

A Self-Test

Health Factors You Can Control

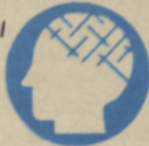
All of us want good health, but many people do not know that they really can make a significant contribution to their own health. In fact, health experts now say that lifestyle is one of the most important factors affecting seven of the ten leading causes of death.

This brief test will tell you how well you are doing to stay

healthy. It will also give you an idea of what you need to do to increase your "wellness."

The behaviors covered in this test are recommended for most people. However, persons with certain chronic diseases or handicaps, or pregnant women may require special instructions, in some areas, from their physicians.

Stress Control



Sometimes
Almost Never
Never

1. I have a job or do other work that I enjoy. 2 1 0
2. I find it easy to relax. 2 1 0
3. I prepare for events or situations that are likely to be stressful for me. 2 1 0
4. I have close friends, relatives or others whom I can talk to about personal matters and can call on for help when needed. 2 1 0
5. I participate in group activities (such as church and community organizations) or hobbies that I enjoy. 2 1 0

Stress Control Score: _____

Exercise and Fitness



1. I avoid becoming overweight or underweight. 3 1 0
2. I exercise vigorously for 15-30 minutes at least three times a week. 3 1 0
3. I do exercises that enhance my muscle tone for 15-30 minutes at least three times a week. 2 1 0
4. I use part of my leisure time participating in individual, family or team fitness activities. 2 1 0

Exercise and Fitness Score: _____

Scores of 9 and 10

Excellent! Your answers show that you are aware of the importance of this area to your health. More importantly though, you are putting your knowledge to work by practicing good health habits. As long as you continue to do so, this area should not pose a serious health risk.

Scores of 6 to 8

Your health practices in this area are good, but there is room for improvement. Look again at the items you answered with a "Sometimes" or "Almost Never." Even a small change in these items can often help you achieve better health.

Eating Habits



Sometimes
Almost Never
Never

1. I eat a variety of foods from each of the major food groups each day. 4 1 0
2. I limit the amount of fat, saturated fat and cholesterol I eat. 2 1 0
3. I limit the amount of salt I eat by cooking with only small amounts, not adding salt while eating and avoiding salty snacks. 2 1 0
4. I limit the amount of sugar I consume by cooking with only small amounts, not adding sugar while eating and avoiding snacking on candy and soft drinks. 2 1 0
5. I drink two or fewer cups of coffee per day. 2 1 0

Eating Habits Score: _____

Cigarette Smoking



1. If you never smoke, score 10 and go to the next section.
2. I avoid smoking cigarettes. 2 1 0
3. I smoke only low tar and nicotine cigarettes or I smoke only a pipe or cigars. 2 1 0

Smoking Score: _____

Safety



Sometimes
Almost Never
Never

1. I wear a seat belt while riding in a car. 2 1 0
2. I avoid driving while under the influence of alcohol and other drugs. 2 1 0
3. I observe traffic rules and drive defensively. 2 1 0
4. I am careful when using potentially harmful products or substances (such as poisonous substances or electrical devices). 2 1 0
5. I avoid smoking in bed. 2 1 0

Safety Score: _____

Alcohol and Drugs



1. I avoid drinking alcoholic beverages or I drink no more than 1 or 2 drinks a day. 4 1 0
2. I avoid using alcohol or drugs as a way of handling stressful situations or other problems. 2 1 0
3. I do not drink alcohol when taking medicines or when pregnant. 2 1 0
4. I follow the label directions when using prescription and over-the-counter drugs. 2 1 0

Alcohol and Drugs Score: _____

Scores of 3 to 5

You are running a risk to your health. You can easily get information about the risks you are facing in these areas and about why it is important for you to change these behaviors.

Scores of 0 to 2

Obviously, you were concerned enough about your health to take this test, but your answers show that you may be taking serious and unnecessary risks with your health. You should obtain the information and help you need to improve this area of your health. The next step is up to you.

New Programs

(continued from page 5)
of insuring state employees. In

this vein, BUBB has committed itself to initiating new cost containment programs. Foremost in its new agenda for controlling costs are participatory wellness programs and education.

The outcome of these programs will be tied closely to the amount of participation by state employees. Long-term participation will mean state employees, as a group, will be healthier, resulting in fewer

insurance claims and smaller increases in benefit costs.

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