

# WHAT'S YOUR SCORE?



Small lifestyle changes make a **BIG** difference

QUESTIONS	1pt	3pt	5pt	Score
<i>How old are you?</i>	<i>U35</i>	<i>35 - 50</i>	<i>51+</i>	
<i>Have you had your blood pressure checked in the last 6 months?</i>	<i>Yes</i>		<i>No</i>	
<i>Have you had your cholesterol checked in the last year?</i>	<i>Yes</i>		<i>No</i>	
<i>Have you had your blood sugar checked in the last year?</i>	<i>Yes</i>		<i>No</i>	
<i>Have you spoken to your doctor about your prostate?</i>	<i>Yes</i>		<i>No</i>	
<i>Do you deliberately limit the amount of fats in your diet?</i>	<i>Yes</i>	<i>Most times</i>	<i>No</i>	
<i>Have you spoken to your doctor about your bowel cancer risk?</i>	<i>Yes</i>		<i>No</i>	
<i>Do you get mild pain and inflammation in your joints?</i>	<i>No</i>	<i>Most times</i>	<i>Yes</i>	
<i>Are you a non-smoker?</i>	<i>Yes</i>		<i>No</i>	
<i>Do you have a partner, close friend or relative who is there for you in tough times?</i>	<i>Yes</i>	<i>Most times</i>	<i>No</i>	
<i>On average, would you do 2.5 hours of physical activity per week?</i>	<i>Yes</i>	<i>Most times</i>	<i>No</i>	
<i>Do you have at least 3 alcohol free days per week?</i>	<i>Yes</i>	<i>Most times</i>	<i>No</i>	
<i>Do you eat 5 or more serves of fruit and vegetables per day?</i>	<i>Yes</i>	<i>Most times</i>	<i>No</i>	
<i>Have you had your skin checked in the last year?</i>	<i>Yes</i>		<i>No</i>	
<i>Have you ever been for a general men's health check-up when you're not sick?</i>	<i>Yes</i>		<i>No</i>	
<i>Have either of your parents, or any of your brothers and sisters been diagnosed with a heart disease?</i>	<i>No</i>		<i>Yes</i>	
<i>Do you regularly check your testicles for lumps or other abnormalities?</i>	<i>Yes</i>		<i>No</i>	
<i>Do you feel okay about getting help when you feel down or blue?</i>	<i>Yes</i>	<i>Maybe</i>	<i>No</i>	

*Here's your score*

# How to interpret your score:

**18-45**

Well done - looks like you're making plenty of right healthy lifestyle choices and keeping in control of your health. Keep it up but still make sure you maintain a good relationship with your GP and have a yearly check-up. Why not make Men's Health Week the time you have your annual visit to the GP?

**46-70**

It may be time to tighten up a bit on your health routines and think more about how you're eating and moving. It is important that you book in for an annual men's health check and discuss all age appropriate health risks and tests with your GP. Men's Health Week is a great time to start being proactive with your health.

**71-90**

Looks like it may be time for some changes to catch up on the health admin you might have been missing. Call your local GP today and book an appointment for a full men's health check and a chat about your health risks and what changes you can make to your lifestyle to lower your risk of illness. Remember, small changes can make big differences.....you just have to start.



## Healthy eating and 30 minutes of daily exercise

can help prevent some cancers, type 2 diabetes and improve heart and mental health.

**Reducing portion sizes, fats, salt, sugar and alcohol** will have a positive impact on your overall health.

**Staying active**, listening, talking, connecting and learning all help you stay on top of mental health issues.

**Make a change now** and see how much better you feel.

*If you have any concerns about your health, please visit any or all of our other [menshealthweek.co.nz](http://menshealthweek.co.nz) pages with plenty of useful information or contact a health professional or your doctor.*

- *This survey is an adaptation of Foundation 49's One Minute Men's Health Check. This survey is not a diagnosis. It is recommended that all men visit a GP on a yearly basis.*
- *Your details will NOT be collected or used by Men's Health Week to electronically or in any other way contact What's Your Score? participants.*