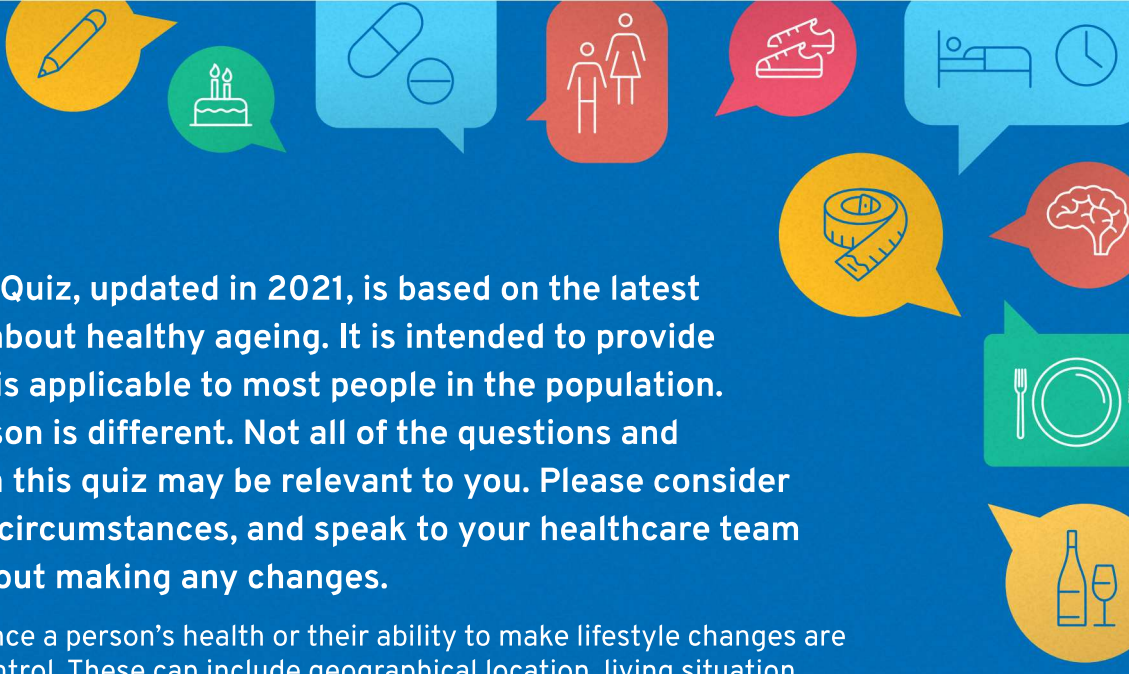




This quiz will help you determine whether
your current lifestyle is helping you age well.

If you are 50 years of age or over, this quiz is for you.



The Healthy Ageing Quiz, updated in 2021, is based on the latest scientific evidence about healthy ageing. It is intended to provide general advice that is applicable to most people in the population. However, every person is different. Not all of the questions and recommendations in this quiz may be relevant to you. Please consider your own individual circumstances, and speak to your healthcare team if you are unsure about making any changes.

Many factors that influence a person's health or their ability to make lifestyle changes are outside that person's control. These can include geographical location, living situation, finances, the accessibility of services and supports, pre-existing disabilities and health conditions, global pandemics, and the effects of systemic prejudice and discrimination. We recognise that one or more of these factors may impact your ability to implement the suggestions made by the Healthy Ageing Quiz.

Please consider the Healthy Ageing Quiz as a guide to start conversations about healthy ageing and to inspire you to take action where you can to improve your health and wellbeing.

Before you start

- The quiz will take about 10 minutes to complete.
- If English is not your first language, you might like to ask a family member or friend to help you complete the quiz.
- If you do not know your height, weight or waist measurement then you will require a scale and tape measure.
- For each question, tick the most appropriate response based on your current circumstances (unless otherwise specified).
- Select the option that best describes your regular activities/behaviour in a typical week. If you cannot decide between two scoring options, tick the lower scored option. If you do not know the answer you can estimate.
- Add up your score and refer to page 13 to see what your score tells you about your current lifestyle. Do not include those questions marked 'not scored' or those you did not answer in your final score.

