# PASSPORT TO HEALTH

## Tips and Tools for Healthy Living

**Name:** _____

## Welcome to your
# Passport to Health

This booklet will provide you with helpful tips to reduce your risk of future health problems. There are many well known risk factors that lead to chronic diseases like:

- heart disease
- stroke
- diabetes
- chronic obstructive pulmonary disease (COPD)
- some cancers

Some risk factors cannot be changed, such as age, gender, family history and ethnicity. However, many factors are within your control and are related to your lifestyle choices and personal habits. The more risk factors you have, the greater your risk of chronic disease.

# Notes

## ✓Check Off Your Risk Factors That You Can Change


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**Please note that recommended ranges in this booklet are based on adults 18 years and older.**

# Blood Pressure

High blood pressure or hypertension is known as the "silent killer." It does not usually make you feel ill. If you leave it untreated, high blood pressure can lead to conditions such as heart attack, kidney failure or stroke. Normal blood pressure readings are between 120/80 and 129/84. High normal readings are between 130/85 and 139/89.

**What to aim for:**

- Less than 140/90 mmHg
- Less than 130/80 mmHg if you have diabetes

**Your blood pressure goal: _____**

| Date: | Blood Pressure |
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| Date: | Blood Pressure |
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## Tips to control your Blood Pressure:

- √ Reduce salt intake
- √ Follow Eating Well with Canada's Food Guide *
- √ Participate in regular physical activity *
- √ Achieve and maintain a healthy weight
- √ Avoid or limit alcohol use
- √ Be tobacco free
- √ Find healthy ways to manage stress
- √ Take medications as prescribed by your Health Care Provider
- √ Have your blood pressure checked regularly

**Further Resources:**
Heart and Stroke Foundation *Get Your Blood Pressure Under Control*

heartandstroke.ca

*** If you have special health needs your Health Care Provider may work with you to modify your goals.**

# Eating Habits

Eating more fruits, vegetables, fibre and low fat dairy products can decrease your risk of obesity, type 2 diabetes, hypertension, heart disease, stroke, some cancers and kidney disease. Other benefits are increased energy and healthier bones.

**What to aim for:**

- See Eating Well with Canada's Food Guide for detailed recommended serving sizes.*
  The range for adults is:
  - Vegetables and Fruit: 7 to 10 servings per day
  - Grain Products: 6 to 8 servings per day
  - Milk and Alternatives: 2 to 3 servings per day
  - Meat and Alternatives: 2 to 3 servings per day
- Adequate sodium intake is between 1200 to 1500 mg per day. Note that 1/2 teaspoon salt = 1200 mg. Do not forget to read labels for hidden salt.

**Further Resources:**

*Eating Well with Canada's Food Guide*
healthcanada.gc.ca/foodguide

Dietitians of Canada
dietitians.ca

*** If you have special health needs your Health Care Provider may work with you to modify your goals.**

## Tips to Healthy Eating:

√ Reduce salt (sodium) intake
- Cut down on packaged and processed foods
- Take salt shaker off the table
- Avoid adding salt when cooking
- Use herbs, spices or lemon juice
- Avoid fast foods

√ Choose foods low in saturated and trans fats
- Trim visible fat; remove skin on poultry
- Use cooking methods such as roasting, baking and poaching
- Reduce intake of butter and choose low fat cheese

√ Drink water (approx. 6-8 cups per day). If you have heart failure or renal failure, all fluid sources may be limited. Please check with your Health Care Provider

√ Avoid or limit alcohol use

√ Limit pop and other high sugar drinks

√ Include more fibre in your diet, choose whole grains, high fibre breads and cereals, brown rice, beans and lentils

√ Log your eating for a week to see where you can add more healthy choices (see next page).

