

# Healthy Lifestyle Quiz

## HOW HEALTHY ARE YOU?

All of us want good health, but many of us do not know how to be as healthy as possible. *Health experts now describe lifestyle as one of the most important factors affecting health.* It is estimated that as many as 7 of the 10 leading causes of death could be reduced through commonsense changes in lifestyle.

That is what this brief test, by the Public Health Service, is all about. Its purpose is simply to tell you how well you are doing to stay healthy. The behaviors covered in the list below are recommended for most Americans. Some of them may not apply to people with certain chronic diseases or handicaps or to pregnant women. Such people may require special instructions from their physicians.

### Scoring:

4, 3, 2 = Almost Always    1 = Sometimes    0 = Almost Never

## CIGARETTE SMOKING

If you never smoke, enter a score of 10 for this section and go to the next section on Alcohol and Drugs.

I avoid smoking cigarettes.	2	1	0
I smoke only low tar and nicotine cigarettes, or I smoke a pipe or cigars.	2	1	0
Smoking Score: _____			

## ALCOHOL & DRUGS

I avoid drinking alcoholic beverages or I drink no more than one or two drinks a day.	4	1	0
I avoid using alcohol or other drugs especially illegal drugs, as a way of handling stressful situations or the problems in my life.	2	1	0
I am careful not to drink alcohol when taking certain medicines (e.g., medicine for sleeping, pain, colds, and allergies) or when pregnant.	2	1	0
I read and follow the label directions when using prescribed and over-the-counter drugs.	2	1	0
Alcohol & Drugs Score: _____			

## EATING HABITS

I eat a variety of foods each day, such as fruits and vegetables, whole grain breads and cereals, lean meats, dairy products, dry peas and beans, and nuts and seeds.	4	1	0
I limit the amount of fat, saturated fat, and cholesterol I eat, including fat on meats, eggs, butter, cream, shortenings, and organ meats such as liver.	2	1	0
I limit the amount of salt I eat by cooking with only small amounts, not adding salt at the table, and avoiding salty snacks.	2	1	0
I avoid eating too much sugar, especially frequent snacks of sticky candy or soft drinks.	2	1	0
Eating Habits Score: _____			

## EXERCISE & FITNESS

I maintain a desired weight, avoiding overweight and underweight	3	1	0
I do vigorous exercises for 15 to 30 minutes at least three times a week (e.g., running, swimming, brisk walking).	3	1	0
I do exercises that enhance my muscle tone for 15 to 30 minutes at least three times a week (e.g., yoga, calisthenics).	2	1	0
I use part of my leisure time participating in individual, family, or team activities that increase my level of fitness.	2	1	0
Exercise & Fitness Score: _____			

## STRESS CONTROL

I have a job or do work that I enjoy.	2	1	0
I find it easy to relax and express my feelings freely.	2	1	0
I recognize early, and prepare for, events or situations likely to be stressful for me.	2	1	0
I have close friends, relatives, or other people I can talk to about personal matters and call on for help if needed.	2	1	0
I participate in group activities, such as church and community organizations, or hobbies that I enjoy.	2	1	0
Stress Control Score: _____			

## SAFETY

I wear a seat belt while riding in a car.	2	1	0
I avoid driving while under the influence of alcohol and other drugs.	2	1	0
I obey traffic rules and the speed limit while driving.	2	1	0
I am careful when using potentially harmful products or substances, such as chemicals, poisons, and electrical devices.	2	1	0
I make use of clothing and equipment provided for safety at work and/or recreation (i.e. gloves, lifejackets).	2	1	0
Safety Score: _____			

## WHAT YOUR SCORES MEAN

**Scores of 9 and 10:** Excellent! Your answers show that you are aware of the importance of this area to your health. More important, you are putting your knowledge to work for you by practicing good health habits. As long as you continue to do so, this area should not pose a serious health risk. It is likely that you are setting an example for your family and friends to follow. Since you got a high score on this part of the quiz you may want to consider other areas where your scores indicate room for improvement.

**Scores of 6 to 8:** Your health practices in this area are good, but there is room for improvement. Look again at the items you answered with Sometimes or Almost Never. What changes can you make to improve your score? Even a small change can often help you achieve better health.

**Scores of 3 to 5:** Your health risks are showing! Would you like more information about the risks you are facing and about why it is important for you to change these behaviors? Perhaps you need help in deciding how to successfully make the changes you desire. In either case, help is available.

**Scores of 0 to 2:** Obviously, you were concerned enough about your health to take the test, but your answers show that you may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. You can easily get the information and help you need to improve, if you wish. The next step is up to you.