

**FIND YOUR PATH TO
A HEALTHIER YOU:**
A HEALTH IMPROVEMENT
TOOL FOR YOUTH



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younghealthprogrammeyhp.com

AUTHORSHIP

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championingchange.org

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CONTENTS

01	INTRODUCTION: NONCOMMUNICABLE DISEASES AND THE HEALTH IMPROVEMENT CARD	4
02	HOW AM I DOING?: HEALTH SELF-ASSESSMENT (PDF)	6
	2.1 What do I want to Change?	
03	MAKING HEALTHY FOOD CHOICES: IMPROVING NUTRITION	10
	3.1 Food Groups and Nutrition Basics	
	3.2 This is what it looks like: Balanced meals	
	3.3 Small Changes, Big Results: Tips on forming new habits that make a big difference	
	3.4 What Can I Change?	
	3.5 Resources: Apps and sites	
04	LET'S GET MOVING: PHYSICAL ACTIVITY	16
	4.1 Why Exercise?	
	4.2 Small Changes, Big Results: Tips on forming new habits that make a big difference	
	4.3 What Can I Change?	
	4.4 Resources: Apps and sites	
05	BREATHE DEEPER: QUIT SMOKING	22
	5.1 This is what it looks like: Smoking vs. when you quit	
	5.2 Deciding to Quit: Setting yourself up for success	
	5.3 What Can I Change?	
	5.4 Resources: Apps and sites	
06	SAFE ALCOHOL USE	32
	6.1 This is what it looks like: When you drink	
	6.2 Deciding to Cut Down or Stop: Setting yourself up for success	
	6.3 What Can I Change?	
	6.4 Resources: Apps and sites	
07	A PATH TO A HEALTHIER YOU: ACTION PLANNING	38
	7.1 Goal Setting	
	7.2 Monitoring Progress	
	7.3 Reward Yourself—You deserve it!	



INTRODUCTION

NONCOMMUNICABLE DISEASES AND THE HEALTH IMPROVEMENT CARD

There are some diseases and infections, like the flu or malaria, that are passed from one person to another or from an animal to a person. Sadly, we don't always have control over catching these diseases.

Other diseases develop quietly in our bodies over time—we don't "catch" them from other people or animals. These are called non-communicable diseases (NCDs for short), and they are usually brought about by a person's own behaviors and habits over a long period of time.

Lucky for us, most of the time we can stop these NCDs from developing in our bodies. If we identify them early and start healthy habits, we can get medical help and manage NCDs in a way that can reduce pain, disability, financial costs, and allow us to live a more healthy life. Long-lasting conditions that can be controlled but not cured are called chronic diseases. Some chronic diseases though, like certain kinds of cancers, type I diabetes, and respiratory conditions are associated with genetic conditions and usually start at childhood or adolescence.

IF WE

THEN WE END UP

AND OVER TIME WE
CAN DEVELOP

SMOKE AND USE
TOBACCO

With **damage in body cells and tissues** and addicted to cigarettes and tobacco

lung disease, lung cancer and cancer in many other body parts

HAVE UNHEALTHY
EATING HABITS

with high sugar and cholesterol levels **and being overweight or obese**

diabetes, heart disease, cancer

DRINK TOO MUCH
ALCOHOL

with bad coordination, blackouts, **damage in body cells and tissues**, and addiction

liver and pancreas disease, diabetes, high blood pressure

EXERCISE VERY LITTLE
OR NOT AT ALL

Being overweight or obese

heart diseases, stroke, diabetes

WE CAN HELP PREVENT NCDs FROM DEVELOPING IN OUR BODIES BY:



BEING
PHYSICALLY
ACTIVE



EATING HEALTHY
FOODS



REDUCING OR
ELIMINATING UNHEALTHY
BEHAVIORS

like using tobacco or
drinking alcohol

02

HOW AM I DOING?

HEALTH SELF-ASSESSMENT

This Youth Risk Assessment Card is a simple, universal, educational tool to help you evaluate and record your responses to the four main areas of your health that can put you at risk of developing a non-communicable disease.

This short evaluation will help you identify your level of risk, and help you make plans to change your behavior so that you can live a longer, healthier life.

Read each question below and answer it honestly! Mark a tick in the box on each row, indicating your current risk level. Sum up your points on the right column to determine your risk level and then read the different chapters that follow to learn about different things that you can start doing to improve your health and lower your risk of developing an NCD.

THIS HEALTH IMPROVEMENT CARD WILL HELP YOU:

- 01.** Identify your level of risk for certain NCDs based on your current behaviors
- 02.** Identify your level of risk for NCDs based on four body measurements
- 03.** Learn about the positive habits and behaviors you can make to help you live a happier, healthier life
- 04.** Set your own health goals and develop a plan to make positive changes and stick to them

Name: _____

Date: _____

Age: _____ Sex: _____ Health facility: _____

	3 points	2 points	1 point	Total points
PHYSICAL ACTIVITY Sixty minutes of physical activity everyday like walking, biking and playing sports keeps your heart and body healthy	I am active 60 or more minutes every day	I am active less than 60 minutes every day	I am not active regularly	
DIET A balanced diet rich in fruits and vegetables keep your immune system strong and prevents illness	I eat 5 or more fruits and vegetable servings daily	I eat less than 5 fruits and vegetable servings daily	I do not eat fruits and vegetables regularly	
TOBACCO USE Tobacco use increases your risk for cancer, lung disease, heart attack and stroke	I have never used tobacco	I use tobacco once in a while	I use tobacco almost every day	
ALCOHOL USE Drinking alcohol increases your risk of developing mental illness, cardiovascular disease, diabetes, some cancers and liver damage	I drink one or less alcoholic drinks per day	I drink 1-2 alcoholic drinks per day	I drink more than 3 alcoholic drinks per day	
Your total score is:				

WHAT YOUR SCORE MEANS:

4-6 points: Your health behaviors are unhealthy, putting you at high risk of having an NCD. Luckily you can begin changing your behavior today!

7-11 points: You have some unhealthy health behaviors, putting you at medium risk for having an NCD. Everyday is an opportunity to adopt healthy behaviors!

12 points: Your behaviors are healthy. Congratulations! You are at low risk for having an NCD. Keep it up!

You will need to go to your local health clinic to help you complete this section of the Assessment Card. You may also be able to complete some of the information at home or school if you have a height chart, a measuring tape, and a scale. Once you have your results, write them on the line in the correct section and circle the corresponding scores below along with your points for each. Add up your points from each section and write the total in the box below. Make sure to review your results with a health professional. Because you are still growing, normal levels for several of these measurements vary depending on your age and sex. Please see the chart on page 43 of this guide to evaluate your BMI.



BODY MEASUREMENTS

BODY MASS INDEX (BMI): is a simple way of measuring whether you are underweight or overweight.

To calculate use these formulas:

$$\text{BMI} = \frac{(\text{weight kilograms})}{\text{height in meters}^2}$$

$$\text{BMI} = \frac{(\text{weight pounds} \times 703)}{\text{height in inches}^2}$$

Calculate your BMI here:

YOUR BMI=

My Height:

My Weight:

My BMI:



My BMI is in the Normal Range



My BMI is in the Overweight Range



My BMI is in the Obese Range

Use the chart on page 43 to evaluate your points here:

.....



CLINICAL LABORATORIES

FASTING BLOOD SUGAR LEVELS: This is the amount of blood sugar in your blood when you fast, that is without eating for more than 8 hours. The test shows how well your body processes sugar.

