



# My Health Action Plan

What I do that affects my health



# About me



This plan belongs to:



My date of birth:



My address:



My phone number:

# About me



**My NHS number:**



**This plan was filled in on:**

## Section 1: Healthy Diet



## Section 1: Healthy Diet



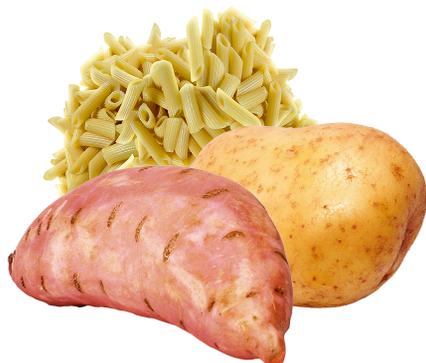
### **Drink plenty of fluids.**

The government recommends 6 to 8 glasses a day. Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count.



### **Eat at least five portions of a variety of fruit and vegetables a day.**

Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.



### **Base meals on potatoes, bread, rice, pasta. Choose brown rice and bread where possible.**

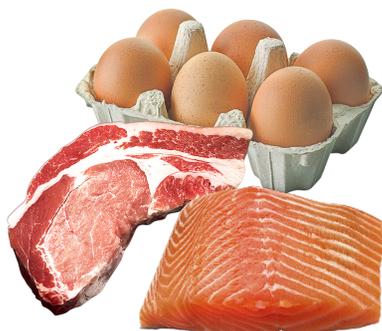
Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

## Section 1: **Healthy Diet**



### **Have some dairy or dairy alternatives**

Choose lower-fat and lower-sugar options. Milk, cheese & yoghurt are good sources of protein, and they're also an important source of calcium, which helps to keep your bones strong.



### **Eat some beans, fish, eggs, meat and other protein**

Aim for at least 2 portions of fish every week – one of which should be oily, such as salmon or mackerel. These foods are good sources of protein, vitamins and minerals.



### **Choose unsaturated oils and spreads and eat in small amounts**

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.



### **Avoid foods that are high in fat, salt and sugar**

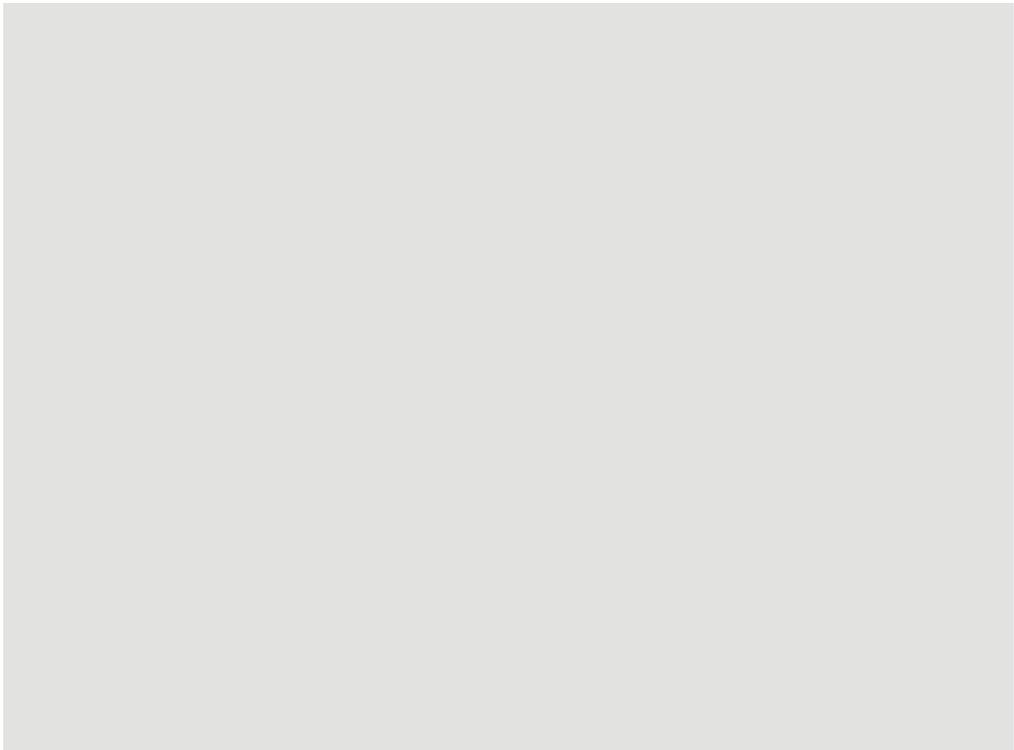
These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. They're not needed in the diet and so should be eaten less often and in smaller amounts.

