



# Healthy Aging Assessment

## How well are you aging?



### Welcome to the Healthy Aging Assessment

This assessment will help you determine whether your current lifestyle choices are helping you age well. If you are aged 50 or older, this assessment is for you.

### Instructions

- This assessment will take about 10 minutes to complete.
- For each question, check the most appropriate response based on your current circumstances (unless otherwise specified)
- Write your score in the MY SCORE box.

<input type="checkbox"/>	Yes, 5 days or more per week	2 points
<input type="checkbox"/>	3-4 days per week	1 point
<input type="checkbox"/>	0-2 days per week	0 points
<b>Enter your total points:</b>		<input type="text"/> points



- Select activities that best describes your regular activities/behaviors in a typical week.
- If you cannot decide between two scoring options, check the lower scored option.
- When you have answered all questions, check the last page for your final score and what it tells you about your current lifestyle choices.

Throughout the assessment, check out the tips to help you age well. Once you complete the assessment, take it with you to your next doctor's appointment to see what s/he recommends for improving your health. Use the action plan on page 14 to start planning new, healthy behaviors.

\*This assessment was adapted from the Healthy Aging Quiz developed by the National Ageing Research Institute for the National Seniors Australia Productive Ageing Centre



## Physical Activity

1. In a typical week, do you do 30 minutes of moderately intense physical activity a day? *This means exercise or activity that causes the heart to beat faster and makes you breathe harder but during which you can still talk comfortably. For example, brisk walking, mowing the lawn, digging in the garden, or medium paced swimming or cycling, or heavy housework. The 30 minutes could be achieved in several 10-15 minute blocks.*

	Yes, 5 days or more per week	2 points
	3-4 days per week	1 point
	0-2 days per week	0 points
	<b>Enter your total points:</b>	___ points

2. Check which of the following exercises you undertake regularly in a typical week. *Some activities may include several of the components below.*

	Strength/power training	1 point
	Balance and mobility activities (e.g. walking, balance)	1 point
	Cardiorespiratory activities (e.g. aerobics, swimming, cycling, brisk walk)	1 point
	Flexibility (stretching, yoga)	1 point
	None of the above	0 points
	<b>Enter your total points:</b>	___ points

## Physical Activity Tips

Score less than 2 on question one and less than 4 on question two? Try these tips to improve your level of physical activity.

- Physical activity is good for both your body and your mind. Aim to do at least 30 minutes of moderate activity each day. The 30 minutes can be broken up into smaller time increments and can include structured exercise or physical activity such as gardening or walking.
- Include a variety of exercises that help improve your function and independence: strength/power training, balance, mobility and cardiorespiratory activities and flexibility.
- Exercise programs are available through gyms, community centers, park & rec departments, senior centers, and more.
- Check out a WIHA evidence-based physical activity program at: <https://wihealthyaging.org/programs/be-active-programs/>
- See the older adult Physical Activity Guidelines for Americans at <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>

**TOTAL SCORE FOR PHYSICAL ACTIVITY:** \_\_\_\_\_



## Balance & Falls

3. Do you feel unsteady or at risk of losing your balance when walking and turning?

	No unsteadiness	2 points
	Very little/minimal unsteadiness	1 point
	Moderate to severe unsteadiness	0 points
	<b>Enter your total points:</b>	___ points

4. How many falls have you had in the past 12 months? *A fall is where you land on a lower surface, and includes trips and slips.*

	None in the past 12 months	2 points
	1 in the past 12 months (no medical treatment needed)	1 point
	2 in the past 12 months (no medical treatment needed)	1 point
	1 or more requiring medical treatment	0 points
	<b>Enter your total points:</b>	___ points

## Balance & Falls Tips

Score less than 2 on either of the last two questions? Try these tips to improve your balance and prevent falls.

