



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:

When will this plan be reviewed



A review of this plan should be added to the start of your next annual health check.

By looking at this we can set new goals that are achievable.



This plan should be reviewed again on:

Section 1: **Healthy Diet**



Section 1: **Healthy Diet**



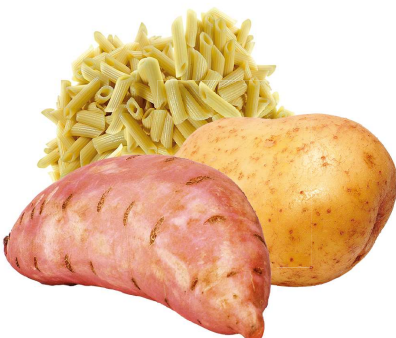
Drink plenty of fluids.

Aim for 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.

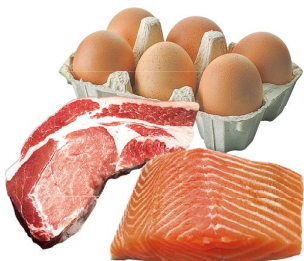
Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

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.

You may be asked to get help from a dietician. They will give you advice about your diet and help you eat healthier.

Section 1: **Healthy Diet**



My current diet:

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My healthy diet goals:

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Section 1: **Healthy Diet**

My healthy diet actions:



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Who will you need to help you?



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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



Moderate intensity physical activities are things like walking and cycling. When doing these activities you should:

- Feel warmer
- Be breathing harder
- Feel your heart beating faster



Vigorous intensity physical activities are things like running or swimming. When doing these activities you should:

- Feel a lot warmer
- Be breathing a lot harder
- Feel your heart beating a lot faster
- Feel really sweaty



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:



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My exercise goals:



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Section 2: Exercise

My exercise actions:



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Who will you need to help you?

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When this needs to be looked at again:

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Section 3: Alcohol



Section 3: Alcohol



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?

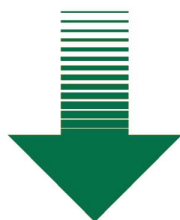


Would you like to stop smoking?

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:



Who will you need to help you?



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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Who will you need to help you?



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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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Who will you need to help you?



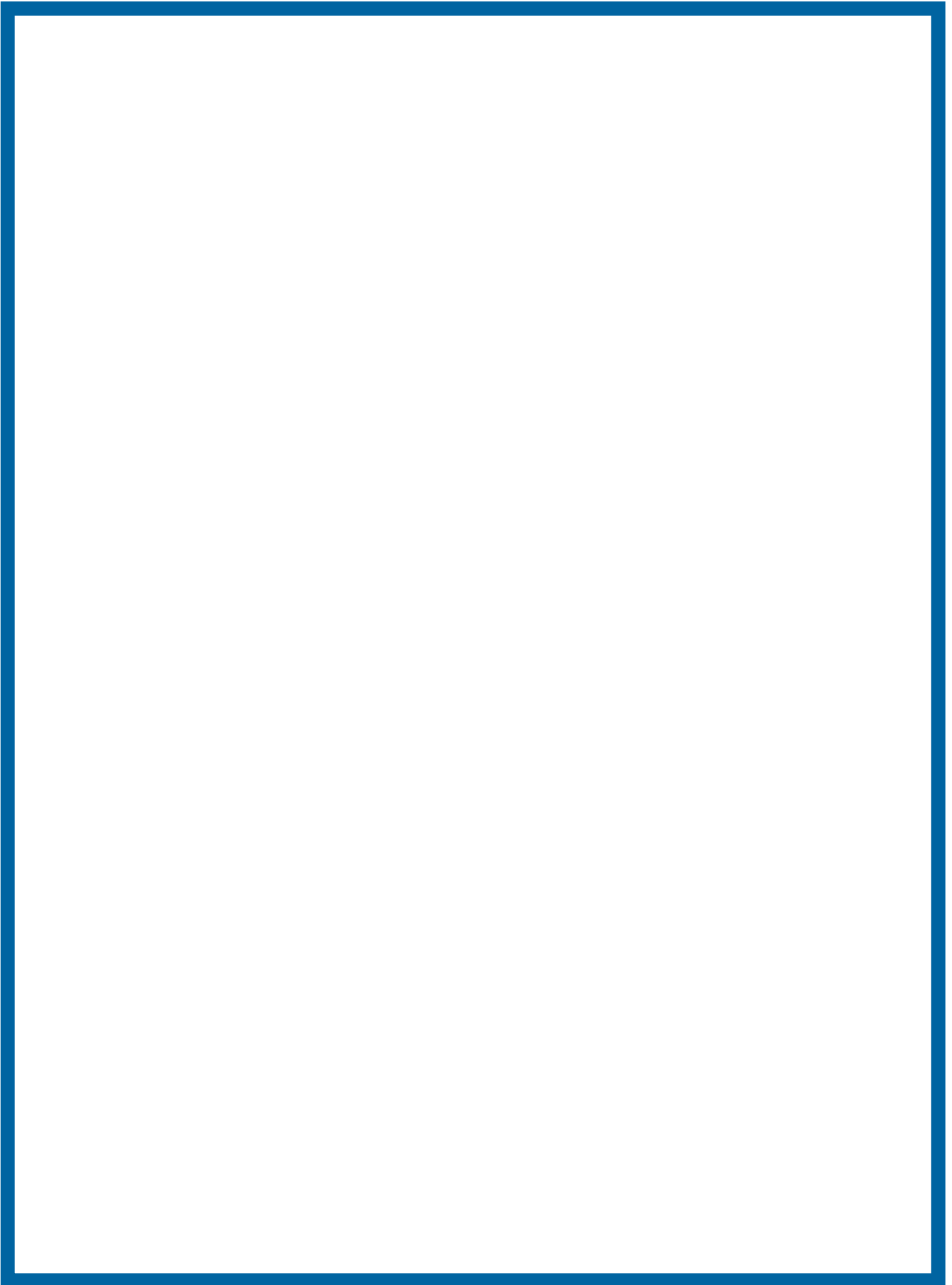
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When this needs to be looked at again:

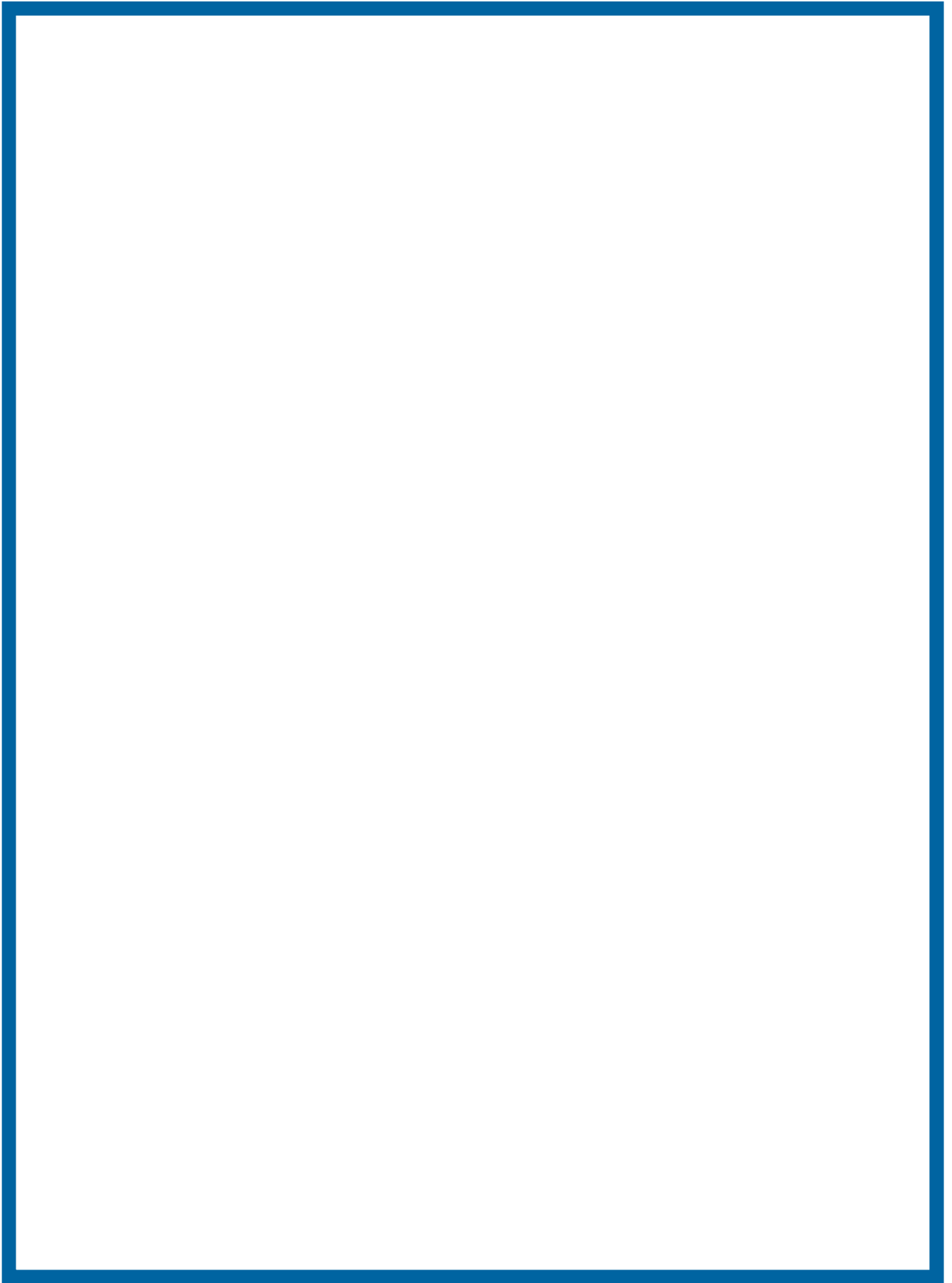


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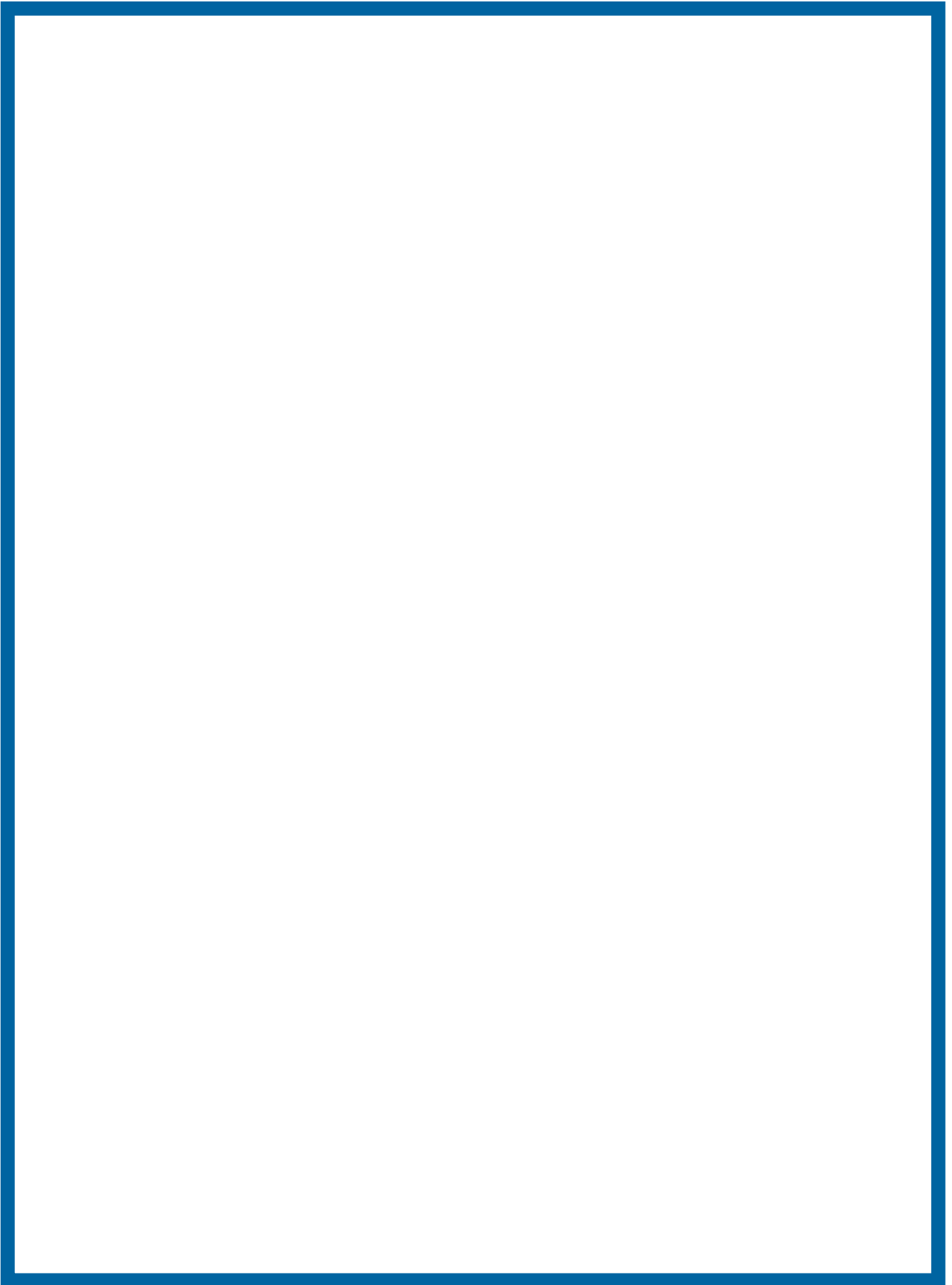
Notes



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Notes



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Primary Care Accessible Resources

Resource 4: My Health Action Plan

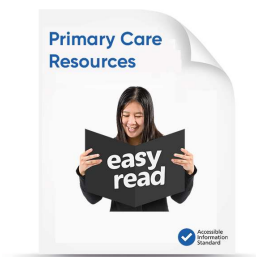
Suffolk Learning
Disability Partnership



This booklet was made in co-production by members of the Suffolk Learning Disability Partnership.



The resources were originally funded by Clinical Commissioning Groups in Suffolk. They have been amended for use across Birmingham & Solihull with the permission from Suffolk Clinical Commissioning Groups.



This booklet is **Resource 4** and forms part of a number of projects that help to explain things about primary care services.



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