



ABCs OF WELLNESS

Facts and Tips for Whole Health

Primary care and behavioral health providers are responsible for ensuring the people they serve have quality health and wellness information. This information can be disseminated with several tools, including pamphlets, fact sheets, and interactive media. Although these tools cannot take the place of personal interactions, they are a practical and effective way to increase individuals' understanding of their health and how to make decisions that reflect their values.

As part of this special Whole Health edition of *National Council Magazine*, four fact sheets have been developed for healthcare providers to use when discussing health and wellness with the people they serve. A health screening form is also provided to help facilitate discussion about physical health status.

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ABOUT THE NATIONAL COUNCIL

The National Council for Community Behavioral Healthcare represents 1,800 safety net mental health and addiction treatment organizations. Collectively, these organizations serve 8 million low-income children and adults struggling with mental health and addiction disorders. These individuals and their families confront addictions, schizophrenia, bipolar disorder, and depression — as well as chronic physical health conditions. National Council members offer intensive psychiatric treatment and rehabilitation services that allow adults with behavioral health disorders to live successfully in the community and allow children with emotional disturbances to live at home and to stay in school.

The National Council advocates for policies that ensure that people who are ill can access comprehensive healthcare services. We also offer state-of-the-science education and practice improvement resources so that services are efficient and effective.

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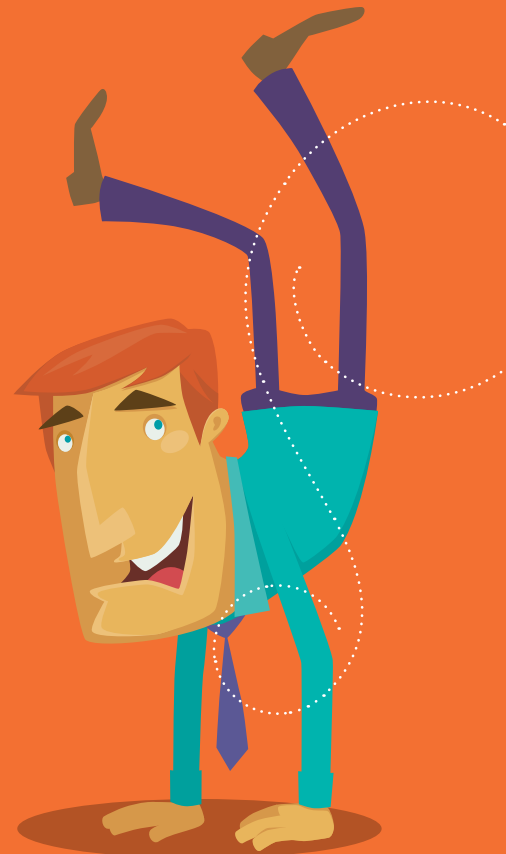
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STAYING WELL

IT'S AS SIMPLE AS YOUR ABCs...AND D & E

Recovery from mental illness is “a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills, or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness.” A critical component of recovery, which is gaining more attention from consumers, healthcare providers, and advocacy groups, is the idea of wellness. Wellness is the state or quality of being in good mental and physical health. Achieving wellness requires lifestyle choices that support your mental and physical well-being.

Wellness is achieved through learning about your own mental and physical health. With this knowledge, you can make choices about how you want to improve your health. Wellness is a personal choice that requires you to take responsibility for how you take care of your body. Achieving wellness is easier if it is not done alone. Your healthcare team can help guide you through the process of understanding what areas of your mental and physical health you can focus on. Once you make the decision to improve your wellness, let your friends and loved ones know what you have decided and ask them to support you in reaching your goals.

For people who have a mental illness, there are some physical health conditions that occur more often than for people without a mental illness. The reasons are many and have to do with a variety of causes. Some of these causes you can change (e.g., your diet and exercise routine), and others you cannot (e.g., your age, gender, or family history).

The following causes for health problems can be changed (an easy way to remember what you need to focus on is to think of your ABC's):

A **1c LEVEL**
Hemoglobin A1c is a component of your blood that carries sugar. Getting an A1c lab test can tell you if you are at risk for developing diabetes. If your A1c level is high, you can take steps to reduce it.