Once you have finished

- **Regardless of your final score**, go through the quiz and highlight the questions where you have scored less than 2 points (or less than 5 points for question 4). These are considered possible risk factors for you.
- Once you have identified your **individual risk factors**, refer to the list of recommendations (pages 15-19) for suggestions on how to reduce or eliminate the risk factor.
- See our Action Planner on page 20 to help you **develop an action plan** to address your individual risk factors. Place one risk factor per row and follow the prompts. It may be worth talking to your doctor about the quiz results to see what other actions you can take.

QUESTION

Q1. In general, would you say your health is:

Please tick one answer

☐ Very good ☐ Good ☐ Fair ☐ Poor

Q2. In a typical week, how often do you do 30 minutes of moderately or vigorously intense physical activity a day?

- Moderate physical activity causes the heart to beat faster and makes you breathe harder while still being able to talk comfortably. Examples include brisk walking, mowing the lawn, digging in the garden, or medium paced swimming, cycling, dancing or heavy housework.
- Vigorous physical activity causes the heart to beat faster and makes you breathe harder, or puff and pant (you will not be able to say more than a few words without pausing for a breath). Examples include jogging or running.

Please tick one answer

5 days or more a week

Tick

☐

Score

2

3-4 days a week

☐

1

0-2 days a week

☐

0

Q3. How much time do you spend being sedentary on average, over the course of a day?

Sedentary behaviour is low movement activities such as watching TV, lying down, desk-based office work, driving a car. It **does not** include sleeping.

Please tick one answer

1-3 hours a day

Tick

☐

Score

2

4-7 hours a day

☐

1

8 or more hours a day

☐

0

SCORE

Q1:

Not scored

Q2:

Q3:



**SUB-TOTAL
FOR THIS PAGE:**

QUESTION

Q4. Which of the following exercises do you undertake in a typical week?

You may do more than one type of activity. Please select all that apply and add up your score.

Please tick all that apply	Tick	Score
Strength/resistance training (e.g. free or machine weights, push ups)	☐	1
Balance activities (e.g. balance exercise class, Tai Chi)	☐	1
Mobility activities (e.g. walking, active travel)	☐	1
Cardiorespiratory activities (e.g. aerobics, swimming, cycling, brisk walking)	☐	1
Flexibility (e.g. stretching, yoga)	☐	1
None of the above	☐	0

Q5. How many falls have you had in the last 12 months?

A fall is where you land on a lower surface without meaning to, and includes trips and slips.

Please tick one answer	Tick	Score
1 or more requiring medical treatment	☐	0
2 or more in 12 months (no medical treatment needed)	☐	0
1 in 12 months (no medical treatment needed)	☐	1
None in 12 months	☐	2

Q6. Do you feel unsteady or at risk of losing your balance when walking and turning during your normal daily activities?

Please tick one answer	Tick	Score
Moderate to severe unsteadiness	☐	0
Very little/Minimal unsteadiness	☐	1
No unsteadiness	☐	2

Q7. Do you smoke or have you ever smoked tobacco?

Please tick one answer	Tick	Score
Yes, I currently smoke (this includes being an occasional smoker)	☐	0
I do not smoke but others smoke around me	☐	1
I was a smoker but stopped within the last 10 years	☐	1
I was a smoker but stopped over 10 years ago	☐	2
I never smoked	☐	2

SCORE

Q4:

Q5:

Q6:

Q7:

**SUB-TOTAL
FOR THIS PAGE:**

QUESTION

Q8. How much alcohol do you usually drink?

A standard drink contains 10g of alcohol (equal to 12.5ml of pure alcohol). That is: A small glass (100ml) of (12%) wine, a pot (285ml) of full strength beer or a pint (570ml) of light (2.2%) beer, 60ml of (18%) sherry or a shot glass (30ml) of 40% spirits.

Please tick one answer	Tick	Score
More than 10 standard drinks in a week, and/or more than four standard drinks on any one day	☐	0
Ten or fewer standard drinks in a week, and equal to or less than four standard drinks on any one day	☐	2
I rarely drink	☐	2
I never drink	☐	2

Q9. Have you used, or had a strong desire or urge to use, any of the following substances in the last 3 months?