# Section 1: Healthy Diet

My current diet:



My healthy diet goals:



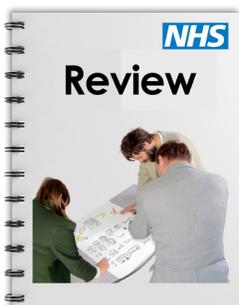
# Section 1: Healthy Diet

My healthy diet actions:



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When this needs to be looked at again:



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## Section 2: Exercise



## Section 2: Exercise



You should aim to be active every day. Over a week, activity should add up to at least 2 and a half hours of **moderate intensity** activity. One way to do this is to do 30 minutes on at least 5 days a week.



Or you could do 1 hour and 15 minutes of **vigorous intensity** activity spread across the week or a **mixture of both** moderate and vigorous activity.



You should also do some physical activity to improve **muscle strength** on at least 2 days a week **AND** you should minimise the amount of time spent sitting down for a long time.

## Section 2: Exercise



Walk

**Moderate intensity** physical activities will cause you to get warmer and breathe harder and your heart beat faster, but you should still be able to carry on a conversation. Things like walking and cycling.



**Vigorous intensity** physical activities will cause you to get warmer and breathe much harder and your heart to beat much faster. Things like running or swimming.



Physical activities that strengthen muscles involve using body weight or working against a resistance. Things like using weights or carrying shopping bags.



Minimising time spent sitting still may include:

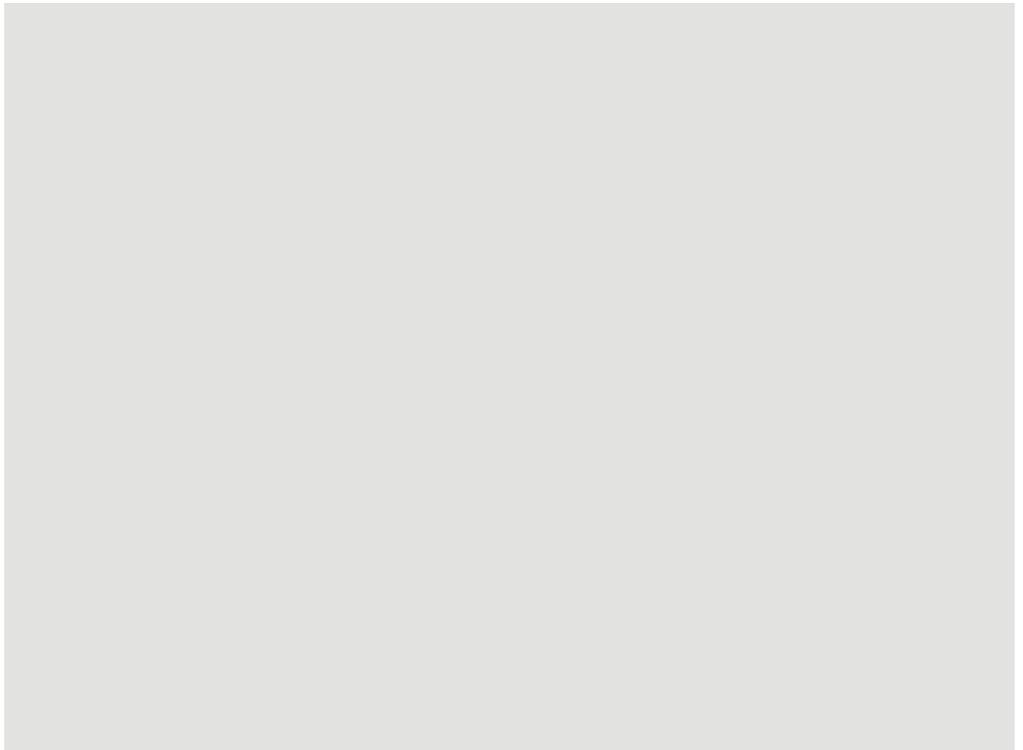
- Reducing time spent watching TV, using the computer or playing video games
- Taking regular breaks at work