B **LOOD PRESSURE LEVEL AND BODY MASS INDEX SCORE**
Your blood pressure is a good measure of cardiac health. If your blood pressure is high, it puts a lot of stress on your heart, which is not healthy. However, you can take several steps to reduce your blood pressure. Sometimes, medication may be required to get your blood pressure under control. The Body Mass Index (BMI) is a measure of body fat based on your height and weight. If your BMI score is high, you are at risk for developing heart disease and diabetes. Changes to your exercise plan and your eating habits can help reduce your weight and therefore reduce your risks.

C **HOLESTEROL LEVEL**
Cholesterol is a fatty substance found in blood. Certain types of cholesterol are beneficial to the body and other types are not. If the bad forms of cholesterol are at high levels in your blood, it can lead to heart disease. Measuring cholesterol is done through a lab test. If your level is high, you can reduce it by making changes to your eating habits. Medication can also be helpful in controlling cholesterol levels in the blood.



THE ROLE OF DIET AND EXERCISE IN YOUR WELLNESS PLAN

Now that you understand your ABC's, you should keep two more letters in mind: D and E, which stand for diet and exercise:

D IET

The good news is a diet that is healthy for your mind is also healthy for your body. Eating well can make you feel better while providing increased energy to do the activities you want. Ask your doctor about following a healthy eating plan that includes whole grains, omega-3 fatty acids, fruits, and vegetables.

E XERCISE

One of the best ways to improve how you feel, reduce stress, and sleep better is to exercise. Talk with your doctor about developing an exercise routine that works for you. Remember: Anything that gets you moving is going to be helpful. Take the stairs instead of an elevator, or walk to a bus stop further from your home. Research shows that exercising with a partner is more effective, so reach out to a friend or family member and exercise together.

MORE HELPFUL WELLNESS TIPS

Measure progress toward your goals by using your own internal yardstick. You shouldn't compare your progress to someone else's or apply someone else's expectations for your progress. Instead, evaluate your progress based on what you have achieved today compared with how you were doing last week or month. Measuring this way allows for a more accurate description of your progress.

Learn how to manage stress in your life. Stress is often a trigger for increased symptoms or relapse because the brain of people with mental illness is highly sensitive to all sensory input. Overstimulation from the senses happens more easily for people with mental illness. Street noise, complex instructions, and rapid changes in the environment can lead to symptoms of an illness emerging. Knowing what triggers your symptoms and acting quickly to reduce stress when it emerges is vitally important.

Encourage your friends and family to educate themselves about your mental illness. By doing so, they will have a better understanding of the challenges of the illness. In addition, more knowledge should help reduce the stigma of mental illness.

HOW DO I DISCUSS WELLNESS WITH MY HEALTHCARE TEAM?

Your healthcare team includes your mental health and physical health/primary care providers. It is important that everyone on your team talks to one another. So, do not be shy to ask your providers if they are talking with one another about your care and your plan for wellness. When you talk with your healthcare team, ask about your ABC's and discuss with them what your test results mean so you can make choices about how to move forward in achieving your wellness goals. Here are some other tips for talking with your healthcare team:

Be Prepared. Before your healthcare appointment, make a list of concerns that you want to bring up with your provider. Don't be afraid to ask follow-up questions if you don't completely understand your provider's responses. You may want to keep a medical notebook where you can jot down questions or thoughts that come up between visits, track side effects, and keep a chart listing medication refill dates.

Do Your Research. If you have been diagnosed with a specific medical condition, learn as much as you can about it from credible sources before your next appointment.

Don't Be Embarrassed. If you feel shy about addressing a problem with your healthcare provider, don't forget that you are not the first person to experience this problem; the provider has probably heard it all before. Just like any good relationship, trust and honesty are very important. The more open you are, the better the chance is that your healthcare provider will be able to partner with you on your road to health and offer you the best guidance.



OF WELLNESS KNOW YOUR A1c



WHY IS TESTING MY BLOOD SUGAR AN IMPORTANT PART OF WELLNESS PLANNING?

Whether you have been diagnosed with diabetes or not, knowing your blood sugar numbers is important for your health. Too much or too little sugar in your blood can be damaging to your body. Two different tests are used to measure your blood sugar: a hemoglobin A1c (HbA1c) test and a finger-stick test.