(non-medical, non-prescribed or recreational use only)

Please tick all that apply	Tick
Sedatives or sleeping pills (<i>diazepam, alprazolam, flunitrazepam, midazolam</i>)	☐
Opioids (<i>heroin, morphine, methadone, buprenorphine, codeine, etc.</i>)	☐
Cannabis (<i>marijuana, pot, grass, hash, etc.</i>)	☐
Hallucinogens (<i>LSD, acid, mushrooms, trips, ketamine, etc.</i>)	☐
Cocaine (<i>coke, crack, etc.</i>)	☐
Inhalants (<i>nitrous, glue, petrol, paint thinner, etc.</i>)	☐
Amphetamine-type stimulants (<i>speed, meth, ecstasy, etc.</i>)	☐

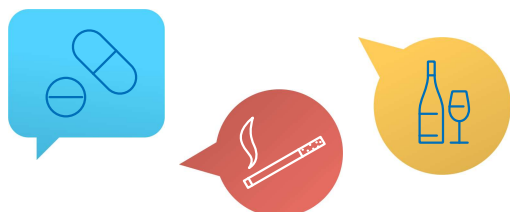
If you have ticked any boxes above, how frequently have you used these types of substances in the last 3 months?

Please tick one answer. Scores for each option are shown in brackets.				
☐ Never (2)	☐ Once or twice (1)	☐ Monthly (0)	☐ Weekly (0)	☐ Daily or almost daily (0)

SCORE

Q8:

Q9:



SUB-TOTAL
FOR THIS PAGE:

QUESTION

Q10. What is your Body Mass Index (BMI)?

BMI is the best available tool for estimating whether a person is at a healthy weight when individual assessment is not possible. Please consider it as a general guide.

To calculate your BMI, use the table on page 14. You will need to know your height and weight.

Please tick one answer	Tick	Score
For people younger than 70 years:		
My BMI is between 18.5-25 (<i>inclusive</i>)	☐	2
My BMI is above 25	☐	0
My BMI is below 18.5	☐	0
For people aged 70 or older:		
My BMI is between 22-26 (<i>inclusive</i>)	☐	2
My BMI is above 26	☐	0
My BMI is below 22	☐	0

Q11. What is your waist measurement?

Place a tape measure around your waist, 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. If you are unable to measure your waist circumference, provide your best estimate.

Please tick one answer	Tick	Score
For men:		
102cm (40.2") or more	☐	0
Less than 102cm (40.2") but more than 94cm (37")	☐	1
Less than 94cm (37")	☐	2
For women:		
88cm (34.6") or more	☐	0
Less than 88cm (34.6") but more than 80cm (31.5")	☐	1
Less than 80cm (31.5")	☐	2

SCORE

Q10:

Q11:

**SUB-TOTAL
FOR THIS PAGE:**



QUESTION

The purpose of this question is to determine whether you should complete Question 12 or Question 13. **Do not include your score from this question in your sub-total or in your final quiz score.**

a. Have you lost weight recently (i.e. within the last 6 months) without meaning to?

If you are not sure, consider whether your clothes have become looser.

Please tick one answer	Tick	Score
No	☐	0
Unsure	☐	2
Yes (how much?)		
1-5kg (2-13lbs)	☐	1
6-10kg (14-23lbs)	☐	2
11-15kg (24-33lbs)	☐	3
>15kg (>33lbs)	☐	4
Unsure	☐	0

b. Have you been eating poorly because you have less appetite or difficulty chewing or swallowing?

Please tick one answer	Tick	Score
Yes	☐	1
No	☐	0

Total score for this question (part a + part b): _____

If your total score for this question is **2 or more**, please move to **Question 12**.

If your total score for this question is **less than 2**, please move to **Question 13**.



Question taken from: Ferguson M, Capra S, Bauer J, Banks M. Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. *Nutrition* 1999; 15: 458-64.

QUESTION

Q12. Which of the following foods do you eat?

Please tick all that apply

☐ Meat and/or poultry	☐ Fish and/or seafood
☐ Eggs	☐ Tofu
☐ Nuts and/or seeds	☐ Legumes (e.g. beans, chickpeas, lentils)
☐ Dairy foods (e.g. milk, yoghurt, cheese, cream)	☐ Olive oil or other types of oil (e.g. in dressings or used for cooking)
☐ Butter and/or margarine	☐ Mayonnaise
☐ Avocado	☐ Peanut butter
☐ Sweeteners (e.g. sugar, honey)	

In a typical week how often do you eat these types of foods?

