



Before you begin, fold each sheet in half to conceal the answers to the questions on the right-hand side of the page. Look at the answers only after you have completed the self-assessment.

When answering each of the questions below, think about your typical daily or weekly routine. Choose the one answer that most appropriately describes your current habits. In some cases, there may be several 'good' answers; try to pick the answer that is closest to your habits. Remember, this is not a quiz, it's a self-assessment to help give you a snapshot of your healthy living choices.

SUN SAFETY

1. I am aware of the need for sun safety and I practice it:

- a) Always – every day.
- b) Usually – when it's sunny.
- c) Sometimes – at least twice a week.
- d) Never.

1. Ideal answer: a) Always – every day.

The sun's UV rays can penetrate through clouds and cause damage to your skin's DNA. The best way to block these UV rays is by wearing protective clothing, seeking shade, avoiding the sun during the hottest part of the day, and using SPF 30+ sunscreen.

2. I practice sun safety all year, even during the winter months:

- a) Yes, I cover up and wear 30+ SPF sunscreen at all times.
- b) Often, when it's sunny.
- c) Occasionally, when I'm skiing in the mountains.
- d) Never

2. Ideal answer: a) Yes, I cover up and wear 30+ SPF sunscreen at all times.

Even in winter the sun's rays can be quite strong. Water, ice, and snow all reflect those rays and can cause sunburns no matter how cold the temperature. Always protect your skin.

3. I think the best way to protect myself from the sun is:

- a) Using 30+ SPF sunscreen.
- b) Seeking shade & covering up.
- c) Wearing a hat.
- d) Staying out of the sun between 11 am and 3 pm.

3. Ideal answer: b) Seeking shade and covering up.

The absolute best protection for your skin is to protect yourself from the sun's rays. So seek shade and cover up with a wide-brimmed hat, long-sleeved shirt, and UV-rated sunglasses.

4. I like to get a tan using a sunbed or tanning salon:

- a) Before I go on vacation.
- b) Year-round.
- c) Only in the winter, for a base tan.
- d) Never.

4. Ideal answer: d) Never.

Sun beds emit the same kind of dangerous UV rays as the sun. These rays can cause damage to your skin's DNA – damage that can lead to skin ageing, wrinkles, dark blotches and skin cancer. There are no safe tanning beds.

5. I believe that only people with red or blonde hair and fair skin need to practice sun safety:

- a) Yes, I have dark skin that protects me from sun damage.
- b) Yes, I have fair skin but I gradually build up a tan to protect myself from sun damage.
- c) Yes, I tan easily so I only need SPF 15.
- d) No, I believe people with any skin colouring should practice sun safety.

5. Ideal answer: d) I believe people with any skin type should practice sun safety.

Although it's true that fair-skinned, fair-haired people have a higher risk of skin cancer, people with darker skin tones *do* get skin cancer and *do* need to practice sun safety.

**ADD UP YOUR SCORE FOR SUN SAFETY.
GIVE YOURSELF 2 POINTS FOR EVERY 'IDEAL' ANSWER.**

TOTAL SCORE _____ OUT OF 10



TOBACCO USE

1. I use one or more of the following tobacco products (cigarettes, cigars, pipes, chewing tobacco, spit tobacco):

- a) Never or none in the last 5 years.
- b) Sometimes – at least once a month.
- c) Often – at least once a week.
- d) Always – every day.

1. Ideal answer: a) Never or none in the last 5 years.

There is no safe level of tobacco use. If you smoke or use smokeless tobacco, you are at risk for health problems. The good news is that if you quit, your risk is reduced.

2. I use tobacco because:

- a) It helps to curb my appetite.
- b) It's a stress buster.
- c) It relaxes me.
- d) I don't use tobacco products because I know the risks outweigh any benefits.

2. Ideal answer: d) I don't use tobacco products because I know the risks outweigh any benefits.

Speak to a medical professional or counsellor about ways to help deal with stress other than using tobacco.

3. If I am exposed to second-hand smoke, I:

- a) Feel embarrassed to say anything, so I just accept it.
- b) Think second-hand smoke can't hurt me because I am not directly smoking the cigarette.
- c) Open the window.
- d) I prefer not to be around second-hand smoke.

3. Ideal answer: d) I prefer not to be around second-hand smoke.

It can be uncomfortable to tell people you don't want to breathe their second-hand smoke. But the only way to protect yourself from its effects is not to inhale it.