WHAT IS HbA1c?

Hemoglobin is the part of a blood cell that carries oxygen to your body. HbA1c is a component of hemoglobin that forms when sugar is in your bloodstream. Testing your HbA1c will explain how much sugar has been in your blood over the past 3 months. This measure provides your healthcare team with valuable information about how your body stores and uses sugar.

WHAT IS THE HbA1c TEST?

The HbA1c test is done by your doctor and tells how much sugar has been in your blood over the past 3 months. Your doctor does the test by taking a small sample of your blood and sending it to a lab.

WHY SHOULD I HAVE THE HbA1c TEST?

The HbA1c test is the best way for your doctor to tell whether your blood sugar is under control. The test shows whether your blood sugar level is normal or too high.

WHAT IS A GOOD HbA1c SCORE?

A good HbA1c score is less than 7 percent. At this level, your treatment plan is probably working and it is likely that your blood sugar is under control.

WHAT HAPPENS IF THE HbA1c SCORE IS HIGH?

A high HbA1c score (greater than 7 percent) means that you have a greater chance for eye disease, kidney disease, or nerve damage. Your treatment plan needs to change. You and your doctor should work together to develop a treatment plan that reduces your risk.

HOW OFTEN DO I NEED THE HbA1c TEST?

Ask your doctor for the HbA1c test at least once a year if you have not been diagnosed with diabetes or two times a year if you have diabetes. Get the test more often if your blood sugar stays too high or if your doctor makes any changes in your treatment plan.

WHAT IS THE FINGER-STICK TEST?

The finger-stick test involves pricking your finger, putting a drop of blood on test strip paper, and placing the strip into a blood glucose meter. Unlike the HbA1c test, which measures glucose control over time, the finger-stick test measures your blood sugar level at the time of the test. Only people who are diagnosed with diabetes or who have been instructed by their doctor should test their blood using the finger-stick test.

B OF WELLNESS KNOW YOUR BLOOD PRESSURE



WHAT IS HIGH BLOOD PRESSURE?

High blood pressure (HBP) is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems. About one in three adults in the United States has HBP. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways. HBP itself usually has no symptoms. You can have it for years without knowing it. During this time, however, it can damage the heart, blood vessels, kidneys, and other parts of your body.

Because of the damage that can be caused by high blood pressure, it is important to know your blood pressure numbers, even when you're feeling fine. If your blood pressure is normal, you can work with your healthcare team to keep it that way. If your blood pressure is too high, you need treatment to prevent damage to your body's organs.

KNOW YOUR BLOOD PRESSURE NUMBERS

Blood pressure numbers include systolic (sis-TOL-ik) and diastolic (di-a-STOL-ik) pressures. Systolic blood pressure is the pressure when the heart beats while pumping blood. Diastolic blood pressure is the pressure when the heart is at rest between beats. You will most often see blood pressure numbers written with the systolic number above or before the diastolic number, such as "120/80 mmHg" (mmHg is millimeters of mercury — the units used to measure blood pressure).

Table 1 shows normal blood pressure numbers for adults. It also shows which numbers put you at greater risk for health

Category	Systolic (top number; mmHg)	And	Diastolic (bottom number; mmHg)
Normal	Less than 120	And	Less than 80
Pre-high blood pressure	120–139	Or	80–89
High blood pressure			
Stage 1	140–159	Or	90–99
Stage 2	160 or higher	Or	100 or higher

problems. The ranges in the table apply to most adults (people age 18 years and older) who don't have short-term serious illnesses. Blood pressure tends to go up and down, even in people who have normal blood pressure. If your numbers stay above normal most of the time, you're at risk.

All levels above 120/80 mmHg raise your risk, and the risk grows as blood pressure levels rise. "Pre-high blood pressure" means you're likely to end up with HBP unless you take steps to prevent it.

WHAT CAUSES HBP?

Blood pressure tends to rise with age unless you take steps to prevent or control it. Certain medical problems, such as chronic kidney disease, thyroid disease, and sleep apnea, may cause blood pressure to rise. Certain medicines, such as asthma medicines (e.g., corticosteroids) and cold-relief products, also may raise blood pressure. In some women, blood pressure can go up if they use birth control pills, become pregnant, or take hormone replacement therapy.