My fasting Blood Sugar level is:

.....



Less than 100 mg/dl



100-125 mg/dl



More than 126 mg/dl

POINTS

.....

CHOLESTEROL: Is the level of material that blocks blood flow within the body. It is a marker of future heart attack and stroke.

My cholesterol level is:

POINTS

**3
POINTS**

Less than
200 mg/dl

**2
POINTS**

200 -239
mg/dl

**1
POINT**

More than
240 mg/dl

BLOOD PRESSURE: Is the pressure exerted by blood upon the walls of vessels and is one of the principal vital signs.

My blood pressure is:

POINTS

**3
POINTS**

Less than
120/80
mmgh

**2
POINTS**

120-139 /
80-89
mmgh

**1
POINT**

More than
140/90
mmgh

TOTAL POINTS

YOUR ASSESSMENT SCORES:

4-6 points: You are at very high risk of developing an NCD, or might have one. Please visit a health professional for a detailed assessment.

7-11 points: You are at medium risk for developing an NCD. You should start changing some behaviors and monitoring your health.

12 points: You are at low risk for developing an NCD. Good job! Continue practicing good behaviors.



A healthier and determined you starts here! Reflecting on your risk scores, write down three behaviors or measurements you would like to improve within the next year. The following pages will help you achieve that!

01

02

03



MAKING HEALTHY FOOD CHOICES

IMPROVING NUTRITION

A healthy diet recharges the energy you need to work, exercise and enjoy life. Healthy food can also help you to keep the right weight, blood sugar and cholesterol levels for your age, and reduce your risk of diseases like diabetes and cancer.

Eating healthy is not only about the amount of food you eat but about the quality of that food.

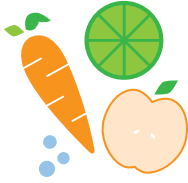
As much as possible, your meals should include fruits, vegetables, whole grains or starches, low-fat protein, and avoid unnecessary processed foods. Learn how to build your balanced plate and check out the meal planning tool at the bottom to do it yourself!

A healthy diet does not mean giving up the foods you love!

3.1 / FOOD GROUPS AND NUTRITION BASICS

A balanced meal has the ideal combination of nutrients to give you energy, protect you from disease, and help you grow. Planned balanced meals can also help you improve your heart health, lose weight and prevent chronic health conditions.

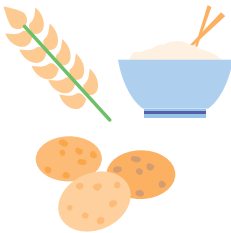
FRUITS AND VEGETABLES



Try to eat at least 5 portions of fruits and veggies every day because they have the best vitamins and minerals to strengthen your body's defense system against illness. Dark green, red, and orange vegetables especially have lots of vitamin C, calcium, and fiber.

Fruits and vegetables come in many types and colors, so mix it up!

GRAINS/STARCHES



Grains and starches, like rice, bread, potatoes and pasta, have carbohydrates that give you energy and help keep you feeling full longer. They also have the highest number of calories for each serving, so be careful not to eat too much!

Grains that are white in color usually have been refined and no longer have much fiber and other minerals that provide the most nutrition. Eat whole grains!

Choose whole grains like whole-grain breads, brown rice, and oatmeal.

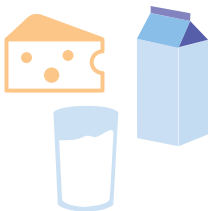
PROTEIN



Protein forms, maintains and repairs the organs, muscles and immune system of your body. Most protein is from animal products and beans. You can eat lean meats like turkey and chicken or fish and also seafood, eggs, beans, nuts, tofu, and other protein-rich foods.

Protein from vegetables is healthier than those from animals.

DAIRY



Dairy foods have vitamins and minerals that come from the milk of cows, goats, sheep, or other animals. Vitamins in dairy help build strong bones. If you cannot digest lactose (the sugar in milk that causes some intestinal issues) you can choose milk from other sources, like almonds or soy beans.

Water makes up three quarters of our bodies! Drink about 2 liters of water or liquid drinks a day to keep your body hydrated and refreshed.

A QUICK LOOK AT NUTRIENTS

- **Calcium** builds strong bones and teeth.
- **Vitamin D** supports bone health.
- **Dietary fiber** may help you to digest your food better and feel full.
- **Sugar** found naturally in foods such as fruit and milk are OK to consume, but limit sugary foods and drinks such as sodas, cakes, biscuits, sweets and pastries.
- **Iron** supports your growth.
- **Fats** aren't always bad, but too much can lead to increased risk of developing heart disease. Choose foods with healthy fats such as avocado, fish, and nuts.
- **Salt** is sneaky! More than half of the salt we consume is already in the food we buy. Too much salt can raise your risk of developing heart disease.

3.2 / THIS IS WHAT IT LOOKS LIKE: BALANCED MEALS

Balanced meals usually include one food from each food group: milk and milk products; vegetables; fruits; grains; and meat and beans.



A balanced meal can look like this:

1/4 of your plate should be a protein source, either an animal or bean product

+

1/4 from grains or starches

+

1/2 of your plate should be full of colorful fruits or vegetables

+

A serving of dairy or milk product and water



Draw a balanced meal using the graphic with foods that YOU like to eat! Make sure that you draw the different foods that you like in the places marked above.

3.3 / SMALL CHANGES, BIG RESULTS: TIPS ON FORMING NEW HABITS THAT MAKE A BIG DIFFERENCE



WHOLE FOODS

Whole foods at their “purest” natural form with no fat or sugar added. They are not created in a factory, so they still have all of their nutrients. They are easily recognized for being freshly cut or picked, like fruits or vegetables, or just cooked with these.

HOW TO RECOGNIZE THEM

- They usually do not come in a package.
- Their shelf life, or the amount of time it takes for them to decompose, is short, say a couple days to a couple weeks.

How can you recognize the food that is healthier for you? Maybe you have heard the terms ‘whole foods’ or ‘processed foods’, but think that a potato is a potato in all its forms, right? Wrong!!!



PROCESSED FOODS

Processed foods have been changed in a factory and contain more fat, sugar, and salt than whole foods. Processed foods usually have added chemicals called preservatives that make them last for months after they have been processed at the factory.

HOW TO RECOGNIZE THEM

- They are packaged in sealed containers, bags or cans.
- After you buy them they last for months, or even years, in your cupboard.



THE LONGER THE INGREDIENT LIST, THE MORE PROCESSED A FOOD IS LIKELY TO BE!



Choosing healthy snacks shouldn't be difficult, expensive or any less delicious. Draw a line between the snacks on the left column and their healthier version on the right. On the bottom come up with your own snack substitutions. Ready? Set? Go!

- Energy drink
- Whole milk yogurt
- Sugary cereal
- Soda
- Gum
- Cookie
- Milk chocolate bar
- French fries
- Chocolate milk
- Can of fruit in syrup
- Fried egg
- A bottle or box of orange juice
-
- Regular chips

- Fresh squeezed orange juice from a street cart
- Dark chocolate bar
- Baked or roasted potatoes
- Low-fat or skim milk
- Low-fat or non-fat yogurt
- Fresh fruit from a cart
- Low sugar or whole wheat cereal
- Hardboiled egg
- Water with some drops of lemon juice
- Lemonade without sugar
- Sugar-free gum
-
- Popped corn without salt
-
- Regular chips
-



3.4 / WHAT CAN I CHANGE?