Please tick one answer. Scores for each option are shown in brackets.

☐ Often or always (2)	☐ Sometimes (1)	☐ Rarely or never (0)
--	--	--

----- Enter score on the right and then move to Question 14 -----

SCORE

Q12:

N/A if Q13 completed



SUB-TOTAL FOR THIS PAGE:

QUESTION

Q13. On a typical week, consider whether you eat the following foods:

Please tick all that apply

☐ 5 vegetables (including legumes) a day

☐ 2 fruits a day

☐ Cereals (breads, rice, pasta, noodles, preferably wholegrain)

☐ At least three servings of calcium rich foods (e.g. milk, yoghurt, cheese)

☐ Lean meat, fish, poultry and/or eggs, legumes and nuts

☐ Plenty of water/fluids (approximately 6-8 glasses a day)

☐ Dairy foods (e.g. milk, yoghurt, cheese, cream)

☐ Olive oil or other types of oil (e.g. in dressings or used for cooking)

Foods and drinks that are low in:

☐ Fat

☐ Sugar

☐ Salt

In a typical week how often do you eat these types of foods?

Please tick one answer. Scores for each option are shown in brackets.

☐ Often or always (2)

☐ Sometimes (1)

☐ Rarely or never (0)

----- Enter score on the right then move to Question 14 -----

Q14. Do you regularly eat three meals a day?

Please tick one answer. Scores for each option are shown in brackets.

☐ Yes (2)

☐ Mostly (1)

☐ No (0)

Q15. Do you feel you have hearing loss?

Please tick one answer. Scores for each option are shown in brackets.

☐ Yes (0)

☐ No (2)

SCORE

Q13:

N/A if Q12 completed

Q14:

Q15:

SUB-TOTAL FOR THIS PAGE:



QUESTION

Q16. Do you have any chronic conditions?

Chronic health conditions are defined broadly as “conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both”. Examples include: arthritis, asthma, back pain, cancer, cardiovascular disease, chronic obstructive pulmonary disease, diabetes, mental health conditions, and many others.

Please tick one answer	Tick	Score
I have no chronic conditions	☐	2
I have one or more chronic conditions but they are well managed	☐	1
I have one or more chronic conditions that cause me some concern	☐	0

Q17. Have you visited a doctor (GP or other medical practitioner) in the last 12 months for an annual check-up?

Please tick one answer. Scores for each option are shown in brackets.

☐ Yes (2)	☐ No (0)
----------------------------------	---------------------------------

Q18. Do you have difficulty sleeping?

Please tick one answer	Tick	Score
I generally sleep well and feel alert in the morning	☐	2
My sleep is interrupted but I usually go back to sleep easily	☐	1
I feel drowsy during the day	☐	1
I generally have difficulty sleeping	☐	0

Q19. How often do you engage in activities that challenge/stimulate your mind?

Examples include: reading, writing, playing a musical instrument, playing games (e.g. cards, checkers, doing crosswords), watching stimulating TV programs and learning new activities/skills.

Please tick one answer. Scores for each option are shown in brackets.

☐ 5 or more days a week (2)	☐ 3-4 days a week (1)	☐ 0-2 days a week (0)
--	--	--

SCORE

Q16:

Q17:

Q18:

Q19:

SUB-TOTAL
FOR THIS PAGE:



QUESTION

Q20. How often do you engage in activities that you find socially and/or productively engaging? (i.e. that are worthwhile and satisfying)

Examples include: volunteer work, paid work, caring for others, gardening or creative activities etc.

Please tick one answer. Scores for each option are shown in brackets.

- | | | |
|--|--|--|
| ☐ 5 or more days a week (2) | ☐ 3-4 days a week (1) | ☐ 0-2 days a week (0) |
|--|--|--|

Q21. How often are you involved in any group activities (formal or informal, online or face-to-face), community or religious organisations?

Examples include: sport, dance, choir, reading group, church activities, Probus etc.

Please tick one answer. Scores for each option are shown in brackets.