| Daily Healthy Eating Log. Check each full serving below | | | | | | | |
|---|---|---|---|---|---|---|---|
| | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Water 6- 8 cups per day** | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ |
| **Vegetables and Fruits 7-10 servings** | ☐☐☐☐☐ ☐☐☐☐☐ | ☐☐☐☐☐ ☐☐☐☐☐ | ☐☐☐☐☐ ☐☐☐☐☐ | ☐☐☐☐☐ ☐☐☐☐☐ | ☐☐☐☐☐ ☐☐☐☐☐ | ☐☐☐☐☐ ☐☐☐☐☐ | ☐☐☐☐☐ ☐☐☐☐☐ |
| **Grain Products 6-8 servings** | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ | ☐☐☐☐ ☐☐☐☐ |
| **Milk and Alternatives 2-3 servings** | ☐☐☐ | ☐☐☐ | ☐☐☐ | ☐☐☐ | ☐☐☐ | ☐☐☐ | ☐☐☐ |
| **Meat and Alternatives 2-3 servings** | ☐☐☐ | ☐☐☐ | ☐☐☐ | ☐☐☐ | ☐☐☐ | ☐☐☐ | ☐☐☐ |

See *Eating Well with Canada's Food Guide* for detailed recommended serving sizes.

| Daily Healthy Eating Log. Check each full serving below | | | | | | | |
|---|---|---|---|---|---|---|---|
| | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Water 6- 8 cups per day** | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ |
| **Vegetables and Fruits 7-10 servings** | □□□□□ □□□□□ | □□□□□ □□□□□ | □□□□□ □□□□□ | □□□□□ □□□□□ | □□□□□ □□□□□ | □□□□□ □□□□□ | □□□□□ □□□□□ |
| **Grain Products 6-8 servings** | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ | □□□□ □□□□ |
| **Milk and Alternatives 2-3 servings** | □□□ | □□□ | □□□ | □□□ | □□□ | □□□ | □□□ |
| **Meat and Alternatives 2-3 servings** | □□□ | □□□ | □□□ | □□□ | □□□ | □□□ | □□□ |

See *Eating Well with Canada's Food Guide* for detailed recommended serving sizes.

# Physical Activity

Physical activity improves circulation, helps with weight control, blood sugar levels and improves blood pressure and cholesterol levels. It also helps develop bone and muscle strength, endurance and flexibility. Physical activity increases energy, improves sleeping, helps manage stress, prevents constipation, and improves your ability to participate in family and social outings.

**What to aim for:**

- At least 150 minutes of moderate to vigorous aerobic physical activity per week, in bouts of 10 minutes or more.*
  Examples of moderate activities are:
  - Brisk walking or biking
  - Swimming or water aerobics
  - Dancing
  - Raking leaves and grass
- Some people should check with their Health Care Provider before they start becoming more physically active. If you have a heart condition, feel pain in your chest during physical activity, lose your balance because of dizziness or are over the age of 69, you should talk with your Health Care Provider before you start becoming much more physically active.

*** If you have special health needs your Health Care Provider may work with you to modify your goals.**

**Tips to increase your physical activity:**

√ Choose an activity you enjoy

√ Exercise with a partner

√ Build physical activity into your daily routine, walk whenever you can, use the stairs instead of the elevator

√ Start slowly and gradually increase over time

√ Do the activities you are doing now, more often

**Further Resources:**

Canadian Physical Activity Guidelines:
csep.ca/guidelines

Go PEI: (902) 892-5323
gopei.ca

| Daily Physical Activity Log<br>Add up your activities in periods of at least 10 minutes each | | | | | | | |
|---|---|---|---|---|---|---|---|
| | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Activity** | | | | | | | |
| **Time** | | | | | | | |
| **Distance** | | | | | | | |
| **Effort - light, moderate*, or hard** | | | | | | | |
| **150 minutes per week** | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals |

* Moderate effort makes you feel warm and breathe deeply, however you can still carry on a conversation.

| Daily Physical Activity Log<br>Add up your activities in periods of at least 10 minutes each | | | | | | | |
|---|---|---|---|---|---|---|---|
| | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Activity** | | | | | | | |
| **Time** | | | | | | | |
| **Distance** | | | | | | | |
| **Effort - light, moderate*, or hard** | | | | | | | |
| **150 minutes per week** | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals | □□□<br>□□□<br>10 min. intervals |

* Moderate effort makes you feel warm and breathe deeply, however you can still carry on a conversation.

