

Your Health Checklist

Alberta Screening and Prevention Plus

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

Target Range: Does not use tobacco.

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

Target Range: 150 min per week or more.

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

Target Range: 5 times per day or more.

*Prior to discussion about vegetables and fruits, ask patient: Has a doctor or dietitian asked you to cut down on the amount of vegetables or fruits you eat? & Has a doctor or dietitian asked you to not eat some kinds/types of vegetables or fruits? If yes to either question, do NOT provide advise to increase F/V consumption.

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

Target Range: **Women:** No more than 2 drinks daily or 10 drinks per week.
Men: No more than 3 drinks daily or 15 drinks per week.

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.

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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, 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.