- If you have concerns about your balance, or have fallen, investigate the cause. A number of factors could be contributing to the problem including vision, muscle weakness, balance problems, inactivity, medication, certain medical conditions, foot problems or inappropriate footwear.
- For further information about fall risk factors and strategies to prevent falls, talk to your doctor or visit: <https://wihealthyaging.org/initiatives/preventing-falls/>
- Check out the WIHA evidence-based falls prevention programs at <https://wihealthyaging.org/programs/falls-prevention-programs/>

**TOTAL SCORE FOR BALANCE & FALLS:** \_\_\_\_\_



## Smoking & Alcohol Use

5. Do you smoke or have you ever smoked?

	Never smoked or stopped over 10 years ago	2 points
	I was a smoker, but stopped within the last 10 years	1 point
	I do not smoke but others smoke around me	1 point
	Yes, I currently smoke (this includes being an occasional smoker)	0 points
	<b>Enter your total points:</b>	___ points

6. Do you drink more than the recommended level? *The recommended level for low-risk drinking is two standard drinks a day for healthy men and one standard drink a day for women. See the US Standard Drink Sizes graphic below.*

	I never or rarely drink	2 points
	No, I drink within the recommended levels	2 points
	Yes, I drink more than the recommended levels	0 points
	<b>Enter your total points:</b>	___ points

## Smoking & Alcohol Tips

Score less than 2 on either of the last two questions? Try these tips to stop smoking and reduce alcohol use.

- Quit smoking now! Speak to your doctor or call the Quitline at 1-800-QUIT-NOW
- You can also visit [https://www.cdc.gov/tobacco/quit\\_smoking/index.htm](https://www.cdc.gov/tobacco/quit_smoking/index.htm) for strategies to help you beat the habit.
- Although there are some health benefits associated with some moderate alcohol use (e.g. a glass of red wine), use alcohol wisely and drink within the recommended level for low risk drinking.
- For older people, it may be preferable to drink less or no alcohol because the body's ability to process alcohol decreases with age and alcohol may interact with medication.
- For more information on alcohol and older adults, visit <https://www.ncoa.org/article/drinking-and-healthy-aging-know-your-limits>

### US Standard Drink Sizes



**12 ounces**  
5% ABV beer



**8 ounces**  
7% ABV malt liquor



**5 ounces**  
12% ABV wine



**1.5 ounces**  
40% (80 proof)  
ABV distilled spirits  
(gin, rum, vodka,  
whiskey, etc.)

ABV = Alcohol by Volume

**TOTAL SCORE FOR SMOKING & ALCOHOL:** \_\_\_\_\_



## Weight

7. Body Mass Index (BMI) is a measure of body fat based on height and weight. Is your BMI within the normal range? Check the BMI table [here](#) or use the BMI calculator [here](#).

	My BMI is normal -For those under 65 years: 20-25 -For those over 65 years: 20-27	2 points
	My BMI is below 20	0 points
	My BMI is high -For those under 65 years: over 25 -For those over 65 years: over 27	0 points
	<b>Enter your total points:</b>	___ points

8. What is your waist circumference? *Place the tape measure directly on your skin, roughly in line with your belly button, breathe out normally and measure. The tape should be snug but not squeezing the skin.*

	My waist circumference is <b>under</b> : Men: 37 inches Women: 31.5 inches	2 points
	My waist circumference is <b>between</b> : Men: 37-40.2 inches Women: 31.5-35.4 inches	1 point
	My waist circumference is <b>above</b> : Men: 40.2 inches Women: 35.4 inches	0 points
	<b>Enter your total points:</b>	___ points

## Weight Tips

Score less than 2 on either of the last two questions? Try these tips for reaching a healthy weight.

- Being obese, overweight or underweight increases your risk for many chronic diseases.
- Ensure your weight is within the healthy range for your height.
- Your Body Mass Index should be between 20 and 25. If you are over 65 years of age a BMI of 26-27 is also acceptable.
- Your waist circumference should be 31.5 inches or less for women and 37 inches or less for men.
- To control your weight, eat healthy balanced meals and exercise regularly.
- Your doctor or a dietitian can also provide other advice on ways to reduce your weight.