# Weight

Achieving a healthy weight can improve your blood pressure, and help to lower your risk of type 2 diabetes and high cholesterol. If you are overweight, even a small decrease in weight can lead to big rewards in health.

**What to aim for:**

- Your waist size should be less than 40 inches (102 cm) for men and less than 35 inches (88 cm) for women. To measure, place a tape measure about 2 inches above your belly button. Your pant size does not equal waist size.
- Your Body Mass Index (BMI) should be 18.5 to 24.9 (see page 13).

**Your BMI goal: _____**

| Date: | BMI |
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**Your waist size goal: _____**

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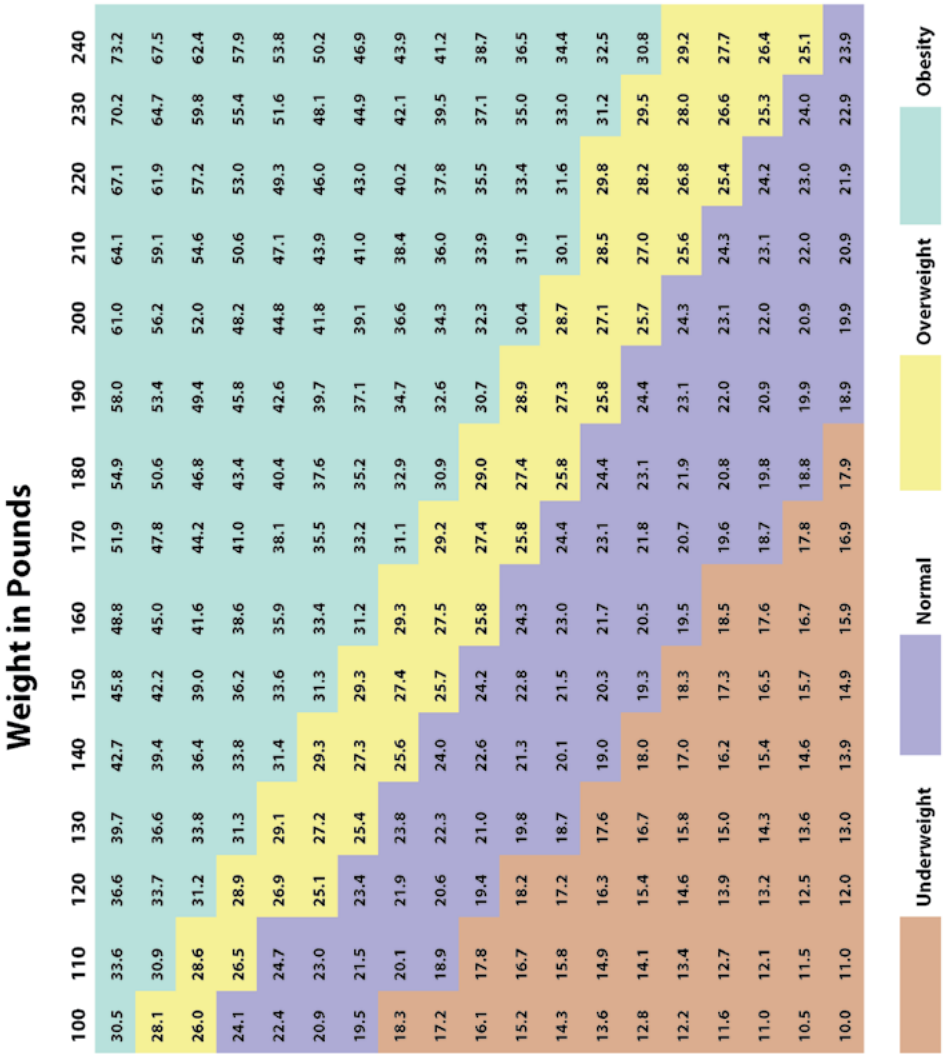
# Calculating Your Body Mass Index

