

6. MY LIFESTYLE

People have the right to choose their lifestyle.



This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

People may need more support and information to make informed choices.

People may need support to understand the benefits of things like:



Stopping smoking



Healthy eating



Drinking less alcohol



Doing more exercise

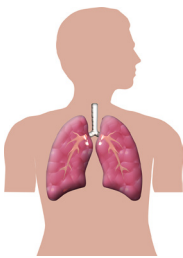
THINGS TO CHECK

1

Do you want to stop smoking, or need help to understand the risks?



Here are some reasons to stop smoking:



You will be less likely to get cancer, heart disease or lung disease.



Your breathing and fitness will get better.



Food will taste better and you will save money.

Your doctor and the NHS Smokefree service can help you. Go to: www.smokefree.nhs.uk

On the NHS Smokefree website you can get help and advice. They will also send you a quit kit to help you.



2

Do you want to drink less alcohol, or need help to understand the risks?



Alcohol is measured in units.



- A large glass of wine is 3 units.
- A pint of lower strength beer is 2 units.

It is important that you drink sensible amounts of alcohol.

The National Health Service (NHS) says:



Men should not regularly drink more than 3 to 4 units a day.



Women should not regularly drink more than 2 to 3 units a day.

'Regularly' means drinking this amount most days or every day.

Your doctor will give you advice about alcohol:

- Ways to drink less alcohol if you drink too much.
- How alcohol might affect your medication.
- The damage too much alcohol can do to your health.



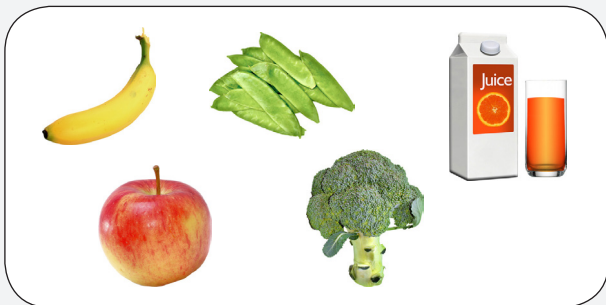
THINGS TO CHECK

3

Do you want to eat more healthily?



You may want help with some of these things:

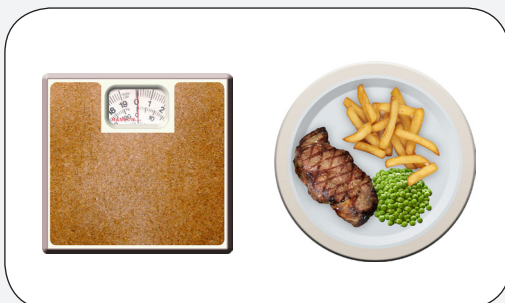


Eating 5 portions of fruit and vegetables a day is important.

Fruit and vegetables that are frozen or from a can also count towards your 5 a day. Beans, lentils and pulses can count as 1 of your 5 a day.



Planning your menus, food shopping and learning to cook healthy meals.



Losing or gaining weight.
Cooking the right size meals.



Talk to your doctor if you are worried about your weight.

THINGS TO CHECK

4

Do you want to do more exercise?



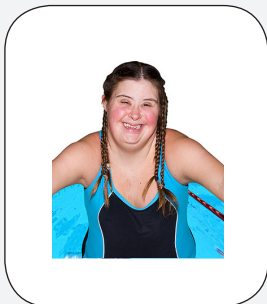
Exercise is good for you.

Most people should try to do two and half hours exercise a week.



Try walking instead of taking the bus or using the stairs instead of the lift.

Try to choose exercise you enjoy doing.



Talk to your doctor for advice before starting a new exercise.

Change For Life

An NHS website to help you to live a healthier lifestyle. There are tips on healthy eating, alcohol and exercise.



www.nhs.uk/Change4Life

Smokefree

An NHS website with lots of advice and practical help about stopping smoking.



www.smokefree.nhs.uk

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about smoking, healthy eating, alcohol and exercise designed by many different organisations.

Look in the 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

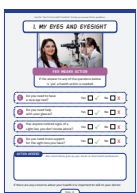


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.


Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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