Healthy Living
Questionnaire
Self-assessment

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. This questionnaire will help you evaluate your own habits in five areas that can really make a difference to your health - for now and in the future. When answering the questions, think about your typical daily or weekly routine. Choose the one answer that best describes your current habits. In some questions, there may be several ‘good’ answers. Try to pick the one that most fairly represents what you do or how you feel.

SUN SAFETY

1 I’ve heard that the sun can be bad for my skin, so I slip on clothing, slap on a hat, slop on 30+SPF sunscreen, and seek shade.

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

It’s true that UV rays from the sun can seriously damage your skin. Protect yourself by wearing lightweight clothing that covers your skin, a broad-brimmed hat, and UV-rated sunglasses. Wear 30+SPF sunscreen and look for shade between 11 am to 3 pm.

2 I try to protect my skin even on overcast days and during the winter months.

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

The sun’s UV rays can blast right through a layer of clouds, and give you a sunburn. In winter, you have to be really careful, because water, ice, and snow all reflect UV rays—no matter how cold the temperature.

3 I stay out of tanning beds.

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

Tanning or sun beds emit exactly the same kind of dangerous UV rays as the sun, and will make your skin blotchy, wrinkled, and aged. And, yes, they cause skin cancer. The only safe ‘tan’ comes from a spray or cream product that you apply to your skin (and they work pretty well).

ADD UP YOUR TALLY FOR THIS SECTION.
#1=5, #2=4, #3=3, #4=2, #5=1. TOTAL SCORE _____ OUT OF 15
TOBACCO USE

1 I stay away from tobacco products, including cigarettes, cigars, pipes, chewing tobacco (SUNS), and spit tobacco.

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

Tobacco makes people sick, period. If you smoke or use smokeless tobacco, you are risking your health. The good news is that quitting reduces your risk. It’s not easy, but you can get help (from Quitnow.ca, a doctor, or a counsellor) and find ways to deal with stress other than tobacco use.

2 I try to move away from other people’s second-hand smoke.

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

It can be awkward to tell people you don’t want to breathe their tobacco smoke. But the only way to protect yourself from its harmful effects is not to inhale it. And remember, true friends would never encourage you to smoke.

3 I avoid tobacco alternatives like clove cigarettes, hooka pipes, and e-cigarettes (vaping).

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

If you use these products you are inhaling chemicals and other substances into your lungs. Nobody can tell you that’s safe. Honour your body and your health by staying away from them.

ADD UP YOUR TALLY FOR THIS SECTION.
#1=5, #2=4, #3=3, #4=2, #5=1.

TOTAL SCORE _____ OUT OF 15
HEALTHY WEIGHT

1 I honour my body every day by being physically active (getting at least 60 minutes of moderate activity) and by eating a healthy diet that includes 4 to 8 servings of vegetables and fruit.

   1) Always
   2) Often
   3) Sometimes
   4) Seldom
   5) Never

A healthy weight range is different for everyone, but the best way to get in that range is to eat nutritious food and to get the recommended amount of physical activity. During the teen years, your body is still growing and you need to eat well. Overeating or going hungry can lead to bad eating habits.

2 I spend no more than 2 hours a day on recreational screen time such as watching TV, gaming, or on the internet.

   1) Always
   2) Often
   3) Sometimes
   4) Seldom
   5) Never

Watching TV and being on your computer are part of life. But as long as you’re sitting still, you’re not doing your body any favours. Try to limit these activities to less than 2 hours a day.

3 When eating, I am mindful of my food intake by watching my portion sizes, and taking time to savour the flavours, smells, and textures of my meals.

   1) Always
   2) Often
   3) Sometimes
   4) Seldom
   5) Never

Mindful eating sounds like meditation, but really it’s just being aware of every bite rather than mindlessly consuming. If you are fully engaged with your meal, you may feel satisfied after only a small portion, eat more nutritiously, enjoy food more, and reduce stress by changing your feelings about food.

ADD UP YOUR TALLY FOR THIS SECTION.
#1=5, #2=4, #3=3, #4=2, #5=1. TOTAL SCORE _____ OUT OF 15
EATING WELL

1 I eat a variety of vegetables and fruit 4 to 8 times per day.

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

Healthy Families BC recommends at least 4 to 8 servings of vegetables and fruit a day for children and teens. Eating plant-based foods is one of the best ways to stay healthy and strong. Did you know that the darker the colour, the more nutritious the vegetable?

2 I try not to eat too many foods and drinks that are salty, fatty, and sugary. I avoid sugary drinks and fatty or salty food.

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

Soda, fast food, and snacks add calories that lead to unhealthy weight gain. Quench your thirst with water—it’s sugar-free.

3 Whether I prepare my own meals or eat out, I look for healthier choices to order.

1) Always
2) Often
3) Sometimes
4) Seldom
5) Never

It’s okay to have fast food once in a while, but most fast food is high in fat, salt, and sugar but low in nutrients. Instead, look for tasty snack and meal options that are lower in salt, sugar, and unhealthy fats. It’s also a good idea to learn how to cook some simple, healthy dishes for yourself.

ADD UP YOUR TALLY FOR THIS SECTION.
#1=5, #2=4, #3=3, #4=2, #5=1. TOTAL SCORE _____ OUT OF 15
# PHYSICAL ACTIVITY

1 I enjoy doing at least 60 minutes of moderate physical activities every day.

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<th>1) Always</th>
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Sixty minutes of moderate activity per day is recommended for those age 5 to 17. This amount will help to improve or maintain your fitness.

2 I look for ways to include activity in my daily life.

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<th>1) Always</th>
<th>2) Often</th>
<th>3) Sometimes</th>
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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!

3 I do some kind of stretching and strength activities at least 3 times a week.

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Mention ‘activity’ and we usually think of endurance activities like jogging or playing sports. But there are plenty of different ways to meet your physical activity requirements. Walking, yoga, vacuuming, dancing, riding your bike—you don’t have to be an athlete to improve your fitness.

## ADD UP YOUR TALLY FOR THIS SECTION.

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