recommends eating plenty of vegetables and fruits, whole grain foods and protein foods each day.

- Aim to fill half your plate with vegetables and fruits, and include them in all of your meals and snacks.
- Try a variety of vegetables and fruits. Opt for different textures, colours and shapes to fit your taste.
- Fresh, frozen and canned vegetables and fruits can all be healthy options.

For more information on healthy eating, check out Canada's Food Guide: [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide), or talk to your healthcare provider.

# Alcohol Use

Canada's Low Risk Drinking Guidelines recommend that daily consumption of alcohol should not exceed 2 drinks per day or 10 drinks per week for women, and 3 drinks per day or 15 drinks per week for men.

## What is a Standard Drink?

### Beer, cider or cooler

341 ml (12 oz) 5% alcohol content

### Wine

142 ml (5 oz) 12% alcohol content

### Distilled alcohol (rye, gin, rum, etc.)

43 ml (1.5 oz) 40% distilled alcohol content

If you would like information or support to reduce your alcohol use, talk to your healthcare provider.