WHO IS AT RISK FOR HBP?

In the United States, about 72 million people have HBP. Certain traits, conditions, or habits are known to raise the risk for HBP. These conditions are called risk factors. Major risk factors for HBP that you *cannot* do anything about include the following:

★ OLDER AGE

Blood pressure tends to rise with age. If you're a male older than 45 or a female older than 55, your risk for HBP increases. More than half of all Americans aged 60 and older have HBP.

★ RACE/ETHNICITY

HBP can affect anyone; however, it occurs more often in African American adults than in Caucasian or Hispanic American adults. Additionally, HBP risks vary among different groups of Hispanic American adults. For instance, Puerto Rican American adults have higher rates of HBP-related death than all other Hispanic groups and Caucasians. However, Cuban Americans have lower rates than Caucasians.


★ GENDER


Fewer adult women than men have HBP. Women age 60 and older are as likely as men to be aware of and be treated for HBP.


★ FAMILY HISTORY

A family history of HBP raises your risk for the condition. Therefore, it is important to ask your relatives if they or someone else in your family has had the condition.


Major risk factors for HBP that you can do something about include the following:


 Eat less sodium (salt).

 Drink less beer, wine, or hard liquor.

 Eat foods rich in potassium such as bananas, spinach, chicken, and nuts.

 Exercise.

 Stop smoking.

 Maintain a healthy weight.

HOW DO YOU KNOW IF YOU HAVE HBP?

HBP usually has no symptoms. Rarely, headaches may occur. You can have the condition for years without knowing it. During this time, it can damage the heart, blood vessels, kidneys, and other parts of the body.

Knowing your blood pressure numbers is important, even when you're feeling fine. If your blood pressure is normal, you can work with your healthcare team to keep it that way. If your numbers are too high, you can take steps to lower them and control your blood pressure. This helps reduce your risk for complications.

HOW IS HBP DIAGNOSED?

Your doctor will diagnose HBP using the results of blood pressure tests. A blood pressure test is easy and painless. This test is done at a doctor's office or clinic. The test will be done several times to make sure the results are correct. If your numbers are high, your doctor may have you return for more tests to check your blood pressure over time.

WHAT CAN I DO IF I HAVE HBP?

High blood pressure HBP is treated with lifestyle changes and medicines. Most people who have the condition will need lifelong treatment. Sticking to your treatment plan is important. It can prevent or delay the problems linked to HBP and help you live and stay active longer.

LIFESTYLE CHANGES

★ HEALTHY EATING

Eat healthy foods that are fat-free, low-fat milk and dairy

products, fish, poultry, and nuts. Eat less red meat, sweets, added sugars, and sugar-containing beverages. Limit the amount of salt that you eat. Try to eat no more than about 1 teaspoon of salt a day.

★ LIMITING ALCOHOL

You should try to limit alcoholic drinks. Too much alcohol will raise your blood pressure. Men should have no more than two alcoholic drinks a day. Women should have no more than one alcoholic drink a day.

★ REGULAR EXERCISE AND WEIGHT MANAGEMENT

Regular physical activity can lower high blood pressure and also reduce your risk for other health problems. Check with your doctor about how much and what kinds of activity are safe for you. Staying at a healthy weight can help control blood pressure and also reduce your risk for other health problems.

★ QUIT SMOKING

Smoking can damage your blood vessels and raise your risk for HBP. It also can worsen health problems related to HBP. Smoking is bad for everyone, especially those who have HBP. If you smoke or use tobacco, quit. Talk to your doctor about programs and products that can help you quit. The U.S. Department of Health and Human Services has information on how to quit smoking (www.surgeongeneral.gov/tobacco/). In addition, take steps to protect yourself from secondhand smoke.

