HEALTH IMPROVEMENT CARD

Male () Female ()			
)50-54()55-59()60-64() 65-69 () 70-74 ()
Height () metres or feet	Weight () kilograms or	pounds	
Waist circumference () ce	entimetres or inches		
Body mass index = (SI (metric) units)	weight (kg) height (m) x height(m)	() kg/m²
OR Body mass index = (Imperial/US customary units)	weight (lb) height (in) x height(in)	() lb/in²

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



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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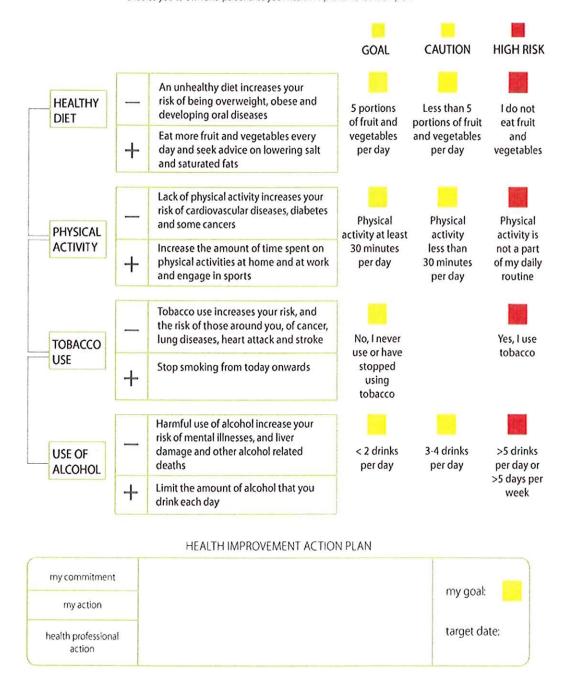






Lifestyle scorecard

- 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



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

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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 Sasaski, and her belief in the mystical quality of this legendary bird.