

## What happens next?

The person who delivered your health check will have explained your results and informed you about things that you might wish to do to help you lead a healthier lifestyle and the services that are available to support you.

**One Small Step** can help you in making small steps towards a healthier and happier lifestyle. Should you wish to seek some information or support on how to change you can contact them in the following ways:

Visit: [www.onesmallstep.org.uk](http://www.onesmallstep.org.uk)

Email: [hello@onesmallstep.org.uk](mailto:hello@onesmallstep.org.uk)

Tel: **0800 298 2654** (freephone) or **01392 908 139** (local rate)

Even if your results are OK, we can still give you tips and advice to help you continue to maintain a healthy lifestyle.

## Feedback about your experience

Thank you for having your health check today. I hope you found it beneficial. The Public Health team welcome any feedback; whether it is positive, neutral, negative or a combination of all three. If you would like to provide us with some feedback about your experience please complete our short survey at:

[services.devon.gov.uk/web/dcc-surveys/publichealth](http://services.devon.gov.uk/web/dcc-surveys/publichealth)

Or email: [publichealth-mailbox@devon.gov.uk](mailto:publichealth-mailbox@devon.gov.uk)

**onesmallstep**  
to a healthier you

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## Your Results

Name:

Date:

**NHS  
HEALTH  
CHECK**

Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

**Devon**  
County Council

# Your Results

## Smoking

<input type="checkbox"/> Healthy range Non smoker	<input type="checkbox"/> Increasing risk Ex-smoker	<input type="checkbox"/> Harmful risk Smoker	Result
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## Alcohol consumption (AUDIT C score)

<input type="checkbox"/> 0-7	<input type="checkbox"/> 8-15	<input type="checkbox"/> 16+	
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## Physical activity

<input type="checkbox"/> Active: 5x30mins / 150mins a week	<input type="checkbox"/> Moderately inactive	<input type="checkbox"/> Inactive: Under 30mins a week
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## Diet

<input type="checkbox"/> Balanced diet	<input type="checkbox"/> Could be better	<input type="checkbox"/> High risk diet
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## Pulse rhythm

<input type="checkbox"/> Regular	-	<input type="checkbox"/> Irregular	
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## Blood pressure

<input type="checkbox"/> Healthy range Under 140/90	<input type="checkbox"/> Increasing risk 140/90 to 159/99	<input type="checkbox"/> Harmful risk Over 160/100	
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## Body mass index

<input type="checkbox"/> 18.5-24.9	<input type="checkbox"/> 25-29.9	<input type="checkbox"/> 30+	
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Height (cm)	Weight (kg)
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## Cholesterol

Total Cholesterol	Total Cholesterol/HDL Ratio
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Your risk of heart attack or stroke in the next 10 years:

Ideally we'd like to see a score of less than 10%.

My NHS Choices Heart Age score:

(optional, visit online)

yrs

# Goal Setting

Use this page to set yourself some goals to work towards. Start off with one or two changes that you could make to improve your health. Remember that small changes to your lifestyle can make a big difference to your health.

What would you like to achieve?

What small thing can you start to change today?

How can you measure it and how will you know if you're successful?

What might get in the way and how will you stop that from happening?

Who can help you?

How I can reward myself when I achieve my goal?