A healthier you starts here! Reflecting on what you have learned about healthy eating, write down three things you can commit to improving about your diet.

- 01**
-
-
- 02**
-
-
- 03**
-
-

3.5 / RESOURCES ON NUTRITION



APPS



Eat & Move-O-Matic (free for all smartphones) – With this app, you'll learn about the foods you eat and how they help fuel your body and your favorite activities.



Lose It! (free for all smartphones) – A nutrition and exercise logging tool for those looking to lose some weight. Enter a few details about you, and the app will come up with a daily calorie budget and help you keep track of your food.



Noom (free for all smartphones) – This app helps you put together a food diary using its huge food database. You can also join Noom groups for that extra motivation.



Cronometer (free web app, not free on smartphones) – A diet tracking app that can be shared with your friends to encourage each other in your process. It can help improve your diet, especially if you are thinking about becoming a vegetarian.



WEBSITES

ChooseMyPlate.gov This site has some excellent tools to help you reach your goals. It has links to free sites for more information and tools in goal setting, creating a daily food plans, etc.

KidsHealth.org This site teaches youths (BOTH teens and kids) how to count calories, burn more than they eat if they want to lose weight and read Nutrition Facts Label's on food and beverage packages with a great video.

Bam.gov BAM! Body and Mind is a site meant specifically for teens to learn about food and nutrition, physical activity and different life stresses that you might face in your age group, social life and in regards to your health (i.e. peer pressure, safety, diseases, etc.).

Read the Label Youth Outreach Campaign – This site, offered in both English and Spanish, gets pre-teens to learn what to look out for in Nutrition Facts Label's on food and beverage packages. It includes fun, easy tips and targeted education to help make label reading easier to understand.

04

LET'S GET MOVING: PHYSICAL ACTIVITY

Being physically active is an easy and fun way to stay healthy and live longer. Exercising lowers your risk for developing heart disease, high blood pressure, diabetes, stroke, and other chronic illnesses. Physical activity and exercise not only keeps your body in top shape but also improves your mood. Besides helping you control your weight, exercise improves your balance and flexibility!



**DID YOU KNOW THAT PEOPLE WHO
ENGAGE FREQUENTLY IN PHYSICAL
ACTIVITY SEVERAL TIMES A WEEK LIVE
LONGER THAN PEOPLE WHO DO NOT?**

4.1 / WHY EXERCISE?



BONES

Physical activity builds strong bones. That will help with everything from how tall you stand to your overall strength.



LUNGS AND HEART

Physical activity makes your lungs and heart stronger. That means you can play, walk, or jog longer without feeling as tired.



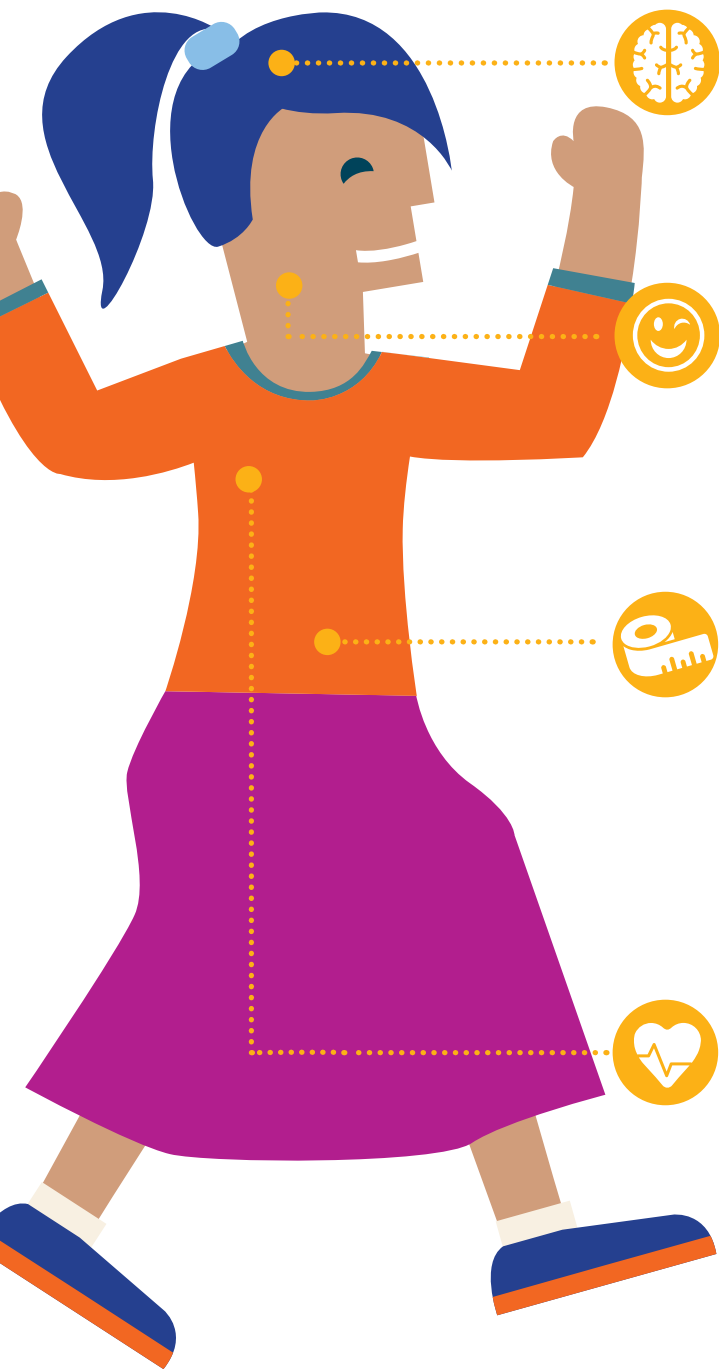
MUSCLES

Physical activity strengthens and stretches muscles. This means you can carry heavy things more easily and prevent injuries.



REFLEXES AND COORDINATION

Physical activity helps with reflexes and coordination. That helps you to catch a ball or react more quickly to situations.



BRAIN

Because physical activity gets your blood flowing, that means more oxygen to your brain. And that means you can think better and help you sleep better too.

MOOD

Physical activity changes your brain composition! It can give you energy, help clear your mind, improve your mood, and battle anxiety.

WEIGHT

Physical activity helps you manage your weight. With exercise, you burn the calories you eat in food. Although a good diet is still the most important part of maintaining your weight, physical activity helps you lose and maintain a healthy weight.

STAYING HEALTHY

Exercise can make it less likely that you'll get NCDs like diabetes, high blood pressure, and cancer. It even boosts your immune system and that may help you avoid getting sick as often.

4.2 / SMALL CHANGES, BIG RESULTS: GET MOVING!

To be physically active is to participate in activities that get your body moving and gets your heart pumping fast! It doesn't necessarily mean that have to sign up at a gym, or spend any additional money. Find something that you enjoy and do it often!

Try to do at least 60 minutes of medium to harder physical activity daily, but even a 20 minute walk goes a long way towards improving your health. Remember, all activity that gets you moving counts!



Take up an activity like football, walking, or swimming that your family or your friends can enjoy with you.

MAKE IT FUN!



Make it part of your daily or weekly routine: Walk an extra block every day or choose to take the stairs instead of an elevator.



Don't sit for long periods of time: Move as often as you can. Take breaks often and walk for a couple minutes.



