

Jamison: Patient Education and Wellness

HANDOUT 7.1: SELF-SCREEN FOR ORANGE FLAGS

Check to see if your lifestyle choices increase or decrease your risk of illness

- 1 I smoke cigarettes each day
☐ YES ☐ NO
- 2 I am exposed to tobacco smoke, e.g. share a home or office with a smoker
☐ YES ☐ NO
- 3 I have used street drugs in the past year
☐ YES ☐ NO
- 4 I feel I should cut down on my alcohol AND feel guilty about my drinking AND have been criticized for drinking too much AND sometimes need an eye-opener
☐1 YES ☐2 YESSSES ☐3 YESSSES ☐4 YESSSES ☐NO
- 5 During the past month, I have often been bothered by feeling down, depressed, or hopeless AND have often felt little interest or pleasure in doing things
☐1YES ☐2 YESSSES ☐NO
- 6 I drink 1 glass (women) / 2 glasses (men) of red wine each day
☐ YES ☐ NO
- 7 I have two or more pieces of different-coloured fruit each day
☐ YES ☐ NO
- 8 I have five or more serves of different-coloured vegetables each day
☐ YES ☐ NO
- 9 I eat coldwater fish more than once a week
☐ YES ☐ NO
- 10 I limit my fat intake, e.g. by selecting low-fat food items
☐ YES ☐ NO
- 11 I do either moderate-intensity aerobic activities such as walking for at least 30 minutes most days of the week OR vigorous-intensity physical activity such as jogging for at least 20 minutes every other day
☐ YES ☐ NO
- 12 I complete 8–12 repetitions of 6–8 strength-building exercises such as weight lifting twice a week
☐ YES ☐ NO

- 13 My abdominal circumference is <80 cm (women) or <94 cm (men)
☐ YES ☐ NO
- 14 My body mass index is between 19 and 23 [BMI = Wt(kg)/Ht(m²)]
☐ YES ☐ NO
- 15 My blood pressure is less than 120/80
☐ YES ☐ NO
- 16 My urine is glucose-free
☐ YES ☐ NO

Each 'Yes' for Items 1–5 is an orange flag and a health risk.

Each 'Yes' you chose for Items 6–16 is a green flag and the healthier your long-term outlook.

Handouts to help you correct your risky lifestyle choices are available. Ask your health professional.

See health screening guidelines:

<http://www.mayoclinic.com/health/health-screening/WO00112>