MANAGING STRESS

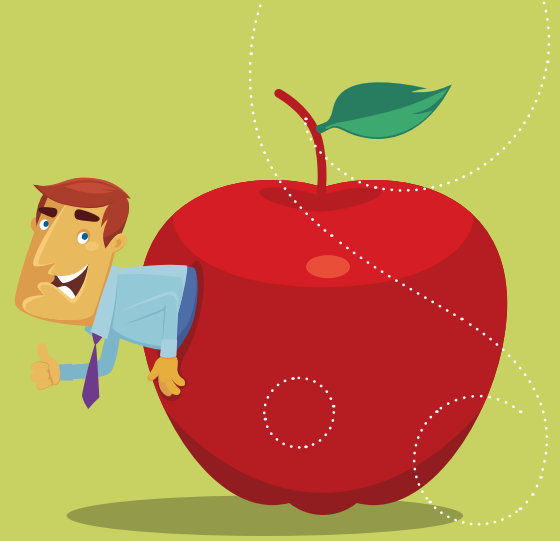
Learning how to manage stress, relax, and cope with problems can improve your emotional and physical health. Physical activity helps some people cope with stress. Other people listen to music or focus on something calm or peaceful to reduce stress. Some people learn yoga, tai chi, or how to meditate.

MEDICINES

Today's blood pressure medicines can safely help most people control their blood pressure. These medicines are easy to take. The side effects, if any, tend to be minor. If you have side effects from your medicines, talk to your doctor. He or she may be able to adjust the doses or prescribe other medicines. You shouldn't decide on your own to stop taking your medicines.

Blood pressure medicines work in different ways to lower blood pressure. Some remove extra fluid and salt from the body to lower blood pressure. Others slow down the heartbeat or relax and widen blood vessels. Often, two or more medicines work better than one.

C OF WELLNESS KNOW YOUR CHOLESTEROL



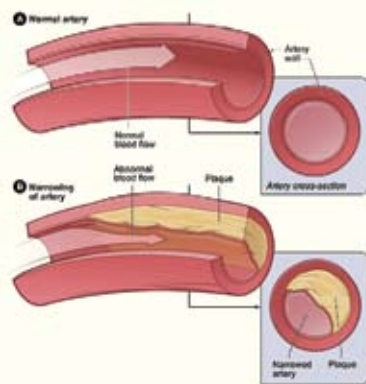
WHAT IS CHOLESTEROL?

To understand high blood cholesterol (ko-LES-ter-ol), it is important to know more about cholesterol. Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs some cholesterol to work the right way, and it makes all the cholesterol it needs.

- ★ Cholesterol is also found in some of the foods you eat.
- ★ Your body uses cholesterol to help you digest foods.
- ★ Low-density lipoprotein (LDL) cholesterol is sometimes called bad cholesterol.
- ★ High LDL cholesterol leads to a buildup of cholesterol in arteries. The higher the LDL level in your blood, the greater chance you have of getting heart disease.
- ★ High-density lipoprotein (HDL) cholesterol is sometimes called good cholesterol.
- ★ HDL carries cholesterol from other parts of your body back to your liver. The liver removes the cholesterol from your body. The higher your HDL cholesterol level, the lower your chance of getting heart disease.

FIGURE 1

A normal artery with normal blood flow (A) and an artery containing plaque buildup (B).



WHAT IS HIGH BLOOD CHOLESTEROL?

Too much cholesterol in the blood can be a serious problem because it can lead to heart disease. Cholesterol can build up in the walls of your arteries (blood vessels that carry blood from the heart to other parts of the body; see Figure 1). This buildup of cholesterol is called plaque (plak). Over time, plaque can cause narrowing of the arteries. This is called atherosclerosis (ath-er-o-skler-O-sis), or hardening of the arteries.

Special arteries, called coronary arteries, bring blood to the heart. Narrowing of your coronary arteries caused by plaque can stop or slow down the flow of blood to your heart. When the arteries narrow, the amount of oxygen-rich blood is decreased and your risk for having a heart attack increases. Plaque and resulting health problems can also occur in arteries elsewhere in the body.

Lowering your cholesterol level decreases your chance for having a heart attack. Lowering cholesterol may also slow down, reduce, or even stop plaque from building up.

WHAT CAUSES HIGH BLOOD CHOLESTEROL?

Several things can increase or decrease the level of cholesterol in your blood. Some of these things you can control, and others you cannot.

You CAN control:

★ WHAT YOU EAT

Certain foods have types of fat that raise your cholesterol level:

- Saturated fat raises your bad cholesterol level more than anything else in your diet.
- *Trans* fatty acids (*trans* fats) are made when vegetable oil is hydrogenated to harden it, and they raise cholesterol levels.

- *Cholesterol is found in foods that come from animal sources, for example, egg yolks, meat, and cheese.*

★ YOUR WEIGHT

Being overweight tends to increase the bad cholesterol.

★ YOUR ACTIVITY

Lack of regular exercise can lead to weight gain, which could raise your bad cholesterol level. Regular exercise can help you lose weight and increase the levels of good cholesterol while decreasing the levels of bad cholesterol.

You CANNOT control:

★ HEREDITY

High blood cholesterol can run in families.

★ AGE

The older you are, the more at risk you are for high levels of bad cholesterol.

HOW DO YOU KNOW WHETHER YOU HAVE HIGH CHOLESTEROL?

There are usually no signs or symptoms of high blood cholesterol. Many people don't know that their cholesterol level is too high.

Everyone age 20 years and older should have their cholesterol levels checked at least once every 5 years. You and your doctor can discuss how often you should be tested.

HOW IS HIGH BLOOD CHOLESTEROL DIAGNOSED?

High blood cholesterol is diagnosed by checking levels of cholesterol in your blood. It is best to have a blood test called a lipoprotein profile to measure your cholesterol levels. You will need to not eat or drink anything (i.e., fast) for 9 to 12 hours before taking the test.

HOW IS HIGH BLOOD CHOLESTEROL TREATED?

The main goal of cholesterol-lowering treatment is to lower the bad cholesterol level enough to reduce your risk for having a heart attack or diseases caused by hardening of the arteries. In general, the higher the level of bad cholesterol and the more risk factors you have, like eating fatty foods, the greater your chances of developing heart

disease or having a heart attack. (A *risk factor* is a condition that increases your chance of getting a disease.)

There are two main ways to lower your cholesterol in order to lower your risk:

★ THERAPEUTIC LIFESTYLE CHANGES (TLC)

Includes a cholesterol-lowering diet (called the TLC diet), physical activity, and weight management. TLC is for anyone whose bad cholesterol level is high.

★ DRUG TREATMENT

If cholesterol-lowering drugs are needed, they are used together with TLC treatment to help lower your bad cholesterol level.

LOWERING CHOLESTEROL WITH LIFESTYLE CHANGES

Therapeutic Lifestyle Changes (TLC) is a set of lifestyle changes you can make to help lower your LDL cholesterol. TLC has three main parts:

1. TLC DIET

- *Limiting the amount of fatty foods and cholesterol you eat.*
- *Eating only enough calories to have a healthy weight.*
- *Increasing the fiber in your diet (e.g., oatmeal, kidney beans, and apples are good sources of fiber).*
- *Adding cholesterol-lowering foods to your diet, such as margarines, bran, oatmeal, walnuts, almonds, fish, and olive oil.*

2. WEIGHT MANAGEMENT

- *Lose weight if you are overweight.*
- *Weight management is especially important for those with a large waist measurement (40 inches or more for men and 35 inches or more for women).*






3. PHYSICAL ACTIVITY

- *Regular exercise is recommended for everyone. It can help raise good cholesterol levels and lower bad cholesterol levels, especially for those who are overweight with a large waist measurement. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking, on most, and preferably all, days of the week.*

ABCS OF WELLNESS PERSONAL HEALTH SCREENING FORM

NAME:

DATE OF BIRTH: / /

	Y	N	If so, please explain
1 Do you have a medical doctor?			
2 Have you seen your medical doctor in the last year?			
3 Have you been hospitalized for medical problems in the past year?			
4 Have you gone to the emergency room for medical care in the last year?			
5 Do you have a dentist?			
6 Do you use over-the-counter medications?			
7 Do you have any allergies to medications or food?			
8 Do you use special equipment or devices?			
9 Have you ever been immunized or vaccinated?			
10 Do you have a special diet?			
11 Do you smoke or chew tobacco?			
12 Do you drink caffeinated beverages?			
13 Do you use street drugs?			
14 Do you exercise regularly?			
15 Are you sexually active?			
16 Do you regularly experience bodily pain that interferes with your daily activities? Please circle face to indicate level of pain.			 1  2  3  4  5
17 Have you or are you taking medication or treatments for pain?			
18 Do you, or anyone in your family, have high blood pressure, hepatitis, high cholesterol, heart attack/heart disease, or diabetes?			
19 Please list all current medications, dose, and prescribing doctor, including medications for pain:			
Medication/Dose	Doctor	Medication/Dose	Doctor

20 Please check any of the statements that apply to you:

- | | | |
|--|--|---|
| <input type="checkbox"/> rashes or sores that don't heal | <input type="checkbox"/> swollen ankles or feet | <input type="checkbox"/> difficulty walking |
| <input type="checkbox"/> changes in moles or skin | <input type="checkbox"/> weak or tired all the time | <input type="checkbox"/> dizzy or frequent falling |
| <input type="checkbox"/> finger or toe nail problems | <input type="checkbox"/> bruise easily or anemic | <input type="checkbox"/> shaking or trembling |
| <input type="checkbox"/> poor hearing | <input type="checkbox"/> blood sugar problem | <input type="checkbox"/> numbness or tingling |
| <input type="checkbox"/> mouth or teeth problems | <input type="checkbox"/> stomach pain or upset stomach | <input type="checkbox"/> frequent headaches |
| <input type="checkbox"/> eye or vision problems | <input type="checkbox"/> nausea or vomiting | <input type="checkbox"/> seizures |
| <input type="checkbox"/> wheezing or shortness of breath | <input type="checkbox"/> rectal bleeding | <input type="checkbox"/> confused or forgetful |
| <input type="checkbox"/> chest pain or chest tightness | <input type="checkbox"/> diarrhea or constipation | <input type="checkbox"/> head injury |
| <input type="checkbox"/> frequent cold or coughing | <input type="checkbox"/> thyroid problem | <input type="checkbox"/> excessive thirst |
| <input type="checkbox"/> positive TB test | <input type="checkbox"/> painful or difficulty urinating | <input type="checkbox"/> recent weight gain or loss |
| <input type="checkbox"/> high blood pressure | <input type="checkbox"/> frequent urination | <input type="checkbox"/> sleep problems |
| <input type="checkbox"/> rapid or irregular heart beats | <input type="checkbox"/> muscle stiffness or pain | <input type="checkbox"/> mood changes |

	not applicable	6 months	1 year	1-2 years	over 3 years	never
21 When was your last prostate exam?						
22 When was your last mammogram?						
23 When was your last pap smear?						
24 When was the last time you had your stool checked for blood?						
25 When was the last time you had your blood checked by a professional?						
26 When was the last time you had your cholesterol checked?						
27 When was the last time you were tested for HIV?						
28 How often do you have a drink containing alcohol? <input type="checkbox"/> Never <input type="checkbox"/> 1 time/month or less <input type="checkbox"/> 2-4 times/month						
29 How many drinks containing alcohol do you have on a typical day when you are drinking? <input type="checkbox"/> 0 <input type="checkbox"/> 1 or 2 <input type="checkbox"/> 3 or 4 <input type="checkbox"/> 5 or 6 <input type="checkbox"/> 7 to 9 <input type="checkbox"/> 10 or more						
30 How often do you have 6 or more drinks on one occasion? <input type="checkbox"/> Never <input type="checkbox"/> less than month <input type="checkbox"/> monthly <input type="checkbox"/> weekly <input type="checkbox"/> daily or almost daily						
31 How often during the last year have you found that you were not able to stop drinking once you had started?						
32 I would rate my overall health as: <input type="checkbox"/> EXCELLENT <input type="checkbox"/> GOOD <input type="checkbox"/> FAIR <input type="checkbox"/> POOR						
33 To improve my health, I feel I need to:						

RECOMMENDATIONS:

- Set up an initial visit with primary care physician
- Set up a PCP visit to talk about:
- Preventive health screening (list specific screening needed)
- Evaluation of _____ (list history of symptoms of concern)
- Nutrition assessment
- Substance abuse evaluation
- Smoking cessation
- Other: _____

SOURCE Adapted from Washtenaw Community Support and Treatment Services Personal Health Review, Ann Arbor, MI, 2004.