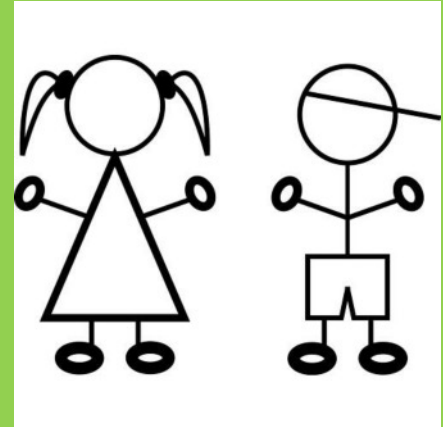




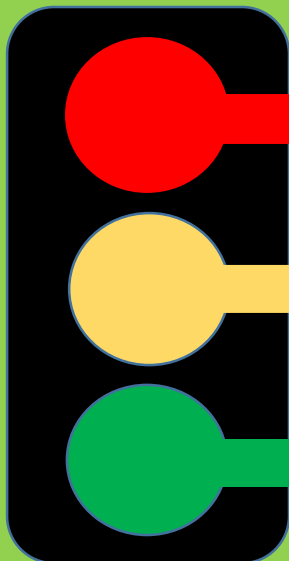
COMMUNITY MATTERS TORONTO

HEALTH PASSPORT



My Name is:

I like to be called:



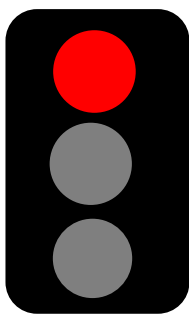
INFORMATION ABOUT ME



MY HEALTH INFORMATION



MY HEALTH GOALS



INFORMATION ABOUT ME



My Name Is:

I Like to be called:



The day I was born:

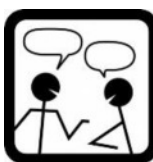


My Address:

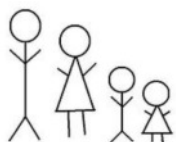
Postal Code:



My Contact Number:



How I Communicate/What language I speak:

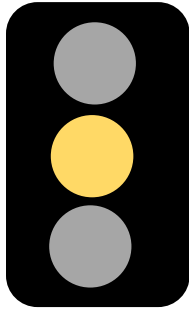


Next of Kin:

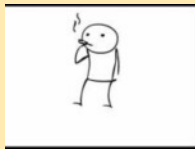
Relationship to me:

Their Address:

Their telephone number:



MY HEALTH INFORMATION



I smoke daily/occasionally



Yes



No

I intend to quit and have stopped for at least 24 hrs in the last 12 months



No



Yes

I am exposed to second hand smoke in my home



No



Yes



My Body Mass Index (BMI) is:

30 +



25-29.9



18.5-24.9



I exercise 30-60 minutes moderately to vigorously most days of the week:

Minimal



Less than 30 min/day sometimes



30 minutes most days of the week



I eat servings of vegetables and fruit:

Less than 5 servings/ day



5-7 servings/day



7+ servings/day



I eat red meat every week:

Less than 18 oz.



11 – 18 oz.



Less than 11 oz.



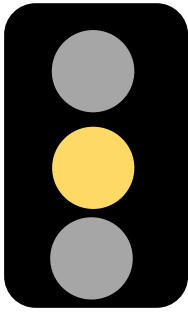
I drink alcohol:

More than 2X a day (male) 1X a day (Female)



Less than or equal to 2X a day (male) 1X a day (female)





MY HEALTH INFORMATION

Each year I visit:

My Family Doctor: times

A Walk-in Clinic: times

Emergency Clinic: times

A Hospital: times

I have a physical examination

Every five years



I Don't Know

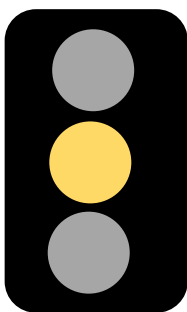


Every Year



I use health practices I learned from back home. (Natural products, meditation, deep breathing, chiropracty/osteopathy, massage, yoga, diet based therapy, progressive relaxation, guided imagery, homeopathy)

Can you tell us about any family history of health conditions Screasons (History of diabetes, asthma, cancer, high blood pressure/cholesterol, lung disease or other health conditions.)