**TOTAL SCORE FOR WEIGHT:** \_\_\_\_\_



## Nutrition

9. In a typical week, do you eat a well-balanced diet? *The Dietary Guidelines for Americans recommend your diet should include the following each day:*

- 2 cups fruits
- 2.5 cups vegetables
- 6 ounces grains
- 5.5 ounces protein
- 3 cups dairy
- Less than 2,300 mg sodium, 22g of saturated fat, and 50g of added sugar

	I mostly or always eat a well-balanced diet	2 points
	I sometimes eat a well-balanced diet	1 point
	I never or rarely eat a well-balanced diet	0 points
	<b>Enter your total points:</b>	___ points

10. Do you eat three regular meals a day?

	Yes	2 points
	Mostly	1 point
	No	0 points
	<b>Enter your total points:</b>	___ points

## Nutrition Tips

Score less than 2 on either of the last two questions? Try these tips to improve your nutrition.

- Your body needs fuel for energy and vitamins and minerals to function efficiently and for this you need a healthy, balanced diet. Poor diet is associated with many preventable chronic diseases.
- Aim to eat three meals each day (or more frequent smaller meals).
- Ensure that your diet meets the guidelines for healthy eating outlined above. The guidelines can be downloaded from: [https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)
- A dietician can help you develop a healthy meal plan.

**TOTAL SCORE FOR NUTRITION:** \_\_\_\_\_



## Chronic Conditions & Medical Care

11. Do you have any of the following conditions: arthritis, high cholesterol, high blood pressure, diabetes, heart disease, cancer, depression, bronchitis/emphysema, osteoporosis (low bone density) or other chronic conditions?

	I have no chronic conditions	2 points
	I have one or more chronic conditions, but they are well managed	1 point
	I have one or more chronic conditions that cause me some concern	0 points
	<b>Enter your total points:</b>	___ points

12. Have you visited a doctor (GP or other medical practitioner) in the last 12 months for an annual check up?

	Yes	2 points
	No	0 points
	<b>Enter your total points:</b>	___ points

## Chronic Conditions & Medical Care Tips

Score less than 2 on either of the last two questions? Try these tips for better care of chronic conditions.

- Learn all you can about your chronic condition – what helps the condition and what makes it worse. Talk to your doctor or contact a relevant chronic disease association (e.g. Arthritis Foundation, National Diabetes Foundation, American Cancer Society, National Kidney Foundation, American Heart Association, American Stroke Association)
- Understand the medication you take, their side effects, and any contraindications. Talk to your doctor or pharmacist. Ask them about a medication review.
- Have a general checkup each year, as early detection of problems improves outcomes.
- Check out the WIHA evidence-based programs to help you prevent or manage chronic conditions at <https://wihealthyaging.org/programs/live-well-programs/>

**TOTAL SCORE FOR CHRONIC CONDITIONS & MEDICAL CARE:** \_\_\_\_\_



## Sleep & Stimulating Your Mind

13. Do you have difficulty sleeping?

	I generally sleep well	2 points
	My sleep is interrupted but I usually go back to sleep without difficulty	1 point
	I generally have difficulty sleeping	0 points
	<b>Enter your total points:</b>	___ points

14. In a typical week, how often do you engage in activities that challenge/stimulate your mind most days of the week? *For example, reading, writing, playing a musical instrument, playing games (cards, checkers, doing crosswords), watching stimulating TV programs (such as documentaries) and learning new activities/skills.*

	5 days or more per week	2 points
	3-4 days per week	1 point
	0-2 days per week	0 points
	<b>Enter your total points:</b>	___ points

## Sleep & Stimulating Your Mind Tips

Score less than 2 on either of the last two questions? Try these tips to improve your sleep and stimulating your mind.

- Your body needs sleep to repair any cell damage and to refresh your immune system. A good night's sleep (generally 8 hours) helps your concentration and your memory function.
- Avoid smoking or consuming alcohol or caffeine before bedtime, avoid too much daytime napping, establish regular sleep hours and a routine, and keep active during the day. Exposure to sunlight (at least 2 hours a day) helps regulate your sleep-wake cycle. Limit the use of sleeping tablets; they are a short term solution and can cause long term health problems.
- Investigate the causes of sleep problems and address them. They may include pain, medication, lack of exercise, psychological stress, or sleep disorders such as sleep apnea. Talk to your doctor.
- Just like your body, you need to keep your mind active.
- Learn a new skill or take up a new hobby (eg painting, carpentry), do a short course, read, write, do crosswords puzzles, learn to play a musical instrument or a foreign language.
- If you have concerns about your memory, see your doctor.
- Keeping physically and socially active also helps. Try out a WIHA program to learn something new and stay socially active: <https://wihealthyaging.org/programs/>

**TOTAL SCORE FOR SLEEP & STIMULATING YOUR MIND:** \_\_\_\_\_





## Social Connections & Productive Engagement

15. In a typical week, how often do you have activities that keep you socially and productively engaged (ie that are worthwhile and satisfying)? For example, church or volunteer work, paid work, taking care of your grandchildren, or creative or craft activities.

