



HEALTH PRESCRIPTION



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POHJOIS-KARJALAN KANSANTERVEYDEN KESKUS

Terveiden edistämisen ja sairauksien ehkäisyn seutuhanke (Tessu)
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INVENTORY OF LIVING HABITS

”Everyone wants to live according to his own stupid head” said writer Dostoevsky 150 years ago. This has found to be true in health promotion: Men want to control their lives and will chance their living habits more probably after their own will compared to request of other people.

We know that certain living styles like well-balanced diet, regular meals, appropriate weight for length, regular exercise, sufficient sleep, non-smoking and moderate alcohol use or no use at all promote health and prevent diseases as much as living styles can make it possible.

Health prescription is one way to evaluate Your living habits and think about the necessity of changes to Your living habits.

It’s wise to start with small and concrete things in Your everyday life. Make slow progress – step by step.

Think beforehand how much time every step takes to become a new living habit. It may take days, week, months, half a year or longer.

You can take Your health prescription with when You meet Your doctor, nurse or public health nurse. They can give You information and guidance needed to promote Your living habits.

North Karelia Center for Public Health 2005

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How Well the following living habits are carried out in Your life.

	<i>very good</i>	<i>fairly good</i>	<i>not at all</i>
well-balanced diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
regular meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
appropriate weight for length	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
regular exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sufficient sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
non-smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
moderate alcohol use or no use at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
follow-up on Your health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What do You think about investing on Your living habit? Choose three living habits You think are the most important to invest in Your life in the near future and prioritize them (1 - 2 – 3).

- sufficient sleep and rest
- regular meals
- well-balanced diet
- weight-control
- smoking cessation
- reducing alcohol use
- increasing exercise
- regular follow-ups of Your health

What will be the first thing You are going to do when starting to carry out the changes to Your living habit?

Date / 200__ Signature _____