You can keep a physical activity diary to monitor your progress: Start by setting easy, realistic, short-term goals you can achieve. As you progress, set yourself daily, weekly and monthly goals or targets. If you achieve your goals, reward yourself. If you miss a target or a new goal, reset the goal the very next day



Draw your favorite physical activitie here!



4.3 / WHAT CAN I CHANGE?

A more active lifestyle starts here! Reflecting on what you have learned about being physically active, write down three activities you can commit to doing to keep moving.

01

.....

.....

.....

02

.....

.....

.....

03

.....

.....

.....

CELEBRATE SUCCESS!

Despite the many health benefits of exercise, you may not see visible changes straight away. After a few weeks of consistent physical activity, the physical and mental benefits will become more noticeable to you.



**YOU WOULD NEED TO RIDE YOUR
BIKE FOR OVER 2 HOURS TO BURN
OFF THE CALORIES FROM AN
AVERAGE SERVING OF FRENCH FRIES**

4.4 /RESOURCES FOR PHYSICAL ACTIVITY



APPS



Sworkit (free for all smartphones) – Choose a workout in any of the following areas – strength, cardio, yoga or stretching. Every workout set is super easy to follow with great videos and a countdown clock of the number of reps you have left.



Pump Up (free for all smartphones) – This app is designed as a motivator where you can post progress photos and motivate other like-minded people to meet your fitness goals.



Moves (free for all smartphones) – This app automatically records any walking, cycling and running you do. It is easy to use and does not need a start and stop button since it always on. You can see the distance, durations, steps and calories burned for each activity.



Nike + Training Club (free for all smartphones) – This app offers more than 100 workouts with video tutorials designed by Nike master trainers for people at all fitness levels.



WEBSITES

ToneTeens.com – This educational website about health and fitness has free access to articles, exercises, charts, and many other useful tools to inspire and motivate you to develop healthy habits that will last a lifetime. You can also find them on Facebook and MySpace.

Livestrong.com – This website has everything you need to keep you fit or lose weight in one place with a stronger workout program, calorie counter, personalized meal plans using the My Plate Calorie Counter, community support and much more.

SafeTeens.org – This website is an all-inclusive website for other issues you may be experiencing as a young adult, but it also has a great link for why exercise is important and what you can do stay fit.

05

BREATHE DEEPER: QUIT SMOKING

Even though you have heard that smoking is bad for your health you may you probably still feel like you have many reasons to keep smoking—you might really enjoy it, or find that it relaxes you during times of stress. But the truth is that smoking is addictive and causes lung cancer, chronic respiratory diseases like emphysema and heart disease like heart attacks and strokes.



**ONE CIGARETTE REDUCES
YOUR LIFE BY 11 MINUTES.**

5.1 / WHY IS SMOKING SO BAD FOR YOUR HEALTH?

Tobacco products are made of very toxic materials. Tobacco smoke contains more than 7,000 chemicals. 250 of these chemicals are known to be harmful and at least 69 of them are known to cause cancer. Here's an example of what is in just a regular cigarette:



BUTANE

Lighter Fluid



TOLUENE

Industrial Solvent



NICOTINE

Insecticide



ACETIC ACID

Vinegar



METHANOL

Rocket Fuel



ACETONE

Paint Stripper/
Nail Varnish



CADMIUM

Batteries



CARBON MONOXIDE



ARSENIC

Poison



BENZENE

Petrol Fumes



AMMONIA

Toilet Cleaner



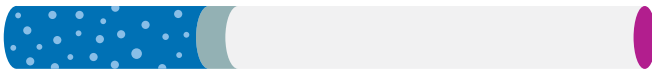
STEARIC ACID

Candle Wax



HEXAMINE

Barbecue
Lighter



WHEN YOU SMOKE...

BRAIN

The nicotine in cigarettes is addictive and affects your brain functioning. This is why it is so difficult to quit, making you want it more and more.



YOUR HEART AND CIRCULATION

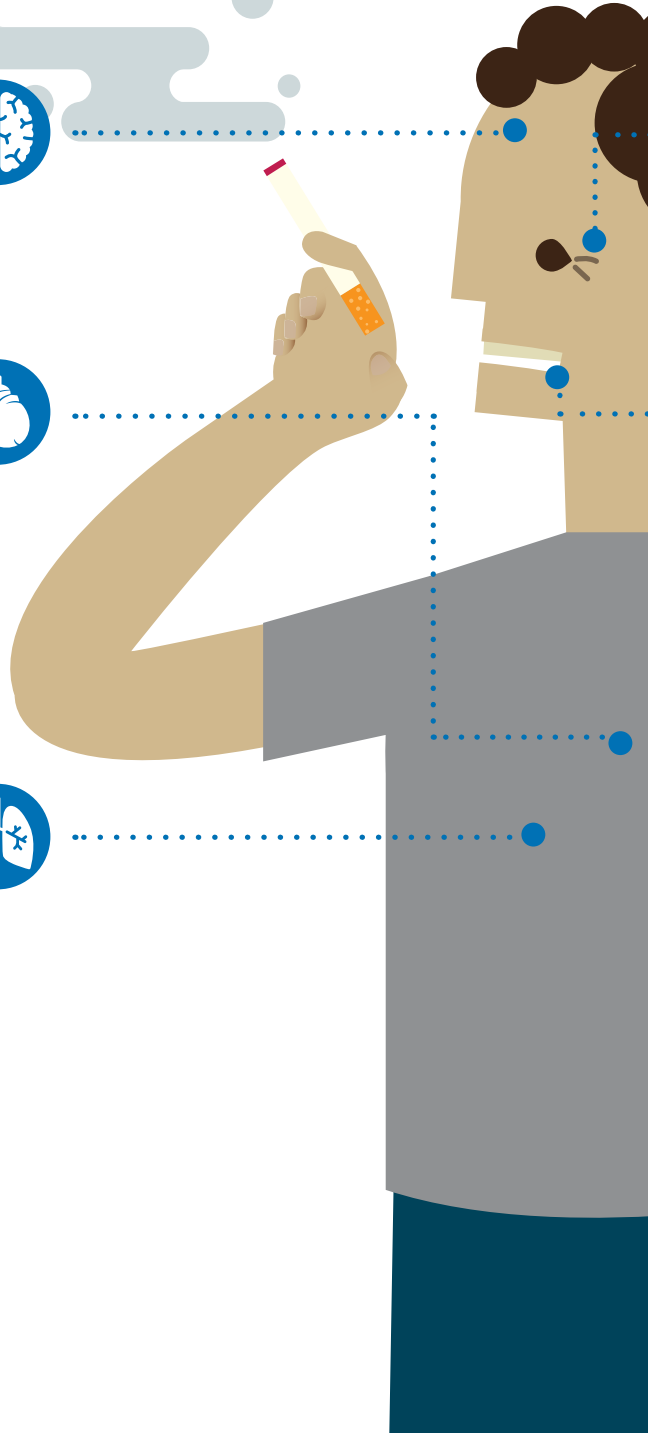
Smoking raises blood pressure and stresses your heart making it less able to pump blood through your body and making you more likely to get blood clots and problems with your blood circulation. Smoking is the leading cause of heart attacks and heart disease.