Find your weight and height. Follow across and down to where they connect. This is your BMI.




| Height | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4′ | 30.5 | 33.6 | 36.6 | 39.7 | 42.7 | 45.8 | 48.8 | 51.9 | 54.9 | 58.0 | 61.0 | 64.1 | 67.1 | 70.2 | 73.2 |
| 4′ 2″ | 28.1 | 30.9 | 33.7 | 36.6 | 39.4 | 42.2 | 45.0 | 47.8 | 50.6 | 53.4 | 56.2 | 59.1 | 61.9 | 64.7 | 67.5 |
| 4′ 4″ | 26.0 | 28.6 | 31.2 | 33.8 | 36.4 | 39.0 | 41.6 | 44.2 | 46.8 | 49.4 | 52.0 | 54.6 | 57.2 | 59.8 | 62.4 |
| 4′ 6″ | 24.1 | 26.5 | 28.9 | 31.3 | 33.8 | 36.2 | 38.6 | 41.0 | 43.4 | 45.8 | 48.2 | 50.6 | 53.0 | 55.4 | 57.9 |
| 4′ 8″ | 22.4 | 24.7 | 26.9 | 29.1 | 31.4 | 33.6 | 35.9 | 38.1 | 40.4 | 42.6 | 44.8 | 47.1 | 49.3 | 51.6 | 53.8 |
| 4′ 10″ | 20.9 | 23.0 | 25.1 | 27.2 | 29.3 | 31.3 | 33.4 | 35.5 | 37.6 | 39.7 | 41.8 | 43.9 | 46.0 | 48.1 | 50.2 |
| 5′ | 19.5 | 21.5 | 23.4 | 25.4 | 27.3 | 29.3 | 31.2 | 33.2 | 35.2 | 37.1 | 39.1 | 41.0 | 43.0 | 44.9 | 46.9 |
| 5′ 2″ | 18.3 | 20.1 | 21.9 | 23.8 | 25.6 | 27.4 | 29.3 | 31.1 | 32.9 | 34.7 | 36.6 | 38.4 | 40.2 | 42.1 | 43.9 |
| 5′ 4″ | 17.2 | 18.9 | 20.6 | 22.3 | 24.0 | 25.7 | 27.5 | 29.2 | 30.9 | 32.6 | 34.3 | 36.0 | 37.8 | 39.5 | 41.2 |
| 5′ 6″ | 16.1 | 17.8 | 19.4 | 21.0 | 22.6 | 24.2 | 25.8 | 27.4 | 29.0 | 30.7 | 32.3 | 33.9 | 35.5 | 37.1 | 38.7 |
| 5′ 8″ | 15.2 | 16.7 | 18.2 | 19.8 | 21.3 | 22.8 | 24.3 | 25.8 | 27.4 | 28.9 | 30.4 | 31.9 | 33.4 | 35.0 | 36.5 |
| 5′ 10″ | 14.3 | 15.8 | 17.2 | 18.7 | 20.1 | 21.5 | 23.0 | 24.4 | 25.8 | 27.3 | 28.7 | 30.1 | 31.6 | 33.0 | 34.4 |
| 6′ | 13.6 | 14.9 | 16.3 | 17.6 | 19.0 | 20.3 | 21.7 | 23.1 | 24.4 | 25.8 | 27.1 | 28.5 | 29.8 | 31.2 | 32.5 |
| 6′ 2″ | 12.8 | 14.1 | 15.4 | 16.7 | 18.0 | 19.3 | 20.5 | 21.8 | 23.1 | 24.4 | 25.7 | 27.0 | 28.2 | 29.5 | 30.8 |
| 6′ 4″ | 12.2 | 13.4 | 14.6 | 15.8 | 17.0 | 18.3 | 19.5 | 20.7 | 21.9 | 23.1 | 24.3 | 25.6 | 26.8 | 28.0 | 29.2 |
| 6′ 6″ | 11.6 | 12.7 | 13.9 | 15.0 | 16.2 | 17.3 | 18.5 | 19.6 | 20.8 | 22.0 | 23.1 | 24.3 | 25.4 | 26.6 | 27.7 |
| 6′ 8″ | 11.0 | 12.1 | 13.2 | 14.3 | 15.4 | 16.5 | 17.6 | 18.7 | 19.8 | 20.9 | 22.0 | 23.1 | 24.2 | 25.3 | 26.4 |
| 6′ 10″ | 10.5 | 11.5 | 12.5 | 13.6 | 14.6 | 15.7 | 16.7 | 17.8 | 18.8 | 19.9 | 20.9 | 22.0 | 23.0 | 24.0 | 25.1 |
| 7′ | 10.0 | 11.0 | 12.0 | 13.0 | 13.9 | 14.9 | 15.9 | 16.9 | 17.9 | 18.9 | 19.9 | 20.9 | 21.9 | 22.9 | 23.9 |

