

Unsafe Behaviour (sex, seatbelts, immunizations, infection)

- I practice "safer sex" (condoms):
 - Yes (2)
 - No (0)
- I use seat belts:
 - Almost always (2)
 - Sometimes (1)
 - Hardly ever (0)
- My immunization is up-to-date:
 - Yes (2)
 - No (0)
- I know it is unsafe for a pregnant woman to change cat litter or garden without gloves:
 - Yes (2)
 - No (0)
- I know that women who are sexually active are at risk of becoming pregnant and should take a multi vitamin containing folic acid:
 - Yes (2)
 - No (0)
- I would plan a pregnancy:
 - Yes (2)
 - No (0)
- I will look for information about pregnancy:
 - Before conception (2)
 - During the first trimester (1)
 - During second or third trimester (0)

Personality (depression, anxiety, anger)

- I am a positive or optimistic thinker:
 - Almost always (2)
 - Sometimes (1)
 - Hardly ever (0)
- I feel angry or hostile:
 - Hardly ever (2)
 - Sometimes (1)
 - Fairly often (0)
- I feel sad or depressed:
 - Hardly ever (2)
 - Sometimes (1)
 - Fairly often (0)

What Does Your Score Mean To You and Your Health For Life?

If you scored:	
50–58	Congratulations!
38–49	Good work—you are on the right track
Less than 38	A few small changes will improve your life-style. Keep reading!

The total score does not mean that you have passed or failed. Try not to waste time feeling guilty about decisions you have made in the past.

Here is a chance to change your lifestyle. Look at the areas where you scored "0" or "1" and decide which areas you want to work on first.

Tips

- Don't try to make more than one major change a week.
- Write down a simple goal using suggestions listed here or tips from friends.
- Lean on a buddy—someone who can help support you with the change.
- Reward yourself for each improvement.

For more information, contact a public health nurse at the Haldimand-Norfolk Health Unit.



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FAMILY HEALTH SERVICES

Heads Up ... Lifestyle Quiz

Good health now is good health for life!



Good Health Now is Good Health for Life!

How Do You Rate?

Circle your score for each question and add up your total for each category.

Home (family and intimacy)

- 1. I have someone to talk to about the things that are important to me:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)
- 2. I give and receive affection from the people I am closest to:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)
- 3. I know my family health history and my partner's family health history:
 - ☐ Everything (2)
 - ☐ Just one family history (1)
 - ☐ Neither family history (0)

Education (school and career)

- 1. I am happy with my school / job situation:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)

Activities (friends, sleeping, exercise)

- 1. I am physically active:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)
- 2. I am active for at least 30 minutes:
 - ☐ 3 - 5 times or more per week (2)
 - ☐ 1 - 2 times per week (1)
 - ☐ Less than once per week (0)
- 3. I have friends to spend time with and that support me:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)
- 4. I sleep well and feel rested:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)

Diet (Canada's Food Guide, caffeine, healthy weights)

- 1. I eat according to Canada's Food Guide:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)
- 2. I drink coffee, tea or cola containing caffeine:
 - ☐ Less than 4 cups / day (2)
 - ☐ 4 - 5 cups / day (1)
 - ☐ More than 5 cups / day (0)
- 3. I am within my healthy weight range:
 - ☐ Yes (2)
 - ☐ No (0)

Substance Abuse (smoking, alcohol and drugs)

- 1. I smoke cigarettes:
 - ☐ Yes (0)
 - ☐ No (2)
- 2. I drink alcohol:
 - ☐ Yes (0)
 - ☐ No (2)
- 3. I drive after drinking:
 - ☐ Yes (0)
 - ☐ No (2)
- 4. I use drugs like marijuana, cocaine:
 - ☐ Yes (0)
 - ☐ No (2)
- 5. I only use prescribed or over the counter drugs when my doctor suggests it:
 - ☐ Yes (2)
 - ☐ No (0)

Stress (leisure time)

- 1. I am able to cope with the stress in my life:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)
- 2. I relax and enjoy leisure time:
 - ☐ Almost always (2)
 - ☐ Sometimes (1)
 - ☐ Hardly ever (0)