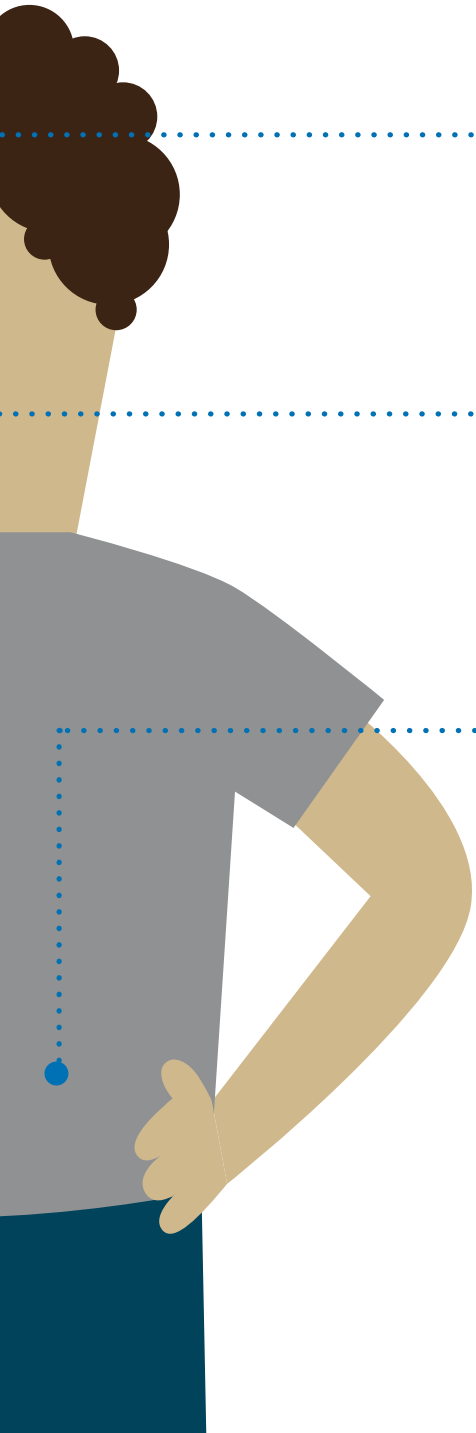


YOUR LUNGS

Smoking causes inflammation which weakens your lungs and affects your ability to breathe easily. Smokers experience trouble getting a deep breath, wheezing, and in the long term, emphysema. This means that smokers run slower and cannot run as far.

More importantly, smoking causes lung cancer.





YOUR SKIN

Smokers skin become less elastic and becomes gray, dry and dull. They also get premature wrinkles and look older at a younger age.



YOUR TEETH

Smoking stains your teeth, causes you to have bad breath and mouth sores. It also causes gum disease and tooth loss. Using any kind of tobacco increases the chances of developing oral cancers.



YOUR ENDOCRINE SYSTEM AND HORMONES

Smoking increases your risk of type 2 diabetes which can lead to very serious complications. It can also affect your ability to conceive and/or deliver a healthy baby.



YOUR DNA

Smoking damages the genetic material that directs the growth and function of your cells making your body more likely to grow bad cells which lead to cancer.

WHEN YOU QUIT...

BRAIN

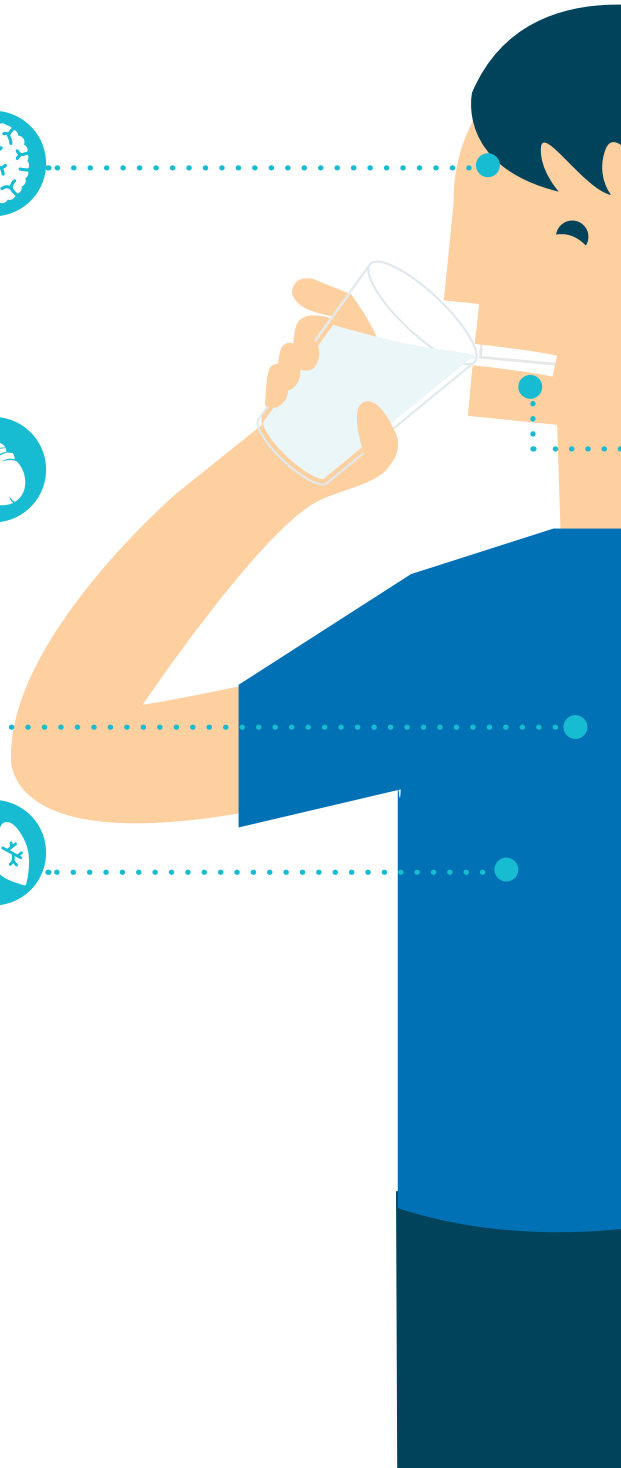
Just after you quit your brain goes to withdrawal which makes you feel cravings. Fight the initial urge! After just a few weeks it gets much easier.