**Tips to maintain a healthy weight:**

√ Follow *Eating Well with Canada's Food Guide**

√ Participate in regular physical activity*

√ Drink 6-8 glasses of water each day. If you have heart failure or renal failure, all fluid sources may be limited. Please check with your Health Care Provider

√ Identify your temptations and barriers for change

√ Set realistic goals and make a plan

√ Find healthy ways to manage stress

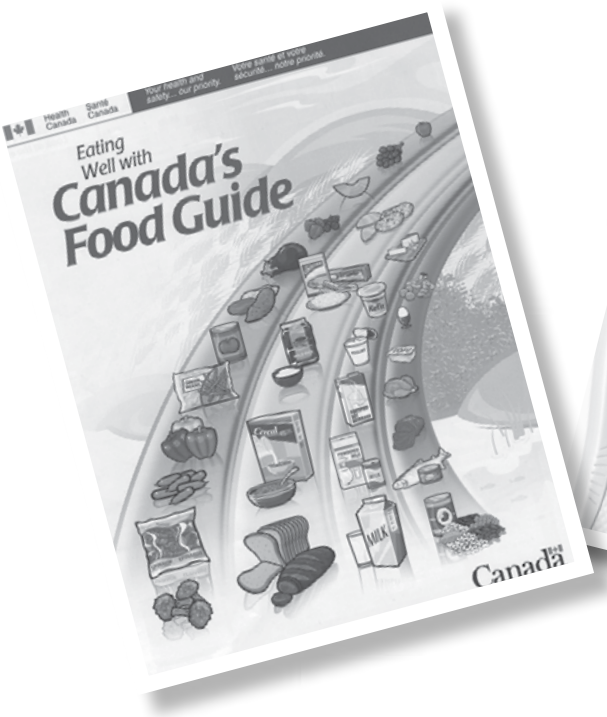
*** If you have special health needs your Health Care Provider may work with you to modify your goals.**

**Further Resources:**

*Eating Well with Canada's Food Guide*
healthcanada.gc.ca/foodguide

Canadian Physical Activity Guidelines *csep.ca/guidelines*

# Notes


Health Canada
Santé Canada
Your health and safety... our priority
Votre santé et votre sécurité... notre priorité
Eating Well with
Canada's Food Guide
MILK
Canada

HELP!

# Cholesterol

High levels of cholesterol (bad fat) can lead to a build up in your arteries which can cause heart disease and stroke. Small changes towards eating well and being active can make a difference in your cholesterol levels. LDL is "bad" cholesterol and HDL is "good" cholesterol. Cholesterol levels are measured by a blood test ordered by your Health Care Provider.

