

Talk to your
healthcare
provider about
LOWERING
your risk of
getting chronic
diseases.



Help Reduce your Risks... Make Healthy Lifestyle Choices



Get 150 minutes
(2 1/2 hours)
of exercise a week



Eat a well balanced diet
high in vegetables, fruit, whole
grains, low fat dairy and lean meats.

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Risk Factors Checklist For Chronic Diseases



Name: _____

Date: _____

Lifestyle Behaviors

- Age: Male over 45
- Age: Female over 50
- Aboriginal (high risk population)
- Diabetes or health problems in mother, father, brother, or sister
- Diabetes in pregnancy
- You gave birth to a baby with a weight more than 9 pounds
- *Bottle fed baby instead of breast fed
- Schizophrenia (mental illness)
- Polycystic Ovary Disease
- Acanthosis Nigricans (darkening of skin on neck or in skin folds)

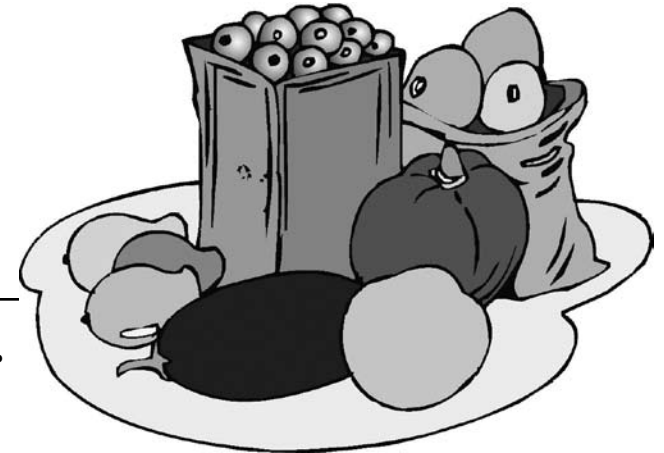


*** These are the areas you can change to improve your health and lower your risk of getting chronic diseases.**

- *Stress
- *Smoking
- *Exposure to second-hand smoke
- *Over weight
- *Waist size (largest part of belly)
 - Male
 - more than 102 cm or 40 in.
 - Female
 - more than 88 cm or 35 in.
- *Alcohol use
 - Men
 - more than 2 drinks a day
 - Women
 - more than 1 drink a day



- *Drug use
 - Any use of illegal drugs
 - Misuse of non prescription drugs (over the counter medications)
 - Misuse of prescription drugs
- *Diet high in junk food, frozen boxed meals, fast food and sugar drinks.
- *Diet low in vegetables, fruit, whole grains, low fat dairy and lean meats.
- *Low level of exercise



If you have checked off any areas above, you are at risk for disease(s).

Show this list to your health care provider.

Please talk to your healthcare provider to LOWER your risk of getting chronic diseases.