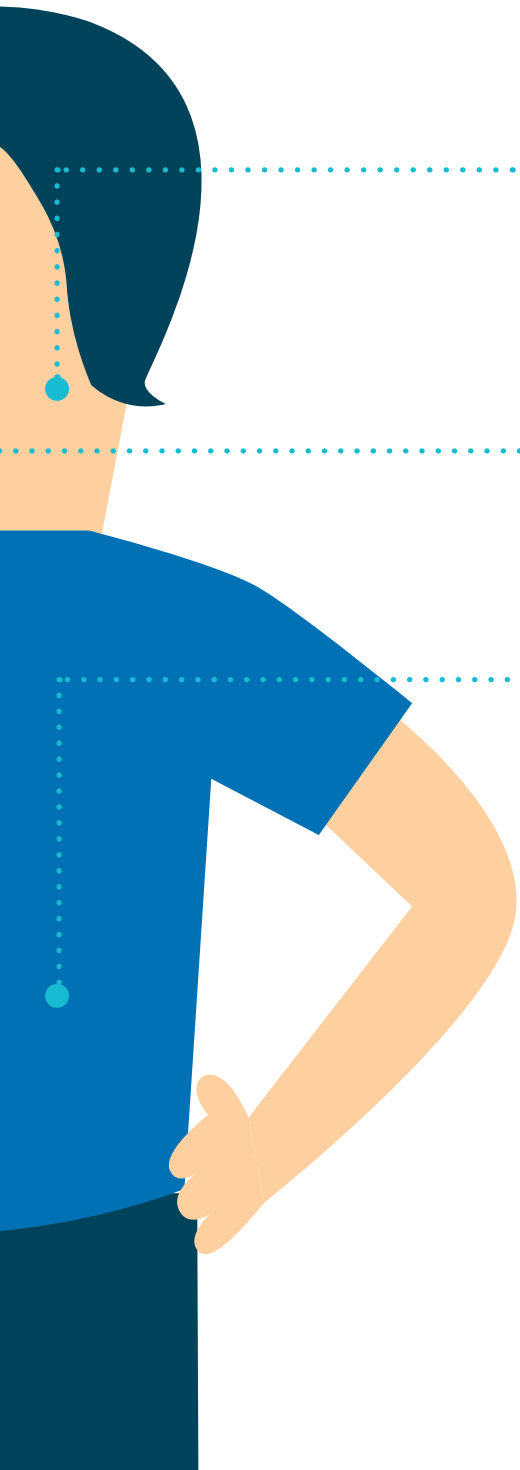
YOUR HEART AND CIRCULATION

Many of the risks can be reversed after you quit! Your heart won't have to work as hard to pump, your blood will flow more easily, and your cholesterol levels will drop. After just one day of quitting, your risk of a heart attack declines!

YOUR LUNGS

The sooner you quit the more likely you will be able to recover from the damage to your lungs. Within a few weeks of quitting you will feel less shortness of breath, less coughing and will be better able to fight off colds and other infections.





YOUR SKIN

The skin is one of the organs that best repairs itself. Quitting will improve the look of your skin, and give you a more youthful and healthy appearance.



YOUR TEETH

After quitting your breath will be fresher, and your teeth will be overall healthier.



YOUR ENDOCRINE SYSTEM AND HORMONES

Quitting lowers your risk of diabetes, and makes it easier to control if you have it. After quitting, your reproductive potential and the chances of a healthy sexual life increase.



YOUR DNA

Quitting will stop any further damage and help you repair the damage already done. It is also decreases significantly your risk of developing cancer.



1 IN 4 SMOKERS HAVE TRIED TO CHANGE THEIR SMOKING HABITS 10 OR MORE TIMES

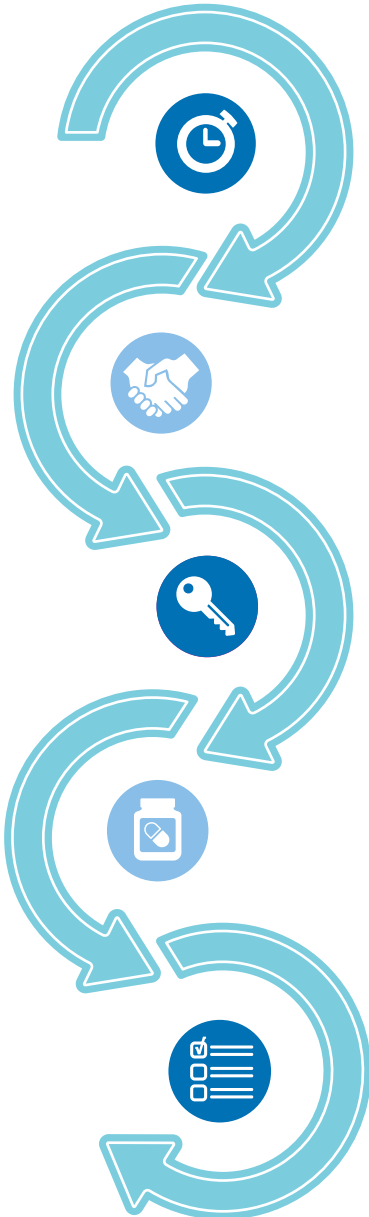
5.2 / DECIDING TO QUIT: SETTING YOURSELF UP FOR SUCCESS

Good news! Just like you learned to smoke, you can unlearn it! Quitting can be hard because nicotine, the chemical in cigarettes, is very addictive. But with a little planning and a lot of determination you can set yourself up for success!

5 STEPS TO QUITTING SMOKING

From [cdc.gov](https://www.cdc.gov)

Studies show that these five steps together will help you quit smoking for good!



- 01. Get ready** – Set a quit date and prepare for your success. Change your environment – get rid of all the cigarettes and ashtrays around you, and don't let yourself be around people who smoke. Write down all the benefits of quitting, from economic to health.
- 02. Get support and encouragement** – Tell your family, friends and coworkers that you are quitting and ask for their support. Ask them to not leave cigarettes lying around, offer you one or smoke close to you. Talk to your healthcare provider, and request individual or group counseling. The more people are on your side the more likely you will be successful.
- 03. Learn new skills and behaviors** – Keep yourself busy and try new things. Distract yourself from urges to smoke, change your routine, reduce your stress and plan something fun to do every day. Eating healthy can also make quitting easier.
- 04. Get medication** – Taking medication can help you lessen the cravings to smoke and help you quit. Some of the medication is in the form of a pill while others are in the form of gum and patches. Ask your healthcare provider for advice.
- 05. Be prepared for relapse** – Many quitters relapse within the first three months of quitting, and most attempt to quit several times before they are successful.

INSIGHTS

Identify patterns in your smoking and try to break them. Ask yourself:

DO I SMOKE MORE ON WEEKDAYS OR WEEKENDS?

DO I SMOKE MORE IN CERTAIN PLACES?

DO I SMOKE MORE AROUND CERTAIN PEOPLE AND LESS AROUND OTHERS?

DO I SMOKE MORE WHEN I AM ALONE OR WHEN I FEEL STRESSED OR TIRED?



5.3 / WHAT CAN I CHANGE?

Healthier lungs start here! Reflecting on what you have learned about smoking cigarettes, write three things you will do to ensure that you stop smoking or avoid second-hand smoke.

01

02

03

5.4 /RESOURCES TO QUIT SMOKING



APPS



Kwit (free for iPhone device only) – Make it bearable and even fun to quit smoking using gaming techniques to encourage you to stop. It has different levels you can reach until you become the “Ultimate Kwitter”, and it also has statistics to help keep you motivated along the way.



Quit Smoking: Cessation Nation (free for Android devices only) – Like Kwit, it has games you can use as a welcome distraction to smoking when the urge is strong. It also calculates how much money you have saved and how much healthier you have become since quitting with a built in community to encourage you along the way.



My Last Cigarette (free for Android/ .99 USD for iPhone) – Enter your smoking habit and personal details then watch as various indicators display your expected increase in lifespan, your circulatory and lung function improvements, your savings, and much more.



WEBSITES

TeensHealth – The website provides basic articles on how to quit smoking for teens. The website provides resources for parents, kids and teens.

Smokefree Teen – This website shares information about smoking and ways that teens can make healthy choices. It features articles about how to quit smoking, asking for help when trying to quit, along with a free quit START app to help teens keep on track to quit smoking.

NHS choices – This guide to quitting smoking gives 8 simple steps and tips of what teens can do if they want to quit smoking.