**What to aim for:**

- Total Cholesterol: less than 5.2 mmol/L
- LDL (bad fat): less than 3.5 mmol/L
  less than 2.0 mmol/L if you have diabetes, heart disease or stroke
- HDL (good fat): greater than 1.0 mmol/L for men
  greater than 1.3 mmol/L for women

**Tips to control cholesterol:**

√ Eat foods high in fibre
√ Eat foods low in saturated and trans fats
√ Follow *Eating Well with Canada's Food Guide**
√ Participate in regular physical activity *
√ Be tobacco free
√ Take medications as prescribed by your Health Care Provider

*** If you have special health needs your Health Care Provider may work with you to modify your goals.**

**Your LDL goal: _____**

| Date: | LDL |
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| Date: | LDL |
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**Further Resources:**
Heart and Stroke Foundation: *Living with Cholesterol*

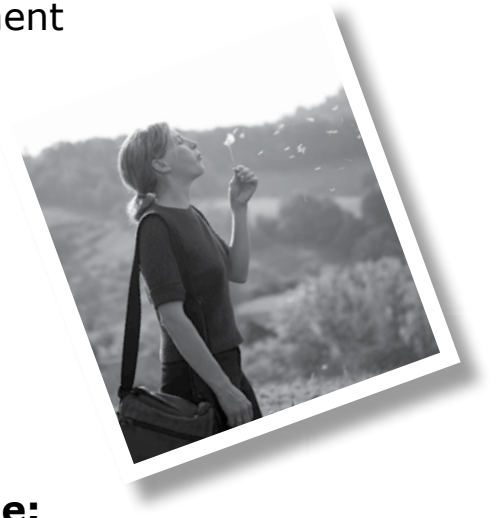
heartandstroke.ca

# Tobacco Use

All forms of tobacco use, including second hand smoke, cause damage to arteries and to other body tissues. This can lead to heart disease, stroke, kidney disease, lung cancer and chronic obstructive pulmonary disease (COPD). Being tobacco free is an important health behavior change in preventing chronic disease.

**What to aim for:**

- Tobacco free
- Smoke free environment



**Tips to become tobacco free:**

- √ Cut down gradually
- √ Set a date to quit
- √ Contact community or provincial smoking cessation programs
- √ Ask your Health Care Provider about ways to help you quit
- √ Make your home and vehicle smoke free

| **Your Current Pattern of Smoking:** | **Cutting Down:** |
|---|---|
| Day 1… _____ cigarettes | Day 1… _____ cigarettes |
| Day 2… _____ cigarettes | Day 2… _____ cigarettes |
| Day 3… _____ cigarettes | Day 3… _____ cigarettes |
| Day 4… _____ cigarettes | Day 4… _____ cigarettes |
| Day 5… _____ cigarettes | Day 5… _____ cigarettes |
| Day 6… _____ cigarettes | Day 6… _____ cigarettes |
| Day 7… _____ cigarettes | Day 7… _____ cigarettes |

**Target date to quit: _____**

**Further Resources:**
Smokers Helpline: 1-877-513-5333 smokershelpline.ca

Community Mental Health and Addictions: see back page for listings.

PEI Lung Association pei.lung.ca

Canadian Cancer Society cancer.ca

Heart and Stroke Foundation *Just Breathe: Becoming and Remaining Smoke-free*

heartandstroke.ca

# Alcohol Use

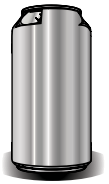
If you are pregnant, breastfeeding, take medications that interact with alcohol, suffer from a serious physical or mental illness, or alcohol dependence, it is safest not to drink alcohol.

Drinking too much alcohol can cause physical and mental health problems including high blood pressure, liver disease, cancer, depression, and alcohol dependency.

**What to aim for:**
If you choose to drink, the National Low Risk Drinking Guidelines recommend:

- 0 - 2 standard drinks* per day for women, no more than 10 standard per week
- 0 - 3 standard drinks* per day for men, no more than 15 standard per week
- Always have non-drinking days each week

* One standard drink is equal to 12 oz. of (5% alcohol) beer, 5 oz. of (12.5% alcohol) wine, or 1.5 oz of (40% alcohol) spirits.