- | | | |
|---|---|-------------------------------------|
| ☐ At least once a week (2) | ☐ 1-2 times a month (not weekly) (1) | ☐ Rarely (0) |
|---|---|-------------------------------------|

Q22. How often do you see or hear from family and/or friends in a typical week?

Examples include: face to face catch-ups, phone calls, text messages, video calls, online communication etc.

Please tick one answer. Scores for each option are shown in brackets.

- | | | |
|--|--|--|
| ☐ 5 or more days a week (2) | ☐ 3-4 days a week (1) | ☐ 0-2 days a week (0) |
|--|--|--|

Q23. Do you have people you feel you can depend on?

Please tick one answer. Scores for each option are shown in brackets.

- | | | |
|--|--|---------------------------------------|
| ☐ I definitely do (2) | ☐ I do to some degree (1) | ☐ I do not (0) |
|--|--|---------------------------------------|

Q24. Do you have people you feel very close to?

Please tick one answer. Scores for each option are shown in brackets.

- | | | |
|--|--|---------------------------------------|
| ☐ I definitely do (2) | ☐ I do to some degree (1) | ☐ I do not (0) |
|--|--|---------------------------------------|

SCORE

Q20:

Q21:

Q22:

Q23:

Q24:

**SUB-TOTAL
FOR THIS PAGE:**



QUESTION

SCORE

Q25. Are you generally an optimistic/positive person?

Please tick one answer. Scores for each option are shown in brackets.

☐ No (0)	☐ To some degree (1)	☐ Yes (2)
---------------------------------	---	----------------------------------

Q25:

Q26. Are there things that you look forward to each day?

Please tick one answer. Scores for each option are shown in brackets.

☐ Never or rarely (0)	☐ Sometimes (1)	☐ Often or always (2)
--	--	--

Q26:

Q27. How often does the following statement apply to you?

I look for opportunities to maximise what I can still do or I look for new activities that meet my current abilities or circumstances.

Please tick one answer. Scores for each option are shown in brackets.

☐ Never or rarely (0)	☐ Sometimes (1)	☐ Often or always (2)
--	--	--

Q27:

**SUB-TOTAL
FOR THIS PAGE:**

TOTAL SCORE:

Do not include those questions marked 'not scored' or those you did not answer.



Score Ratings

Score	Advice
A score of 0-20:	You have room for improvement. There are several areas in your lifestyle that could be changed to improve your chances of ageing well. Go through the quiz and highlight each question where you have scored less than 2 points (or less than 5 points for Question 4). Do not include those questions marked 'not scored' or those you did not answer. Then check the list of actions on pages 15-19 to see what you can do to improve each risk factor.
A score of 21-40:	You can make a few changes. Although there are some areas in your lifestyle that are helping you age well, there are other areas that could be improved upon. Go through the quiz and highlight each question where you have scored less than 2 points (or less than 5 points for Question 4). Do not include those questions marked 'not scored' or those you did not answer. Then check the list of actions on pages 15-19 to see what you can do to improve each risk factor.
A score of 41-53:	You are doing well. You have many positive lifestyle factors that are maximising your chances of ageing well. To further enhance your chances, go through the quiz and highlight each question where you have scored less than 2 points (or less than 5 points for Question 4). Do not include those questions marked 'not scored' or those you did not answer. Then check the list of actions on pages 15-19 to see what you can do to improve each risk factor.



Body Bass Index (BMI) Table

		WEIGHT																					
	lbs	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	
	kg	41	45	50	54	59	64	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132	
	ft/in	cm																					
HEIGHT	4'8"	142.2	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65
	4'9"	144.7	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63
	4'10"	147.3	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61
	4'11"	149.8	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59
	5'0"	152.4	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57
	5'1"	154.9	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55
	5'2"	157.4	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53
	5'3"	160.0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51
	5'4"	162.5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50
	5'5"	165.1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48
	5'6"	167.6	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47
	5'7"	170.1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45
	5'8"	172.7	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44
	5'9"	175.2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43
	5'10"	177.8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42
	5'11"	180.3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40
	6'0"	182.8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39
	6'1"	185.4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38
	6'2"	187.9	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37
	6'3"	190.5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36
6'4"	193.0	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	
6'5"	195.5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	
6'6"	198.1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	
6'7"	200.6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	
6'8"	203.2	10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	
6'9"	205.7	10	11	12	13	14	15	16	17	18	19	20	21	24	24	25	26	27	29	29	30	31	
6'10"	208.2	9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	28	28	29	30	
6'11"	210.8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30	