06

SAFE ALCOHOL USE

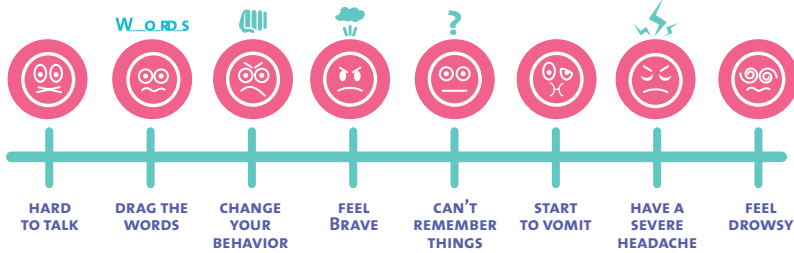
When you drink alcohol it is absorbed into your blood easily so that it reaches all parts of your body quickly. As your body absorbs the alcohol, it causes physical and emotional changes that can do great harm to your body. Drinking more than one or two drinks a day or too often can have serious health consequences, like liver disease, heart disease, and ulcers.

Drinking is addictive and the best way to prevent this is to never let it get out of hand. Do not drink if you are under 18 years old. If you are over age 18, limit drinking to no more than 2 drinks a day if you are male, and 1 drink a day if you are female. Adolescents who start to drink before they are 15 years old are five times more likely to abuse alcohol as adults than those who start drinking at age 19 or older.

6.1 / THIS IS WHAT IT LOOKS LIKE: WHEN YOU DRINK

You begin to feel the effects of drinking alcohol in your body almost immediately. The time it takes for alcohol to impact you depends on your weight.

WHEN YOU DRINK...



At first – It is harder for you to talk and walk—your words are slower and slurred and you can’t walk or balance yourself well, so you can fall and injure yourself or others.

Your behavior changes- you may feel brave and do and say things you usually wouldn’t do. You can’t remember things you said or did while you were drinking.

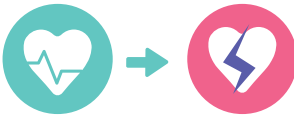
Then later – You start to vomit because your body is trying to get rid of the excess alcohol in your blood.

You have a severe headache.
You feel very drowsy or pass out.

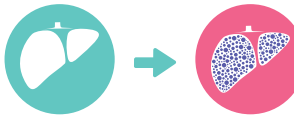
OVER THE LONGER TERM, DRINKING TOO MUCH ALCOHOL ON A REGULAR BASIS WILL CAUSE:



Damage to your brain that will keep your brain from developing normally.



Many heart problems including poisoning of the heart muscle cells (cardiomyopathy), irregular heartbeat (arrhythmia), high blood pressure, stroke, heart attack and heart failure

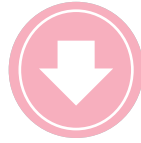
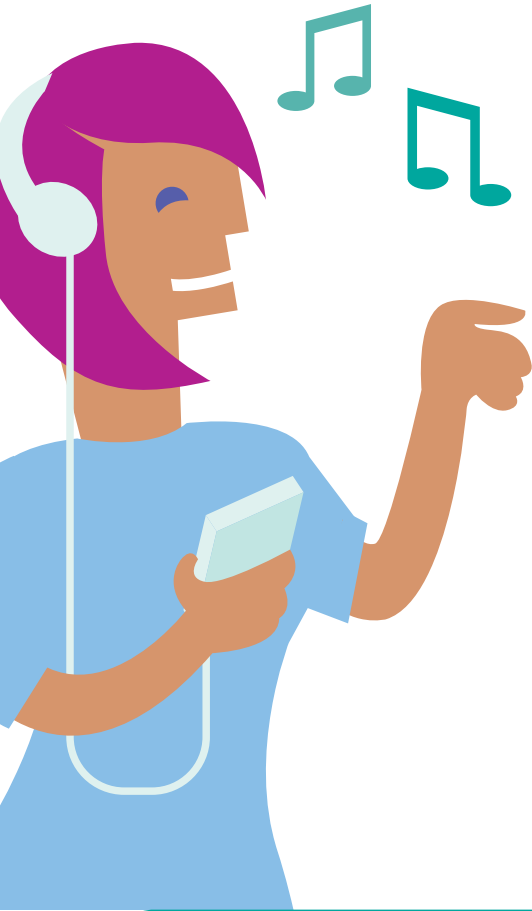


Damage and swelling to your liver because it is working too hard to eliminate the alcohol toxins from your body. Chronic liver swelling can lead to severe scarring known as cirrhosis.



Having 4 drinks (for women) and having 5 drinks (for men) in a short period of time impairs your ability to make rational decisions and often contribute to fatal traffic accidents as well as death by drowning, suicide and homicide.

BENEFITS OF QUITTING ALCOHOL



LOWER
CHOLESTEROL
LEVELS



LOWER GLUCOSE
LEVELS



DECREASED
LIVER FAT



LOSE WEIGHT



INCREASED
SLEEP



IMPROVED
WAKEFULNESS,
CONCENTRATION
AND WORK
PERFORMANCE

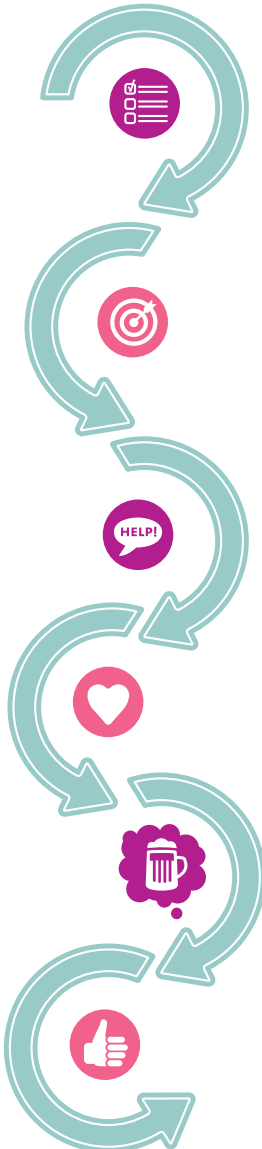


**ALCOHOL USE IS A RISK FACTOR
FOR BOTH BEING A VICTIM OF
AND PERPETRATING VIOLENCE**



BETTER SKIN

6.2 / DECIDING TO STOP DRINKING: SETTING YOURSELF UP FOR SUCCESS



- 01. Decide to stop drinking** – Make a list of all of the good things about quitting. Sometimes, our fear of negative reaction from our friends, or others we don't even know, keeps us from doing what we know is the best thing for us and for our health. YOU are in charge-- don't let someone else make your decisions for you!
- 02. Set goals and prepare for change** – Decide whether you want to cut down or quit, and set a quitting day. Prepare yourself by surrounding yourself in an environment that will support your quitting. If you are hanging out with friends who are all drinking alcohol you may want to think about making some new friends.
- 03. Ask for help and support** – Support can come from your friends, family, neighbors, teachers and health professionals. Make sure that you ask for help when you need it, and request the help of a professional if you feel like your drinking has gotten out of control and need more support.
- 04. Find new meaning in life** – Keep yourself busy! Find new hobbies, join a team sport, take a drawing class, or get a job. Keeping yourself busy can decrease the urge to drink that comes from being bored. Learn how to enjoy life and the people in your life, without adding alcohol.
- 05. Plan for triggers and cravings** – Cravings for alcohol can be intense, especially soon after you quit. Avoid people, activities and places that trigger a craving. When you feel a craving coming on quickly try to occupy your mind with something that will help you ignore it until it passes. As you make plans to go out with friends, make sure that there is someone you can call, day or night, if you need them.
- 06. Do not give up** – Staying alcohol free is a process. Having a brief setback does not mean you have failed. Use that experience to learn more about what triggers your drinking and decide again to stick to your goal.



6.3 / WHAT CAN I CHANGE?

A healthier you start here! Reflecting on what you have learned about drinking alcohol, write three things you will do to ensure that you stop drinking alcohol.