12 oz Beer
(5% alcohol)

=

5 oz Wine
(10-12 % alcohol)

=

One mixed drink with
1.5 oz alcohol
(40% alcohol)

**Tips to manage alcohol intake:**

- √ If you do not drink already, don't start
- √ Drink non alcoholic drinks or drink water between drinks
- √ Eat before or while you are drinking

If you have trouble following these guidelines, or are concerned about the effects of alcohol use, talk to your Health Care Provider or Community Mental Health and Addictions.

**Further Resources:**

Community Mental Health and Addictions: see back page for listings.

justtalkpei.ca

**Notes**

# Diabetes

People with diabetes tend to have higher blood pressure, higher cholesterol and higher blood sugar. People with diabetes are at a much greater risk of having a stroke or heart attack.

**What to aim for:**

- Fasting blood sugars between 4 and 7 mmol/L*
- 2 hours after meal sugars should be between 5 and 10 mmol/L*
- A1c (average blood sugar level over 3 months) readings equal to or less than 7.0%

**Tips to manage diabetes:**

√ Monitor blood sugars
√ Participate in regular physical activity *
√ Follow recommended diet
√ Take medications as prescribed by your Health Care Provider
√ Attend appointments and classes with a Diabetes Educator
√ Ask your Health Care Provider about annual screening for diabetes complications for your eyes, kidneys and feet.

*** If you have special health needs your Health Care Provider may work with you to modify your goals.**

| Date: | Blood Glucose | Date: | Blood Glucose |
|---|---|---|---|
| _____ | _____ | _____ | _____ |
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**Further Resources:**
Canadian Diabetes Association *Staying Healthy with Diabetes*
diabetes.ca

**Provincial Diabetes Program**

| | |
|---|---|
| Queens East: | (902) 368-4959 |
| Queens West: | (902) 569-7562 |
| Souris: | (902) 687-7049 |
| Montague: | (902) 838-0787 |
| East Prince: | (902) 432-2600 |
| West Prince: | (902) 859-8781 |

peidiabetes.pe.ca

# Stress

Everyone has stress, however if we have too much stress it can lead to physical and mental health problems. Too much stress can increase blood cholesterol levels and blood pressure, increasing your risk for heart disease and stroke.

Chronic sleep loss can increase the risk of heart disease, stroke, diabetes, obesity and depression.

**What to aim for:**

- 7 - 9 hours of sleep for most adults
- Stress Index less than 14 (page 26)

**Tips to manage stress:**

√ Get the sleep you need
  - Keep a regular sleeping schedule
  - Avoid caffeine, nicotine and alcohol as they can interfere with your sleep
  - Avoid intense exercise just before bedtime
  - Establish a bedtime ritual to signal your body it is time to sleep

√ Take time for yourself and do the things you enjoy
√ Develop ways to relax
√ Eat a healthy diet
√ Participate in regular physical activity*
√ Create realistic expectations
√ Focus on what you can do
√ Share your feelings and build healthy relationships
√ Ask for help from a professional

## Notes

*** If you have special health needs your Health Care Provider may work with you to modify your goals.**

| **STRESS INDEX**** | | | | | |
|---|---|---|---|---|---|
| **DO YOU FREQUENTLY:** | **YES** | **NO** | | **YES** | **NO** |
| Neglect your diet? | | | Use sleeping pills or tranquilizers without consulting a doctor? | | |
| Try to do everything yourself? | | | Not get enough rest? | | |
| Blow up easily? | | | Get angry when you are kept waiting? | | |
| Seek unrealistic goals? | | | Ignore stress symptoms in your habits and attitudes? | | |
| Fail to see the humour in situations? | | | Put things off until later? | | |
| Act rudely? | | | Think there is only one right way to do something? | | |
| Make a "big deal" of everything? | | | Fail to include relaxation time in your day? | | |
| Look to other people to make things happen? | | | Gossip? | | |
| Have difficulty making decisions? | | | Impatiently try to race through your day? | | |
| Complain you are disorganized? | | | Spend a lot of time complaining about your past? | | |
| Avoid people whose ideas contradict your own? | | | Fail to get a break from noise and crowds? | | |
| Bottle up everything inside? | | | **Score 1 for each "yes" answer.** | | |
| Avoid or neglect physical activity? | | | **TOTAL YOUR SCORE _____** | | |
| Have few or no supportive relationships? | | | | | |