Adapted from: bmicalculatoraustralia.com

BMI Classification	Less than 70 years old	Age 70 or older
Underweight	BMI Under 18.5	BMI Under 22
Ideal Weight	BMI 18.5-25	BMI 22-26
Overweight	BMI Over 25	BMI Over 26

Adapted from: www.betterhealth.vic.gov.au/health/healthyliving/body-mass-index-bmi

Healthy Ageing Quiz – Actions to Help You Age Well

Questions 2 and 4: Physical Activity

- Physical activity offers many health benefits, it is good for both your body and your mind.
- You should be as physically active as your functional ability and level of fitness allows, and adjust your level of effort relative to your level of fitness. Some physical activity is better than none. You should start by doing small amounts of physical activity, and gradually build up over time.
- Aim to do at least 30 minutes of moderate or vigorous activity for at least 5 days per week (150-300 minutes per week of moderate intensity or 75-150 minutes of vigorous intensity). The 30 minutes 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/resistance training, balance, mobility, aerobic activities and stretching exercises.
- On at least 3 days of the week try and do exercises that help your balance and strength.
- Exercise programs are available through local councils, gyms and community health centres. A qualified allied health professional (e.g. physiotherapist, accredited exercise physiologist) can develop an individually tailored program for you.
- See the physical activity guidelines for older people on the National Ageing Research Institute's (NARI) website www.nari.net.au/at-home-exercises-for-older-people or call on +61 3 8387 2305.



Question 3: Sedentary Behaviour

- Moving more can reduce your risk of dying, cardiovascular disease, cancer and type-2 diabetes. Sedentary behaviour can include desk-based office activity and low movement activities while sitting (watching TV), reclining, or lying.
- Replacing sedentary time with physical activity of any intensity (including light intensity) can improve your health.
- Try and break long periods of low movement activities at least once an hour by standing up and/or moving around (e.g. walk, stretch, get a glass of water).



Question 5 and 6: Balance and Falls

- Falls may result in injury, loss of confidence, inactivity, isolation, fear of falling and change in functional ability.
- If you have concerns about your balance, or have fallen, it is important to look into possible causes. Some possible causes include: vision problems, muscle weakness, balance problems, inactivity, medication, certain medical conditions, foot problems and footwear that doesn't fit well or is unsupportive.
- Use any prescribed mobility aids as directed.
- Leg muscle strengthening and functional balance exercises undertaken at least 3 times a week have been shown to reduce the risk of falls. Exercises need to be tailored so that they are challenging enough as well as being safe. See examples of exercises at the Safe Exercise at Home website, www.safeexerciseathome.org.au, and the Exercise Right website, www.exerciseright.com.au/exercise-home
- For further information about fall risk factors and strategies to prevent falls, talk to a health professional such as a doctor or physiotherapist or see the following websites: NARI, www.nari.net.au/victorian-falls-directory, and Victorian Department of Human Services, www2.health.vic.gov.au/ageing-and-aged-care/wellbeing-and-participation/healthy-ageing/falls-prevention



Healthy Ageing Quiz – Actions to Help You Age Well

Questions 7 - 9: Smoking, Alcohol and Other Drug Use

Tobacco:

- Tobacco causes more preventable illness and death than any other drug. Smoking causes a range of cancers as well as heart disease, stroke and emphysema, and can increase your risk of dementia.
- If you smoke, quit smoking now! It is always a good idea to quit smoking, even if you have tried unsuccessfully in the past. Speak to your doctor, ring Quitline on 13 78 48, or check the Quitline website www.quit.org.au for strategies to help you quit.
- Wherever possible try to avoid breathing second-hand smoke.



