

HEALTH IMPROVEMENT CARD

Male () Female ()

Age 20-34 () 35-39 () 40-44 () 50-54 () 55-59 () 60-64 () 65-69 () 70-74 ()

Height () metres or feet Weight () kilograms or pounds

Waist circumference () centimetres or inches

Body mass index = $\frac{\text{weight (kg)}}{\text{height (m)} \times \text{height(m)}}$ () kg/m²
(SI [metric] units)

OR

Body mass index = $\frac{\text{weight (lb)}}{\text{height (in)} \times \text{height(in)}} \times 703$ () lb/in²
(Imperial/US customary units)

Biometrics scorecard

- helps you track measurable risk indicators which could over time damage your health, potentially leading to cancers, diabetes, respiratory diseases, heart disease, mental health problems and oral diseases.
- allows your health professional to help support you with information, advice, treatments (when indicated) and care
- enables you to improve your health through your own personalised action plan

	GOAL	CAUTION	HIGH RISK
BODY MASS INDEX	18.5 - 24.9	25 - 29.9	30 or greater
FASTING BLOOD SUGAR	less than 100 mg/dL	100 - 125 mg/dL or treat to goal	126 mg/dL or more
CHOLESTEROL	Less than 200 mg/dL untreated	200 - 239 mg/dL or treat to goal	240 or more mg/dL
BLOOD PRESSURE	SBP less than 120 mmHg and DBP less than 80 mmHg	SBP 120 - 139 mmHg and DBP 80 - 89 mmHg	SBP more than 140 mmHg and DBP more than 90 mmHg

HEALTH IMPROVEMENT ACTION PLAN

my commitment		my goal:
my action		target date:
health professional action		

For details, visit www.whpa.org

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Lifestyle scorecard

- helps you understand how you can improve your health by changing your lifestyle
- allows your health professional to help you improve your health and well-being
- enables you to own and personalise your health improvement action plan

		GOAL	CAUTION	HIGH RISK
HEALTHY DIET	—	An unhealthy diet increases your risk of being overweight, obese and developing oral diseases	5 portions of fruit and vegetables per day	I do not eat fruit and vegetables
	+	Eat more fruit and vegetables every day and seek advice on lowering salt and saturated fats	Less than 5 portions of fruit and vegetables per day	I do not eat fruit and vegetables
PHYSICAL ACTIVITY	—	Lack of physical activity increases your risk of cardiovascular diseases, diabetes and some cancers	Physical activity at least 30 minutes per day	Physical activity is not a part of my daily routine
	+	Increase the amount of time spent on physical activities at home and at work and engage in sports	Physical activity less than 30 minutes per day	Physical activity is not a part of my daily routine
TOBACCO USE	—	Tobacco use increases your risk, and the risk of those around you, of cancer, lung diseases, heart attack and stroke	No, I never use or have stopped using tobacco	Yes, I use tobacco
	+	Stop smoking from today onwards	No, I never use or have stopped using tobacco	Yes, I use tobacco
USE OF ALCOHOL	—	Harmful use of alcohol increase your risk of mental illnesses, and liver damage and other alcohol related deaths	< 2 drinks per day	>5 drinks per day or >5 days per week
	+	Limit the amount of alcohol that you drink each day	3-4 drinks per day	>5 drinks per day or >5 days per week

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The Linda Crane Lectureship
January 2019

Health Competencies: The C.R.A.N.E.



Elizabeth Dean PhD PT
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Why and How Physical Therapists Can Lead in Health Promotion and Disease Prevention

As a leading health profession that is largely non-pharmacologic, physical therapists are strategically well positioned to lead in reversing the tide of lifestyle-related non-communicable diseases – heart disease, cancer, hypertension, stroke, diabetes, obesity, and chronic obstructive lung disease. There is unequivocal understanding about the etiology and contributing factors underlying these conditions. However, they are increasingly prevalent worldwide and continue to be largely addressed with interventions, rather than an equivalent commitment to their prevention. Physical therapists can assume the role of being the ultimate ‘knowledge translators’. In the words of the American famed writer Marianne Williamson, *‘We are powerful beyond measure; who are we to play small.’*

Inspired by two remarkable individuals, both of whom lost their lives prematurely yet left indelible legacies– our beloved, Linda Crane, and a Japanese girl, Sadako Sasaki, who folded 1000 origami cranes accordingly to Japanese legend, the C.R.A.N.E. prescription evolved for health competencies. These are Competencies that are *Research*-informed (epidemiologically and experimentally), that rely of targeted *Assessment of Nutrition* and *Exercise*, in addition to smoking, sleep, and mental health.

The World Confederation for Physical Therapy, a member of the World Health Professions Alliance, was actively involved in development of the Health Improvement Card. This Card is simple to administer and facilitates health education discussion between the physical therapist and patient. It is a tool that provides a profile for health assessment and basis for health education. With use of the Health Improvement Card in routine evaluation, physical therapists can provide a united front in reversing lifestyle-related non-communicable diseases worldwide – an initiative no other health profession has committed to previously.

In Asia, the crane is associated with eternity and symbolizes innocent victims, those of the atomic bomb. Use of the attached Health Improvement Card can advance the values of the crane, embodied in the name of Linda Crane, and Sadako Sasaki, and her belief in the mystical quality of this legendary bird.