# Section 2: Exercise

The exercise I do now:

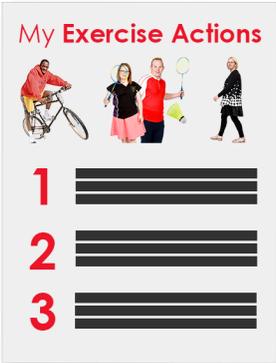


My exercise goals:



# Section 2: Exercise

My exercise actions:



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When this needs to be looked at again:



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# Section 3: Alcohol



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Drinks that can make people drunk, such as beer, wine, and whisky, can be referred to as alcohol.



Most people in the UK drink alcohol sometimes. However, drinking too much alcohol can be bad for you.



Alcohol is measured in units. There are guidelines on how much you should drink a day. The amounts are different for men and women.

# Section 3: Alcohol



How much do you drink each week?



Would you like to cut down your drinking?



If yes, how much would you like to cut down by?

Some of the benefits of drinking less include:

Mental Health    Physical Health

**Better physical health**

Mental Health    Physical Health

**Improved mental health**

**Healthier appearance**

**More energy**

# Section 4: Smoking



# Section 4: Smoking



Do you smoke?

Yes

No



If yes, how many cigarettes do you smoke a week?



Would you like to stop smoking?

Yes

No

If no, please move onto page 16



## Section 4: Smoking

If yes, these are some of the things I could do to make it easier to stop smoking:



My actions:

Smoking  
My actions



- 1
- 2
- 3

When this needs to be looked at again:



# Additional health need or condition 1



Name of need or condition:

What happens now:



My steps or goals:



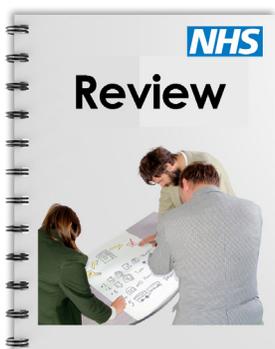
# Additional health need or condition 1

My actions:



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When this needs to be looked at again:



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# Additional health need or condition 2



Name of need or condition:

What happens now:



My steps or goals:



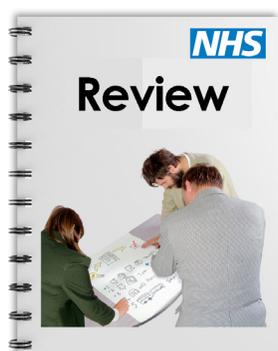
# Additional health need or condition 2

My actions:



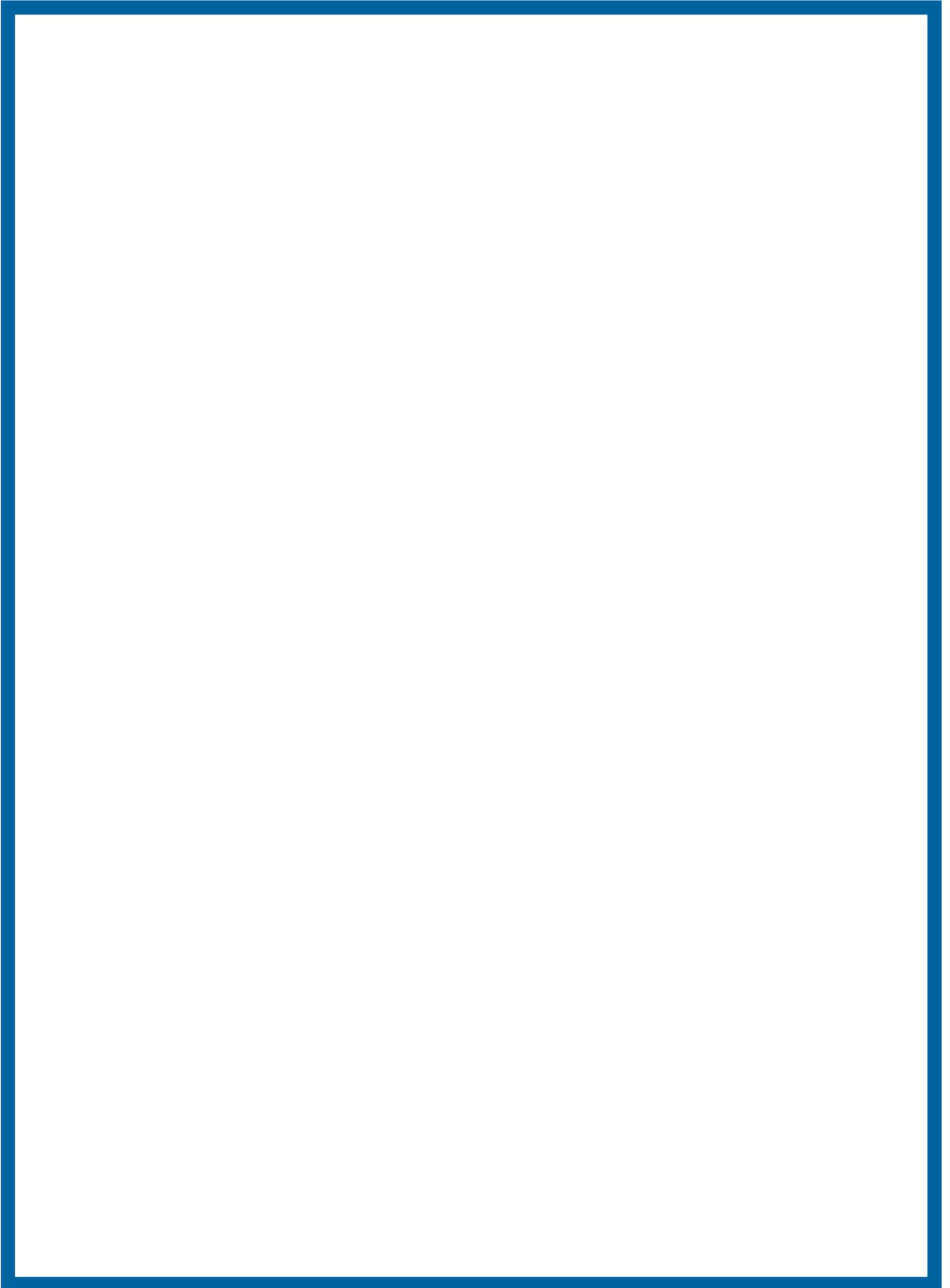
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# Notes

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# Primary Care Accessible Resources

## Resource 5: My Health Action Plan

Suffolk Learning  
Disability Partnership



This booklet was co-produced by Ace Anglia.



The resources were originally funded by clinical commissioning groups in Suffolk. They have been amended for use across Essex with the permission from Suffolk clinical commissioning groups.



This booklet is **Resource 5** and forms part of a number of projects that help to explain things about primary care services.



Designed by: **Ace Anglia: Accessible Information**

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Made using:

