

Health sheet

A few questions about your living habits

There is a strong connection between living habits and health. These questions provide a good basis for talks on how you can influence your health, and it will only take a minute or two to fill in the form.

Fill in and give the form to the staff member whom you meet!

Name.....Civic Reg NoDate.....

Alcohol

1. How many alcohol units do you drink in an average week?

- Less than 1 alcohol units per week or none at all
- 1–4 alcohol units per week
- 5–9 alcohol units per week
- 10–14 alcohol units per week
- 15 or more alcohol units per week

2. How often do you drink 4 alcohol units on a single occasion (if you are a woman) or 5 alcohol units or more on a single occasion (if you are a man)?

- Never
- Less than than once per month
- Every month
- Every week
- Every day or almost every day

In Sweden, one alcohol unit is equivalent to:



50 cl medium beer; 33 cl strong beer; 12-15 cl wine; 8 cl strong wine; 4 cl strong liquor

Tobacco

1. My smoking habits

- I have never been a smoker
- I stopped smoking more than 6 months ago
- I stopped smoking less than 6 months ago
- I smoke, but not every day
- I smoke every day
- I smoke..... cigarettes per day

2. My snuff-taking habits

- I have never taken snuff
- I stopped taking snuff more than 6 months ago
- I stopped taking snuff less than 6 months ago
- I take snuff, but not every day
- I take snuff every day
- I use boxes of snuff per week



Physical exercise

1. In an average week, how much time do you devote to physical training which gets you out of breath, e.g. running, exercise gymnastics or a ball sport?

- No time at all
- Less than 30 minutes
- 30–60 minutes
- 60–90 minutes
- 90–120 minutes
- More than 120 minutes

2. In an average week, how much time do you devote to daily exercise, e.g. walking, cycling or gardening? Add together all the time (at least 10 minutes on each occasion).

- No time at all
- Less than 30 minutes
- 30–60 minutes
- 60–90 minutes
- 90–150 minutes
- 150–300 minutes
- More than 300 minutes

Food

1. How often do you eat vegetables and/or root vegetables (fresh, frozen or cooked)?

- Twice a day or more often
- Once a day
- Several times a week
- Once a week or less often

2. How often do you eat fruit and/or berries (fresh, frozen, canned, juice etc)?

- Twice a day or more often
- Once a day
- Several times a week
- Once a week or less often

3. How often do you eat fish or shellfish as the main meal, in a salad or as a sandwich?

- Three times a week or more often
- Twice a week
- Once a week
- Several times a month or less often

4. How often do you eat buns and cakes, chocolate/sweets, potato crisps or carbonated/soft drinks?

- Twice a day or more often
- Once a day
- Several times a week
- Once a week or less often

5. How often do you eat breakfast?

- Every day
- Almost every day
- Several times a week
- Once a week or less often

Would you like to change any of your living habits? Mark with a cross on the scale below

Yes, absolutely

No, not at all
