

Worksheet No.5
HEALTH STATUS TEST

How do you measure up? On the following health habit checklist, give yourself one point for each health habit you practice.

1. Smoking () I do not smoke.
2. Alcohol () I seldom or never have more than four alcoholic drinks at a time.
3. Exercise () I take long walks or engage in sports, swimming, gardening or other physical activity at least three times a week.
4. Weight Control () I weigh less than 20% above my desired weight. (Ask about overweight table.)
5. Breakfast () I eat a substantial breakfast every day or almost every day.
6. Snacking (...) I seldom or never eat between meals.
7. Rest () I regularly have seven or eight hours of sleep.

TOTAL OF HEALTH HABITS PRACTICED: _____

Determine your health status by matching your age and the number of habits practiced. Example below.

HEALTH STATUS AGES FOR MEN AND WOMEN

AGE	0-2 HABITS	3 HABITS	4 HABITS	5 HABITS	6 HABITS	7 HABITS
20-24	+ 14.3	+ 7.4	+ 0.5	- 1.1	-4.2	- 9.4
25-29	+ 15.6	+ 3.3	+ 1.8	- 0.9	-4.5	- 10.2
30-34	+ 16.9	+ 9.1	+ 3.0	- 0.6	-4.7	- 11.1
35-39	+ 18.2	+ 9.9	+ 4.2	- 0.4	-5.0	- 12.0
40-44	+ 19.4	+ 10.7	+ 5.3	- 0.1	-5.2	- 12.9
45-49	+ 20.7	+ 11.6	+ 6.7	+ 0.1	-5.5	- 13.8
50-54	+ 22.0	+ 12.4	+ 7.9	+ 0.3	-5.7	- 14.7
55-59	+ 23.3	+ 13.2	+ 9.0	+ 0.6	-6.0	- 15.5
60-64	+ 24.5	+ 14.0	+ 10.4	+ 0.8	-6.2	- 16.4
65-69	+ 25.8	+ 14.8	+ 11.6	+ 1.1	-6.5	- 17.3
70-74	+ 27.1	+ 15.7	+ 12.8	+ 1.3	-6.8	- 18.2

A 45-year old person practicing only 4 habits will add 6.7 years to their age. This means that their health status is that of a 51.7 year old person. Read on for an explanation.

HEALTHFUL HABITS

Many think that health is the result of chance or accident, but a number of studies have shown that health risks are related to personal health habits.

A 9-year study of 7,000 adult residents of Alameda County, California, was begun in 1965, showed that 7 health practices were closely related to both death rate and health status. 45-year old men observing 6 or 7 of these health practices could expect to live 7 years longer than men the same age with fewer than 4 health practices. 45-year old women with 6 or 7 health practices could expect to live 7 years longer than women the same age with fewer than 4 health practices. Even more astounding, 45-year old men or women with all 7 health habits could expect the health status - general health and feeling of well-being - of teenagers practicing only 2 habits or less.

[Belloc. N.B- and Breslow, L, Relationship of Health Status and Health Practices. Preventive Medicine 1, 409-421 (1972).]

Additional health habits we recommend are using seat belts whenever traveling in a car and wearing a helmet when riding a bicycle or motorcycle. These practices greatly reduce the risk of fatality in the event of an accident.