01

02

03



**ONE IN FIVE GIRLS (AND ONE
IN 10 BOYS) AGED 14 TO 15
GOES FURTHER THAN THEY
WANTED TO IN A SEXUAL
EXPERIENCE AFTER DRINKING
ALCOHOL**

6.4 /RESOURCES FOR ALCOHOL USE



APPS



Coach Me (free for all smartphones) – This app can keep you on track and motivate you to reach your goals of limiting your alcohol. Enter your goal in the app and when you complete your goal successfully, it celebrates with you.



AlcoDroid Alcohol Tracker (free for Android only) – AlcoDroid is an alcohol consumption tracker, drinks diary and blood alcohol content calculator. This app helps you understand what you drink and change your drinking habits.



Afternoon Affirmations (free for iPhones only) –This app delivers a daily message of affirmation to your phone for you to reflect on, and then apply it where you are in your day to help you remember why you set the goal of decreasing or stopping your drinking.



WEBSITES

TooSmarttoStart.samhsa.gov – This site provides information and research for teens about alcohol and drinking, along with other resources teens can use to make a smart choice about alcohol use.

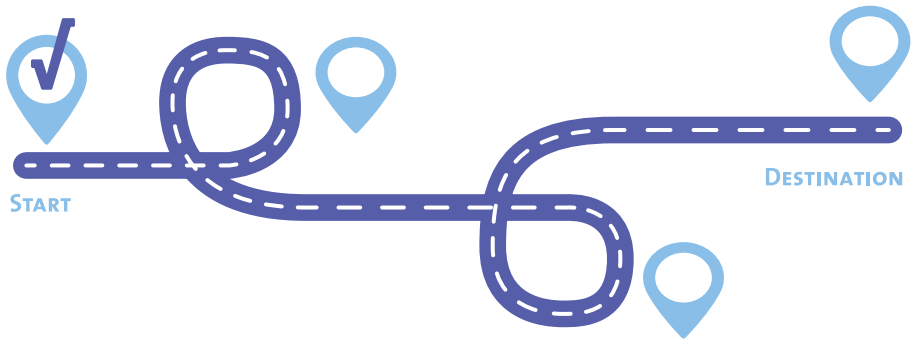
HelpGirl.org – Although this website is not just for teens it provides information how to stop drinking and start recovery.

KidsHealth.org – This page provides information on facts about teenagers and alcohol, the side effects, binge drinking, and articles on how to tell if you have a drinking problem.

07

A PATH TO A HEALTHIER YOU ACTION PLANNING

A good health action plan outlines the specific steps for you to follow to succeed at the goals you have set to improve your health. A realistic goal should be specific, easily able to measure and set a time limit to reach it. Use the worksheet below to write down your health goal and the steps to a healthier you.



EXAMPLE



HEALTH GOAL

Lower my blood cholesterol levels and BMI to normal levels by December 2016

OBJECTIVE 1

Increase my physical activity level



STEPS TO COMPLETION



BY WHEN

<i>Walk to school every day instead of taking the bus</i>	<i>Next Monday</i>
<i>Take a 20 minute walk after lunch everyday</i>	<i>Next Monday</i>
<i>Join an organized sports club at my school</i>	<i>This Spring</i>
<i>Ask my cousin for dance lessons</i>	<i>Next month</i>

OBJECTIVE 2

Improve my nutrition



STEPS TO COMPLETION



BY WHEN

<i>Throw a piece of fruit in my bag to have as a snack</i>	<i>Tomorrow</i>
<i>Drink only one soda or sugary drink per week</i>	<i>Tomorrow</i>
<i>Bring lunch to work instead of purchasing</i>	<i>Next Monday</i>
<i>Replace whole milk with low fat milk</i>	<i>Next Monday</i>
<i>Cook with a bit of olive oil instead of butter</i>	<i>Today</i>



NOW IT'S YOUR TURN!

Remember you can use the ideas you have written in the “Take Charge” sections in the previous chapters.

7.1 / GOAL SETTING



HEALTH GOAL

OBJECTIVE 1



STEPS TO COMPLETION



BY WHEN

OBJECTIVE 2



STEPS TO COMPLETION



BY WHEN

OBJECTIVE 3



STEPS TO COMPLETION



BY WHEN

7.2 / MONITORING PROGRESS

Read over the action plan you have just made and ask yourself how you will monitor your progress.

7.3 / REWARD YOURSELF YOU DESERVE IT!

Don't wait until you've reached your goal to feel proud of yourself. Be proud of every step that brings you closer to your goal. Even right now, setting your goal and objectives is the first step to a healthier you. The first step is always the hardest.

Think about the things that make you happy: is there something you have specifically been looking forward to? A special treat that you have been wanting but haven't allowed yourself to get?

Some small rewards might be:

- Buy yourself or pick some wildflowers
- Listen to music that inspires and motivates you
- Take a short trip somewhere fun
- Go to a special game, concert or sporting event
- See a movie
- Buy yourself something you really like – it can be small or big: clothes and shoes, or nail polish or a hat



NOW IT'S YOUR TURN!

What are some ways you can celebrate your progress on the goals you have just established?

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APPENDIX 1

BODY MASS INDEX (BMI) TABLE FOR BOYS AND GIRLS

Please use this chart based on **World Health Organization** guidelines to calculate your BMI score according to your age on Page 8 of the Health Improvement Card.

GIRLS				
Age in years	Thinness if BMI is below	Normal if BMI range is between	Overweight if BMI is above	Obese if BMI is above
12	14.4	14.4 – 20.8	20.8	25.0
13	14.9	14.9 – 21.8	21.8	26.2
14	15.4	15.4 – 22.7	22.7	27.3
15	15.9	15.9 – 23.5	23.5	28.2
16	16.2	16.2 – 24.1	24.1	28.9
17	16.4	16.4 – 24.5	24.5	29.3
18	16.4	16.4 – 24.8	24.8	29.5
19	16.5	16.5 – 25.0	25.0	29.7
Adults over 20	18.5	18.5 – 24.9	25	30

BOYS				
Age in years	Thinness if BMI is below	Normal if BMI range is between	Overweight if BMI is above	Obese if BMI is above
12	14.5	14.5 – 19.9	19.9	23.6
13	14.9	14.9 – 20.8	20.8	24.8
14	15.5	15.5 – 21.8	21.8	25.9
15	15.9	15.9 – 22.7	22.7	27.0
16	16.5	16.5 – 23.5	23.5	27.9
17	16.9	16.9 – 24.3	24.3	28.7
18	17.3	17.3 – 24.9	24.9	29.2
19	17.6	17.6 – 25.4	25.4	29.7
Adults over 20	18.5	18.5 – 24.9	25	30



RESOURCES

For further information on the topics covered, please see:

Nourish Interactive has comprehensive resources on nutrition, including nutrition games, interactive nutrition tools and tips to use to promote healthy living. Created by nutrition and health care professionals, Nourish Interactive's nutrition education gives information about how to read food packaging labels, a BMI calculator, recipes, meal planners, and so many other useful tools to help you enjoy healthy foods.

KidsHealth has different resources in English and Spanish about health, behavior, and development for young people and parents about health, nutrition, smoking, alcohol use, and so many other topics! It is part of The Nemours Foundation's Center for Children's Health Media, and also provides advice and information about a wide range of physical, emotional, and behavioral issues that affect children and teens.






Champions for Change is based at
the Public Health Institute

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