	5 days or more per week	2 points
	3-4 days per week	1 point
	0-2 days per week	0 points
	<b>Enter your total points:</b> ___ points	

16. How often are you involved in any group activities (formal or informal), community or religious organizations (in total at least once a week)? For example, card clubs, golf club, choir, reading group, church activities, etc.

	At least once a week	2 points
	1-2 per month (not weekly)	1 point
	Rarely	0 points
	<b>Enter your total points:</b> ___ points	

17. How often do you see or hear from family and/or friends in a typical week?

	5 days or more per week	2 points
	3-4 days per week	1 point
	0-2 days per week	0 points
	<b>Enter your total points:</b> ___ points	

18. Do you have people you feel you can depend on?

	I definitely do	2 points
	I do to some degree	1 point
	I definitely do not	0 points
	<b>Enter your total points:</b> ___ points	

19. Do you have people you feel very close to?

	I definitely do	2 points
	I do to some degree	1 point
	I definitely do not	0 points
	<b>Enter your total points:</b> ___ points	



## Social Connections & Productive Engagement Tips

Score less than 2 on any of the last five questions? Try these tips to improve your social connections.

- Do things that make you happy and that are worthwhile to you – this may include working, looking after grandchildren, volunteering, and doing creative arts and crafts.
- Take time to develop and nurture your relationships with family and friends; not only are they people you can turn to in need, but they provide a social outlet and companionship.
- Group activities and volunteering give you an opportunity to meet new people. Find a WIHA program near you at <https://wihealthyaging.org/programs/>
- If you feel lonely and isolated, speak to someone – a family member or friend, your doctor, a social worker or a psychologist.
- If you have persistent symptoms of low mood, see your doctor.

**TOTAL SCORE FOR SOCIAL CONNECTIONS & PRODUCTIVE ENGAGEMENT:** \_\_\_\_\_



## Optimism & Adaptability

20. Are you generally an optimistic person?

	Yes	2 points
	To some degree	1 point
	No	0 points
	<b>Enter your total points:</b> ___ points	

21. How often do you look for opportunities that maximize what you can still do or find new activities to meet your current abilities or circumstances?

	Often or always	2 points
	Sometimes	1 point
	Never or rarely	0 points
	<b>Enter your total points:</b> ___ points	

22. How often are there things that you look forward to each day?

	Often or always	2 points
	Sometimes	1 point
	Never or rarely	0 points
	<b>Enter your total points:</b> ___ points	

## Optimism & Adaptability Tips

Score less than 2 on any of the last three questions? Try these tips to improve your optimism and adaptability.

- It is important to have something to look forward to each day, no matter how big or small.
- Keep a positive attitude and an open mind to opportunities that come your way.
- Plan your retirement, including what you will do to keep mentally and physically active.
- If your health changes, look at what you can do and not what you can no longer do.

**TOTAL SCORE FOR OPTIMISM & ADAPTABILITY:** \_\_\_\_\_



## YOUR FINAL SCORE

Add up your total scores for each section and write them in the score column.