4. I prefer to use the following safe tobacco alternative:

- a) Clove cigarettes.
- b) SNUS.
- c) None.
- d) A pipe.

4. Ideal answer: c) None.

Other tobacco products contain addictive nicotine and many harmful chemicals. No tobacco products are safe.

5. When people around me are smoking, I feel:

- a) Pressured to join in and smoke.
- b) I'd like to have an occasional cigarette – it can't hurt.
- c) I hate smoking; I'd rather chew.
- d) I don't let other people's habits influence me.

5. Ideal answer: d) I don't let other people's habits influence me.

Smoking can make you very sick. It is easy to become addicted to tobacco. True friends would never encourage you to smoke.

ADD UP YOUR SCORE FOR TOBACCO USE.

GIVE YOURSELF 2 POINTS FOR EVERY 'IDEAL' ANSWER. TOTAL SCORE _____ OUT OF 10

WEIGHT

1. I try to maintain a healthy weight by:

- a) Exercising for several hours each day.
- b) Following a strict diet.
- c) Balancing the amount of activity I get with the amount of food I eat.
- d) Getting diet pills from my doctor.

1. Ideal answer: c) Balancing the amount of activity I get with the amount of food I eat.

The best way to keep your weight in a healthy range is to eat nutritious food and to get plenty of physical activity.

2. I stop eating when I am full:

- a) Yes, I don't like to overeat. I eat when I am hungry and stop when I'm full.
- b) No, because I love the taste of my favourite foods.
- c) I don't always eat because I am usually on a diet.
- d) I eat when I'm not hungry.

2. Ideal answer: a) I don't like to overeat. I eat when I am hungry and stop when I'm full.

During the teen years, your body is still growing and you need regular, nutritious food. Overeating or going hungry can lead to poor nutrition and bad eating habits.

3. Every day, I spend the following amount of time in front of the tv, gaming, or on the internet:

- a) More than four hours.
- b) Three to four hours.
- c) Two to three hours.
- d) Two hours or less.

3. Ideal answer: d) Two hours or less.

Watching tv, playing computer games, or spending time on the internet are part of life. But these activities do nothing for your health, which is why you should limit the amount of time you spend sitting to less than two hours a day.

4. I make myself feel better when I am stressed by:

- a) Grabbing an apple and bottle of water and going for a walk.
- b) Treating myself with fast food or sugary treats.
- c) Going crazy with exercise for hours.
- d) Self-medicating with drugs, tobacco, or alcohol.

4. Ideal answer: a) Grabbing an apple and a bottle of water and going for a walk.

There are lots of healthy ways to reduce stress that don't involve binge eating, over exercising, or taking drugs. Of course, if you are depressed or stressed, you should seek help from a trusted parent, teacher, or counsellor.

5. I order fast food or go through the drive-thru:

- a) Often - every day.
- b) Sometimes - 3 or 4 times a week.
- c) Occasionally - once a week.
- d) Rarely - once or twice a month.

5. Ideal answer: d) Rarely - once or twice a month.

It's okay to have fast food once in a while, but most fast food is high in fat and sugar and low in nutrients. Save it for special occasions.

ADD UP YOUR SCORE FOR 'WEIGHT'.

GIVE YOURSELF 2 POINTS FOR EVERY 'IDEAL' ANSWER. TOTAL SCORE _____ OUT OF 10

FOOD

1. I eat a balanced diet of veggies & fruit, grains, and protein:

- a) Always – every day.
- b) Often – four to five times a week.
- c) Sometimes – at least twice a week.
- d) Never.

1. Ideal answer: a) Always – every day.

Eating a balanced diet doesn't mean you can never enjoy your food! But the greatest health benefits come from eating reasonable portions from a range of healthy foods.

2. I eat vegetables and fruit at least:

- a) 3 – 4 times a day.
- b) 5 or more times a day.
- c) 1 – 2 times a day.
- d) I rarely eat vegetables and fruit.



2. Ideal answer: b) 5 or more times a day.

ActNow BC recommends that everyone eat at least 5 – 10 servings a day. It's one of the most important things you can do to stay healthy and strong, and to reduce your long-term risk of disease.

3. I drink sugary drinks:

- a) A few times a day. I love pop!
- b) At least once a day.
- c) A few times a week.
- d) Hardly ever.

