

Be Well Lifestyle Assessment



Answer the questions below to see how your lifestyle practices affect your Lifestyle Score and projected longevity.

1. Exercise. How many hours do you spend exercising each week? Examples include: brisk walking, biking, swimming laps, active sports, active gardening including raking, hoeing, spading, or mowing lawn.

- 1 [] Don't have a regular exercise program
- 2 [] 10-50 minutes per week
- 3 [] 1 hour to 3.4 hours per week
- 4 [] 3.5 hours to 5.9 hours per week
- 5 [] 6 or more hours per week

_____ **Exercise score.** Small red number beside checked box.

2. Smoking. What is your current smoking status?

- 5 [] Never smoked
- 4 [] Ex-smoker
- 3 [] Smoke 1-14 cigarettes per day
- 2 [] Smoke 15-24 cigarettes per day
- 1 [] Smoke 25+ cigarettes per day

_____ **Smoking score.** Small red number beside checked box.

3. Body weight. Enter data below.

Height ___ ft ___ in
 Weight ___ lb
 Waist circumference _____
 BMI _____ (See BMI chart)



- | | |
|--|-----------------|
| 3 [] BMI < 18.5 | 3 [] BMI <= 20 |
| 5 [] BMI 18.5-24.9 | 4 [] BMI 21-23 |
| 4 [] BMI 25-27 | 5 [] BMI 24-29 |
| 3 [] BMI 27.1-29.9 | 3 [] BMI 30-34 |
| 2 [] BMI 30-34.9 | 1 [] BMI 35+ |
| 1 [] BMI 35+ or waist circumference of 35+ inches for women, or 40+ inches for men. | |

Seniors (65+)

_____ **Weight score.** Small red number beside checked box.

4. Good eating habits. Based on your typical eating habits, mark any box below for which you qualify.

- 1 [] **Fruit.** I eat 2-3+ servings daily (1 serv = 1 fruit, 1 cup raw, ½ cup cooked, 6 oz pure fruit juice).
- 1 [] **Vegetables.** I eat 3-4+ servings daily (1 serv = 1 cup raw, ½ cup cooked, 6 oz juice).
- 1 [] **Whole grains (WG).** I eat 3-4+ servings daily (1 serv = 1 slice WG bread, ½ cup cooked oatmeal, brown rice, or WG pasta, 2/3 cup WG breakfast cereal).
- 1 [] **Sugar sweetened beverages.** I consume no more than 8 ounces/week of a sugar sweetened soft drink, iced tea, lemonade, or sports drink.
- 1 [] **Nuts and seeds.** I eat 5-7+ servings weekly (1 serv = 1 oz or ¼ cup).
- 1 [] **Meat.** I avoid all red meats and poultry.

1 [] **Legumes/vegetable proteins.** I eat 1-2 servings daily (1 serv = 1 cup beans, lentils, or garbanzos, ½ cup tofu, 1 C soymilk, or 1 black bean burger).

1 [] **Fats.** I always use extra virgin olive oil or other healthy fats (nut butters, avocado, hummus, vegetable oils etc.) in place of solid fats (butter, hard stick margarine, or shortening).

1 [] **Fish.** I eat fish once or more per week or have another source of EPA and DHA fatty acids (1 serving = 2-3 oz. of fish or 800 mg DHA/EPA).

1 [] **Sodium/salt.** I never/seldom salt foods or I use 'Lite Salt' in place of salt, and limit salty foods (soy sauce, ketchup, salsa, pickles, chips, etc.).

_____ **Sum the number of good eating habits you**

checked above. Total should equal 0-10. Then

determine your nutrition score using the table below.

Good eating habits	Nutrition Score	Rating
9-10	5	Excellent
7-8	4	Doing well
5-6	3	Average
3-4	2	Poor
0-2	1	High risk

_____ **Nutrition score (1-5)**

5. Alcohol. How many drinks do you typically have (1 drink = 4 oz wine, 12 oz. beer, 1.5 oz liquor).

- 4 [] Seldom/never drink alcohol
- 3 [] 2 to 7 drinks/week
- 2 [] 7-14 drinks/week
- 1 [] More than 14 drinks/week

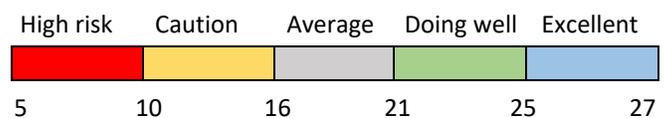
_____ **Alcohol score (1-4)**

6. Mental/social. Mark any that is true for you.

- 1 [] **Stress.** I often feel so stressed it interferes with sleep.
- 1 [] **Sleep.** I typically get 7-8+ hours of sleep daily.
- 1 [] **Happiness.** I'm feel happy most or all the time.
- 1 [] **Social support.** I'm married or have a significant other, contact family/friends often, and participate regularly in a faith group or club.

_____ **Mental/Social health score (-1 to 3)** (Notice stress is -1)

_____ **Total Lifestyle Score (5-27).** Total of 6 individual scores above. Put an 'X' on the graph where your Lifestyle Score falls.



The average Lifestyle Score is 18. People with an 'Excellent' Lifestyle Score (25-27) live 8-10 years longer than people with an average (18) lifestyle score.

Determine your years of additional life beyond age 50 based on your Lifestyle Score (see Life Expectancy Table following). See how many years you could add by living healthier.

The Life expectancy table below shows additional years of life **beyond age 50** for each *Lifestyle Score* from 5-27. A lifestyle score of 18 is average. Circle your lifestyle score below and determine how many additional years you can expect beyond the age of 50.

		Average																					
Men		5-6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
Lifestyle score		18	19	21	22	23	24	25	26	26.5	27	28	29	30	31	32	33	34	35	36	38	40	41
Added years beyond 50																							
Women		5-6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
Lifestyle score		23	24	25	26	27	28	29	30	31	32	33	34	35	37	38	39	40	41	42	42.5	43	44
Added years beyond 50																							

1. Average years beyond 50 _____.
2. My additional years _____
3. Added years if my score was 'Excellent' (27) 50-Age + _____

4. My 'Health Age' (Age – (My years – Average yrs)) _____
e.g. Male 45, lifestyle score of 21. HA = 45 - (33 – 30) = 42.

Making Healthy Choices

Mark any healthy lifestyle practice below you would like to improve. Then set personal goals and work towards achieving them.



Exercise is one of the best ways to improve your chances for a longer, healthier life. Regular activity strengthens the bones, muscles, heart, mind, and immune system. This allows you to live a longer, healthier life and a higher quality of life.

For best health, plan on being physically active 30-60 minutes most days of the week doing activities like brisk walking, jogging, riding your bike, swimming, and playing active sports. Choose activities you enjoy. Invite your spouse or a friend to join you. Keep exercise fun and social. Be active all your life.

Be careful not to overdo. Check with your doctor before starting if you have a serious health problem.

My personal goal: _____ minutes of exercise daily.

Activities I would like to do: _____

Be smoke free! By not smoking you reduce your risk of cancer, heart disease, lung disease, diabetes, stroke, and numerous other health problems. If you need help stopping, talk to your doctor. There are numerous aides your doctor can give you to help make your stopping more successful.
Set a quit date: _____

Pick a friend to help you stop: _____

Reason I want to quit: _____

Maintain a healthy weight. Losing excess weight can help you feel and look your best. First, be sure you don't gain any weight in the future. Then set a short-term weight loss goal, usually 5-10% of your present weight. Even losing 10 pounds can significantly improve your health; lowering blood pressure, cholesterol, and blood sugar levels. Choose healthy, lower calorie foods, smaller serving sizes, and watch

seconds and late-night eating. Choose a buddy you can work with and report to weekly.

My weight loss buddy: _____

My weight goal: _____

Choose healthy foods. Healthy foods help every cell of the body to function at their best, preventing disease, providing energy and improving health. Here are proven ways to improve your health by making healthy food choices:

- Eat lots of fruits and vegetables, especially leafy greens, berries, salads, and brightly colored fruits.
- Choose whole grains in place of white bread, white rice, and other refined grains. Examples: whole grain breads, oatmeal, brown rice, quinoa, whole grain waffles.
- Eat nuts and seeds every day. They are packed with nutrients that protect the heart and brain; walnuts, almonds, pecans, hazel nuts, peanuts, and nut butters.
- Avoid red and processed meats. Replace with legumes, soy, fish, nuts, and other healthier proteins.
- Use healthy plant oils in place of solid/animal fats.
- Limit salt and salty foods.
- Limit soft drinks and other sugar rich foods.

Avoid alcohol. It's safest not to drink. If you choose to drink, limit intake to 1 drink in a day. Never drink and drive or drink when pregnant. If you don't drink, don't start. If you drink too much, ask your doctor for help in quitting.

Stress. Keep stress within manageable limits. Improve coping skills and take time to relax and have fun daily.

Sleep. Aim for at least 7-8 hours of sleep daily to feel your best, prevent weight gain, and to live a longer, happier life.

Happiness. Maintain a happy, hopeful outlook on life. Get help from your doctor or counselor if often feeling depressed.

Social support. Keep socially engaged with family, friends, a faith group, and other interactions with caring people.

Reference: Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population, *Circulation* April 30, 2018