<b>Physical Activity</b> (Questions 1 & 2)	
<b>Balance &amp; Falls</b> (Questions 3 & 4)	
<b>Smoking &amp; Alcohol Use</b> (Questions 5 & 6)	
<b>Weight</b> (Questions 7 & 8)	
<b>Nutrition</b> (Questions 9 & 10)	
<b>Chronic Conditions &amp; Medical Care</b> (Questions 11 & 12)	
<b>Sleep &amp; Stimulating Your Mind</b> (Questions 13 & 14)	
<b>Social Connections &amp; Productive Engagement</b> (Questions 15 to 19)	
<b>Optimism &amp; Adaptability</b> (Questions 20 to 22)	
<b>TOTAL SCORE</b>	

## HOW DID YOU RATE?

### **POOR (a score of 0-15)**

There are many areas in your lifestyle that could be negatively impacting on your chances of aging well. Go through the assessment and highlight each question where you have scored less than 2 points (or 4 points for question two). Then check the tips in each section to see what you can do to improve each lifestyle factor.

### **FAIR (a score of 16-30)**

Although there are some areas in your lifestyle that are helping you age well, there are other areas that are letting you down. Go through the assessment and highlight each question where you have scored less than 2 points (or 4 points for question two). Then check the tips in each section to see what you can do to improve each lifestyle factor.

### **GOOD (a score of 31-46)**

You have adopted many positive lifestyle choices that are maximizing your chances of aging well. Go through the assessment and highlight each question where you have scored less than 2 points (or 4 points for question two). Then check the tips in each section to see what you can do to improve each lifestyle factor.



## Summary Tips

Here is a summary of some actions you can take to help you age well:

### **Physical Activity**

Do at least 30 minutes of moderate activity each day, include various types of exercise (strength/power training, balance, mobility and cardiorespiratory activities and flexibility).

### **Balance & Falls**

If you have concerns about your balance or have fallen, investigate the cause; talk to your doctor.

### **Smoking & Alcohol Use**

Quit smoking now and use alcohol wisely (no more than two standard drinks), for older people it may be preferable to drink less or no alcohol

### **Weight**

Keep your weight within the healthy range for your height; know your Body Mass Index (BMI) and waist measurement; exercise and a healthy diet are important.

### **Nutrition**

Aim to eat three meals each day (or more frequent smaller meals); ensure your diet meets the guidelines for healthy eating and drink enough water to keep you hydrated.

### **Chronic Conditions & Medical Care**

Learn all you can about your chronic condition - what helps the condition and what makes it worse - and your medication; have a general checkup each year.

### **Sleep**

Investigate the causes of sleep problems and address them; limit the use of sleeping tablets; establish regular sleep hours and a routine.

### **Stimulating Your Mind**

Keep your mind active (e.g. learn a new skill, take up a new hobby, do a short course, read, write, do crossword puzzles, learn to play a musical instrument or a foreign language); see a doctor if you have concerns about your memory.

### **Social Connections & Productive Engagement**

Do things that make you happy and are worthwhile to you; develop and nurture your relationships with family and friends; get involved in group activities and volunteering; if lonely, isolated or have persistent symptoms of low moods talk to someone (e.g. family, friend, doctor, social worker, psychologist).

### **Optimism and Adaptability**

Keep a positive attitude and an open mind to opportunities that come your way; plan your retirement activities as well as your finances; look at what you can do and not what you can no longer do.



## Action Plan

Lifestyle Risk Factor	Action to Address Risk Factor
	Actions:  People/groups to contact:  Date to be completed:
	Actions:  People/groups to contact:  Date to be completed:
	Actions:  People/groups to contact:  Date to be completed:
	Actions:  People/groups to contact:  Date to be completed:

**Additional Notes:**



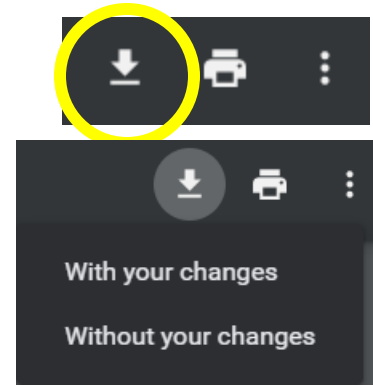
## Completed the assessment and want to **DOWNLOAD** your responses?

Click the download button in the upper right corner:

Then select "with your changes" to download the page with your edits.  
Or select "without your changes" to download a blank copy.

Save the document to a file on your computer (such as Desktop).

Then navigate to the desktop and open the file.



## Completed the assessment and want to **PRINT** your responses?

Click the print button in the upper right corner:

Select the printer and click print.