3. Ideal answer: d) Hardly ever.

Soda adds calories to your diet and can lead to unhealthy weight gain. A typical pop can contain almost 100 grams of sugar; that's as much as 5 apples, but without any of the vitamin C, fibre, and other nutrients.

4. I can prepare my own meals using fresh ingredients:

- a) A little.
- b) Often – I like cooking.
- c) Only using the microwave.
- d) No, I have no idea how to cook.

4. Ideal answer: b) Often, I like cooking.

The kitchen isn't a science lab, and cooking doesn't have to be complicated. Many recreation and community centres offer cooking courses for teens; maybe you should give it a try!

5. I eat salty food with trans fats, such as chips, crackers, french fries, or fried chicken:

- a) Never, or rarely.
- b) Sometimes – at least twice a week.
- c) Often – at least once a day.
- e) Always – more than once a day.

5. Ideal answer: a) Never, or rarely.

There are plenty of tasty snack and meal options that don't contain excess amounts of salt and unhealthy fats.

ADD UP YOUR SCORE FOR FOOD.

GIVE YOURSELF 2 POINTS FOR EVERY 'IDEAL' ANSWER. TOTAL SCORE _____ OUT OF 10

ACTIVITY

1. I think about exercise or physical activity:

- a) Rarely; it makes me feel guilty.
- b) Only if someone talks about it.
- c) Most days.
- d) All the time; I'm obsessive.

1. Ideal answer: c) Most days.

The best kind of exercise is something you enjoy and can participate in on a regular, basis. Thinking about activity every day—and feeling positive about it—is a good sign!

2. I get the recommended amount of moderate physical activity for 30 minutes per day:

- a) Sometimes
- b) Always
- c) Rarely
- d) Never

2. Ideal answer: b) Always.

This amount—30 minutes per day—is the amount recommended by ActNowBC to slightly improve and/or maintain your current health and fitness status.

3. I participate in 'vigorous' physical activity:

- a) At least 30 minutes, 3 times per week.
- b) At least 90 minutes, every day.
- c) At least once a week.
- d) At least 30 minutes every day.

3. Ideal answer: a) At least 30 minutes, 3 times per week.

All physical activity is good for you. But the greatest health benefits come from 'vigorous' activity, the kind that makes you break a sweat, breathe heavily, and work hard

4. I don't play sports, but I still get regular physical activity:

- a) Sometimes.
- b) Rarely.
- c) Often.
- d) Always.

4. Best answer: d) Always.

There are plenty of different ways to meet your physical activity requirements. Walking, raking leaves, dancing, riding your bike – you don't have to be an athlete!

5. I regularly get the following kinds of activity recommended by Canada's Physical Activity Guide:

- a) Flexibility activities that make me stretch and twist.
- b) Strength activities that make me lift and push, which builds my muscles.
- c) Endurance activities, that strengthen my heart and lungs.
- d) All of the above.

5. Ideal answer: d) All of the above.

We usually think of endurance activities like walking or running when we think about 'activity'. But building strength and flexibility are also important.

ADD UP YOUR SCORE FOR ACTIVITY.

GIVE YOURSELF 2 POINTS FOR EVERY 'IDEAL' ANSWER. TOTAL SCORE _____ OUT OF 10



Add up your score for each section to equal a total out of 50.

SUN SAFETY	=	
TOBACCO USE	=	
WEIGHT	=	
FOOD	=	
ACTIVITY	=	
<hr/>		
TOTAL	=	/50

If you scored 40 – 50 points • WOW!

Your score has achieved a range that is generally linked with maximum health benefits and a reduced risk of diseases such as cancer.

If you scored 30 – 40 points • Good for you!

Your score falls within a range that is generally linked with many health benefits. There are probably one or two areas in your lifestyle habits that could be improved to achieve maximum health benefits and reduce the risk of cancer.

If you scored 20 – 30 points • OK . . .but . . .

Your score falls within a range that is often linked with some health risks including cancer. There are several areas that you may want to focus on for a healthier lifestyle.

If you scored less than 20 • Yikes!

Your score falls within a range that is often linked with many health risks. The good news is that it is not too late to improve on lifestyle habits and repair the damage that may have occurred in your body.

Now take a look at each category. Are there some where you scored much lower or higher? If you scored 4 or 5 on some categories, good for you! If you scored below 3 on any category, perhaps that is an area where you could make some changes. For more information and tips to improve your overall health, see our Get Informed pages and click on the tab for each category.