**What Your Score Means:**

1-6: You have few hassles, and generally lead a low-stress life.

7-13: You've got a handle on your life.

14-20: Warning: You're in the danger zone!

Above 20: Red flag emergency! Stop. Rethink.

** From Heart and Stroke Foundation *Coping with Stress* heartandstroke.ca

See tips to manage stress on Page 24.

**Further Resources:**
Heart and Stroke Foundation *Coping with Stress* heartandstroke.ca

Alzheimer Society of PEI (Brain Health): alzpei.ca

Canadian Mental Health Association: cmha.ca

Community Mental Health and Addictions: see back page for listings.

## Resource Contacts:

**Health PEI**
healthpei.ca
Tel:  (902) 368-6130

**Department of Health and Wellness**
gov.pe.ca/health
Tel: (902) 368-6414

**Recreation PEI**
recreationpei.ca
Tel:  (902) 892-6445

**Canadian Mental Health Association**
cmha.pe.ca
Tel: (902) 566-3034

**Healthy Eating Alliance**
healthyeatingpei.ca
Tel:  (902) 368-6844

**Alzheimer Society of PEI**
alzpei.ca
Tel: (902)628-2257
1-866-628-2257

**Heart and Stroke Foundation of PEI**
heartandstroke.pe.ca
Tel: (902) 892-7441

**Canadian Cancer Society**
cancer.ca
PEI Division
Tel: (902) 566-4007
1-866-566-4007

**PEI Lung Association**
pei.lung.ca
Tel : (902) 892-5957
1-888-566-5864

**Canadian Diabetes Association**
diabetes.ca
Tel: (902) 894-3005

**PEI Tobacco Reduction Alliance**
peitobaccoreduction.com
Tel: (902) 892-7441

**Community Mental Health and Addiction Services**

| | |
|---|---|
| Alberton | (902) 853-8670 |
| O'Leary | (902) 859-8781 |
| Montague | (902) 838-0960 |
| Souris | (902) 687-7110 |
| Summerside Addiction Services | (902) 888-8380 |
| Community Mental Health | (902) 888-8180 |
| Charlottetown | |
| Provincial Addiction Treatment Facility | |
| | (902)368-4120 or 1-888-299-8399 |
| Richmond Community Mental Health | (902)368-4430 |
| McGill Community Mental Health | (902)368-4911 |

***Living a Healthy Life*** is a six-week self-management education program. It is for people with ongoing chronic health conditions, or who are looking to make changes to prevent health problems.

For more information call: 1-888-854-7244 (toll free)
or visit www.gov.pe.ca/health/livingahealthylife

**Cancer Screening**
Cancer Screening can detect colon, cervical, breast and other cancers at their earliest, most treatable stages.

For more information on cancer screening programs:
getscreenedpei.ca

PEI Colorectal Screening Program: 1-888-561-2233
healthpei.ca/colorectal

PEI Breast Screening Program: 1-888-592-9888
healthpei.ca/breastscreening

PEI Pap Screening Service 1-888-561-2233
healthpei.ca/papscreening

**Patient Registry**
Prince Edward Island's Patient Registry Program helps connect Islanders who are without a family doctor to a family doctor who is accepting new patients.

Call 1-855-563-2101 to register yourself or a family member.
healthpei.ca/patientregistry

*Publication Date: April 2015*

Prince Edward Island
CANADA
Health and Wellness

Health PEI
One Island Health System