

The Healthy Habit Test

To find out just how healthy a lifestyle you lead, take this simple test. The results will help you determine which of your health habits, if any, need improvement-something the tips we'll be providing here can help you achieve.

Directions

Put a check beside each statement that applies to you, then tally your score at the end.

Alcohol Use

(If you do not drink, check all five items even though some items would not apply.)

1. I drink less than two drinks a day.
2. In the past year, I have not driven an automobile after having more than two drinks.
3. When I'm under stress or depressed, I do not drink more.
4. I do not do things when I'm drinking that I later regret.
5. I have never experienced any problem because of my drinking.

Tobacco Use

(If you have never smoked, check all five items even though the last two items would not apply.)

1. I have never smoked cigarettes.
2. I haven't smoked cigarettes in the past year.
3. I do not use any other form of tobacco (pipes, cigars, chewing tobacco).
4. I smoke only low-tar and low-nicotine cigarettes.
5. I smoke less than one pack of cigarettes a day.

Blood Pressure

1. I have had my blood pressure checked within the past six months.
2. I have never had high blood pressure.
3. I do not currently have high blood pressure.
4. I make a conscious effort to avoid salt in my diet.
5. There is not a history of high blood pressure in my immediate family.

Weight and Body Fat Levels

1. According to height and weight charts, my weight is average for my height.
2. I have not needed to go on a weight reduction diet in the past year.
3. There is no place on my body that I can pinch an inch of fat.
4. I am satisfied with the way my body looks.
5. None of my family or friends or health care professionals have ever urged me to lose weight.

Physical Fitness

1. I do some form of vigorous exercise for at least 30 minutes a day, three times a week or more.
2. My resting pulse is 70 beats a minute or less.
3. I don't get fatigued easily while doing physical work.
4. I engage in some recreational sport such as tennis or swimming on a weekly basis.
5. I would say that my level of physical fitness is higher than most of the people in my age group.

Stress and Anxiety

1. I find it easy to relax.
2. I am able to cope with stressful events as well as or better than most people.
3. I do not have trouble falling asleep or waking up.
4. I rarely feel tense or anxious.
5. I have no trouble completing tasks I have started.

Automobile Safety

1. I always use seat belts when I drive.
2. I always use seat belts when I am a passenger.
3. I have not had an automobile accident in the past three years.
4. I have not had a speeding ticket or other moving violation for the past three years.
5. I never ride with a driver who has had more than two drinks.

Relationships

1. I am satisfied with my social relationships.
2. I have a lot of close friends.
3. I am able to share my feelings with my spouse or other family members (or both).
4. When I have a problem, I have other people with whom I can talk it over.
5. Given a choice between doing things by myself or with others, I usually choose to do things with others.

Rest and Sleep

1. I almost always get between 7 and 9 hours of sleep a night.
2. It rarely takes longer than 20 minutes for me to fall asleep.
3. I wake up few, if any, times during the night.
4. I feel rested and ready to go when I get up in the morning.
5. Most days, I have a lot of energy.

Life Satisfaction

1. If I had my life to live over, I wouldn't make very many changes.
2. I've accomplished most of the things that I've set out to do in life.
3. I can't think of an area in my life that really disappoints me.
4. I am a happy person.
5. As compared to the people with whom I grew up, I feel I've done as well or better than most of them with my life.

Scoring

Record the number of checks (from 0 to 5) for each area. Then add up the numbers to determine your score.

1. •Alcohol use. ____
2. •Tobacco use. ____
3. •Blood pressure. ____
4. •Weight and body fat levels. ____

5. •Physical fitness. _____
6. •Stress and anxiety. _____
7. •Automobile safety. _____
8. •Relationships. _____
9. •Rest and sleep. _____
10. •Life satisfaction. _____
11. •TOTAL _____

Interpreting Your Score

1. •A score of 40 to 50 indicates a healthier-than-average lifestyle.
2. •A score of 25 to 39 indicates an average lifestyle.
3. •A score of 0 to 24 indicates a below-average lifestyle (and need for overall improvement).
4. •A score of less than 3 in any one area indicates a need for improvement in that particular area.

SOURCE: John Cavendish, Ed.D., Assistant Professor of Health Education, West Virginia University, Morgantown, WV.

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