Alcohol:

- Drinking alcohol increases the risk of falls and injuries, as well as some chronic conditions. The less you drink, the lower your risk of harm from alcohol. For people over the age of 60, it may be preferable to drink less or no alcohol because the body's ability to process alcohol decreases with age.
- If you take any medications, it is important to speak with your doctor or pharmacist about whether or not it is safe to drink alcohol.
- For more health advice regarding alcohol see www.nhmrc.gov.au/health-advice/alcohol



Other Drugs:

- Illicit substances and the misuse of prescription drugs can cause a wide range of acute and chronic health conditions. Using substances by injection greatly increases the risk of harm from substance use.
- Speak with your doctor if you currently use, or feel the urge to use, any of the substances listed in the Quiz.



Questions 10 and 11: Weight and Waist Circumference

- Being underweight or overweight increases a person's risk of poor health outcomes. You can reduce your risk by ensuring that your weight is within the estimated healthy range for your height and age. A healthy Body Mass Index (BMI) is between 18.5-25 if you are less than 70 years of age, and between 22-26 if you are 70 years of age or older.
- Waist circumference is an estimate of fat around a person's middle, which is related to risk of heart disease and stroke. Your risk is reduced if your waist measurement is 80cm or less for women and 94cm or less for men.
- Individual circumstances may influence whether the above BMI and waist measurement recommendations apply to you. If in doubt, talk to your doctor or dietitian.
- Eat the right foods (see below) and exercise regularly (see above) to maintain a healthy weight. If you are concerned about your weight, talk to your doctor or dietitian. They can provide tailored advice on ways to increase, reduce or maintain your weight.



Healthy Ageing Quiz – Actions to Help You Age Well

Questions 12-14: Diet

If you completed Questions 12 and 14, this information is for you:



- If you have recently lost weight without trying, and/or have been eating poorly because of decreased appetite or chewing or swallowing difficulties, you may be at risk of malnutrition. If you are over the age of 65, you may also be at an increased risk of malnutrition even if you haven't lost weight. **If any of these factors apply to you, it is important to speak to your doctor or a dietitian about how to prevent malnutrition.**
- Malnutrition can lead to increased risk of falling, longer recovery time if you become sick, and many other poor health outcomes.
- Eating a diet that is high in protein and energy (calories) can help to reduce risk of malnutrition. This means including some of these foods in your diet each day: meat and/or poultry, fish and/or seafood, eggs, tofu, nuts and/or seeds, legumes (e.g. beans, chickpeas, lentils), dairy foods (e.g. milk, yoghurt, cheese, cream), olive oil or other types of oil (e.g. in dressings or used for cooking), butter and/or margarine, mayonnaise, avocado, peanut butter, sweeteners (e.g. sugar, honey).
- Aim to eat three meals each day (or smaller, more frequent meals with snacks in between).

If you completed Questions 13 and 14, this information is for you:



- 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.
- Ensure that your diet meets the guidelines for healthy eating. Your diet should include: 5 vegetables and 2 fruits (fresh, frozen or canned) a day (including legumes), cereals (breads, rice, pasta, noodles, preferably wholemeal), at least three servings of calcium-rich foods (eg milk, yoghurt, cheese), lean meat, fish, poultry and/or eggs, legumes and nuts and plenty of fluids (approx. 6-8 glasses a day). Your diet should be low in salt, sugar (including food and drinks containing sugar) and fat. To download the guidelines: www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day
- Aim to eat three meals each day (or smaller, more frequent meals).
- A dietitian can help you develop a healthy meal plan.

Question 15: Hearing Loss

- Hearing loss has been identified as a significant risk factor for cognitive decline and dementia. However, addressing mid-life hearing loss may prevent up to 9% of new dementia cases.
- If you have concerns about your hearing investigate the cause and see your doctor or audiologist.
- It is recommended that you use any prescribed hearing aids as directed.



Healthy Ageing Quiz – Actions to Help You Age Well

Question 16 and 17: Chronic Conditions and Medical Care

- It is important to learn all you can about your chronic condition(s) – what helps and what makes it worse. Talk to your doctor or contact the relevant association (e.g. [Musculoskeletal Australia](#), [The National Asthma Council Australia](#), [Cancer Council Australia](#), [National Heart Foundation of Australia](#), [Lung Foundation Australia](#), [Diabetes Australia](#), [Mental Health Foundation Australia](#), [Stroke Foundation](#)).
- Understand the medication you take, any side effects and any contraindications. Talk to your doctor or pharmacist and ask them about a Home Medicines Review.
- Have a general check-up each year, as early detection of problems improves outcomes. If you are aged 75 and over (or 55 years and over if an Aboriginal and Torres Strait Islander) ask your doctor about the Older Person's Health Assessment.



Question 18: Sleep

- Your body needs sleep to repair cell damage and refresh your immune system. A good night's sleep (generally between 7-9 hours) helps your concentration, your mood and your memory.
- Avoid smoking or consuming alcohol or caffeine before bed time, keep daytime napping under 40 minutes and try not to nap in the late afternoon. 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 environmental factors, pain, medication, lack of exercise, psychological stress or sleep disorders, such as sleep apnoea or restless legs syndrome. If you have concerns about your sleep talk to your doctor and view the following recommendations from the Sleep Health Foundation: www.sleephealthfoundation.org.au/all-sleep-factsheets-a-z



Question 19: Stimulating Your Mind

- Just like your body, you need to keep your mind active.
- Try to learn a new skill or take up a new hobby (e.g. painting, carpentry), do a short course, read, write, do crosswords puzzles, play chess, learn to play a musical instrument or learn a foreign language.
- Online activities can also be useful for stimulating your mind but may not provide as much social support as face to face community activities.
- If you have concerns about your memory, see your doctor.



Healthy Ageing Quiz – Actions to Help You Age Well

Questions 20-24: Social Connection and Productive Engagement

- Group activities, employment and volunteering give you an opportunity to connect with people, boost your mood and reduce your risk of many chronic illnesses.
- Do things that make you happy and that are worthwhile to you – this may include working, caring for others, volunteering, gardening or arts and crafts.
- Take time to develop and nurture your relationships with family and friends, either in person or online; not only are they people you can turn to in need, but they provide a social outlet. Domestic pets, such as dogs, cats and birds, can also be valuable sources of companionship.
- If you feel lonely and isolated, speak to someone – a family member or friend, your doctor, a social worker or a psychologist. You can also find support at: www.beyondblue.org.au
- If you have persistent symptoms of low mood, see your doctor.



Questions 25-27: Optimism and Adaptation

- Having something to look forward to each day, no matter how big or small, can have a positive effect on your health and wellbeing.
- Keeping a positive attitude and an open mind to opportunities that come your way is also good for your health and wellbeing.
- It can be helpful to plan your day (whether working, volunteering or in retirement), including what you will do to keep mentally and physically active.
- If you have persistent symptoms of low mood, see your doctor.



Healthy Ageing Quiz – Personal Action Planner

The Personal Action Planner is a personalised review that you can use to identify areas of your life that you would like to improve.

You can enter the lifestyle factors you would like to improve and use the prompts opposite to make an action plan. You could complete this action planner with your doctor (or other medical specialist), your partner, or a family member or friend.

Example Action Plan

Lifestyle Risk Factor	Action to Address Risk Factor
Physical activity	What can I do? <i>Go for a 30 minute walk in the morning, 3 days a week</i> What are the benefits of making this change? <i>I will have more energy and increase my fitness</i> What's stopping me? <i>The pain in my knees</i> Who can I contact to make this happen? <i>1. Ask my neighbour if she wants to walk with me in the mornings</i> <i>2. See my doctor and call Musculoskeletal Australia for information about how to deal with my arthritis (causing pain in my knees)</i> I will do this by... <i>I will start next week and review my goal in one month</i>

Healthy Ageing Quiz – Personal Action Planner

Lifestyle Risk Factor	Action to Address Risk Factor
	What can I do?
	What are the benefits of making this change?
	What's stopping me?
	Who can I contact to make this happen?
	I will do this by...

Lifestyle Risk Factor	Action to Address Risk Factor
	What can I do?
	What are the benefits of making this change?
	What's stopping me?
	Who can I contact to make this happen?
	I will do this by...

Healthy Ageing Quiz – Personal Action Planner

Lifestyle Risk Factor	Action to Address Risk Factor
	What can I do?
	What are the benefits of making this change?
	What's stopping me?
	Who can I contact to make this happen?
	I will do this by...

Lifestyle Risk Factor	Action to Address Risk Factor
	What can I do?
	What are the benefits of making this change?
	What's stopping me?
	Who can I contact to make this happen?
	I will do this by...

[illegible]