MY HEALTH INFORMATION

I had a pap test:

More than a year ago:

☐

Less than a year ago:

☐

I am over 50 and had a Mammogram and clinical breast exam:

More than 2 years ago

☐

Less than 2 years ago

☐

I am under 50 with an immediate family history of cancer

Never discussed with my doctor:

☐

Discussed with my doctor

☐

I am under 50 with NO immediate family history

Never discussed with my doctor:

☐

Discussed with my doctor

☐

I am over 50 and had a Colorectal FOBT:

More than 2 years ago

☐

Less than 2 years ago

☐

I am under 50 with an immediate family history

Never discussed with my doctor:

☐

Discussed with my doctor

☐

I am under 50 with NO immediate family history

Never discussed with my doctor:

☐

Discussed with my doctor

☐

I have had a Colorectal Colonoscopy:

No:

☐

As required by my doctor

☐

I have taken the Can Risk assessment for diabetes:

No

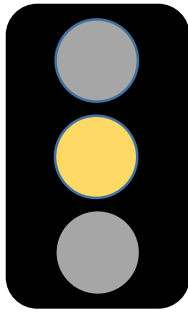
☐

Yes

☐

On

My score was



MY HEALTH INFORMATION



Overall I think my health is

Poor



Fair



Good



My satisfaction with my life is:

Poor



Fair



Good



My level of stress is:

Poor



Fair



Good



My social activity is:

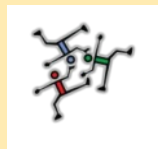
Poor



Fair



Good



My level of connection with my community is:

Poor



Fair



Good



I can talk to others about my personal health issues:

Not at all

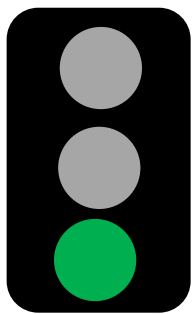


A little



A lot





MY HEALTH GOALS

My First Goal:

How I will meet my goal (Behavioural tools: Cognitive re-structuring, Problem-solving
Cognitive-behavioural therapy, Stress management, Relaxation, Exercise, Nutrition<
Self-Help group, Adults Plus):

How my Community Assistant will help me: Referral to Community Resources and
follow up, Accompaniment, Translation, Planning, Telephone and direct support

How I rated myself:

Before I started (1 -7)

Poor 1 2 3 4 5 6 7 Excellent

After I finished (1 – 7)

Poor 1 2 3 4 5 6 7 Excellent



Consumer Health Passport

Take charge of your health...in many languages....

Healthy immigrant effect. How do you maintain the good health habits you bring to Canada?

- Eating fresh food, cooking with health recipes,
- Develop a network of family, new friends and neighbours like you had back home
- Balancing challenges and Managing Stress With the challenges of looking for work, trying to find good work, credentials, retraining, finding good school, trying to understand Canadian English, find the right schools, and your finances.....
We often forget that we have to take care of ourselves to be of any use to others!
- Cultural Health practices
What worked in the past.....when you felt tired, had a cold? Do you take quiet time, enough to listen to your body?

Healthy Living! Ask us for help

- Do you have a family doctor? Do you feel comfortable with that person? (include Ontario Medical Association reference?
- **Work with us and your neighbours** Community assistants, neighbours helping neighbours to listen to the advice of others you trust then add in health professionals
 - Consumer health- learn what is best for you, take time to listen to your body, how do you feel at first, what happens after you change your diet, and exercise? Listen to how your body responds then talk about it with people you trust
 - Help walk you through Canadian ways and Canadian services, and help you express what you need
- Stress.....different cultures look at this in very different ways.....the word does not exist in some cultures and in other, to admit that you are is a source of shame.....
Here we believe that it is important to recognize what it means to you
 - Try to be aware of different stresses, how to be good to yourself, take a break, meditate
 - TALK TO A CA, Work with a Neighbour
 - STRESS GROUP, how to manage your time
- Nutrition take a look at what you really eat...fast food, no time to cook.....
CMT Classes; Adult nutrition, meet a dietician, food audit, etc
- Exercise manage it yourself, take your pulse.....We can help organize walks, family walks

CMT EXERCISE AND OTHER RESOURCES
- Screening for diabetes, cancer heart
Web resources
- HEALTH PASSPORT-Set your goals, behavioural change, ask for help

Chronic conditions, ADULTS PLUS, ACCOMPANIMENT, shopping, respite for you as the CAREGIVER

Go to the Living Well page of our web site www.communitymatterstoronto.org for links to these helpful websites:

1. WebMed Health Manager
2. EveryMove: 100 Health Insurance Index measures how well a health insurance company empowers individuals to improve their health. Insurance companies are ranked by their ability to engage consumers in wellness conversations, the accessibility of their information and support, and the impact of its community involvement efforts.
3. Canadian Diabetes Association Healthy Living Series
4. Heart and Stroke Foundation's free <30 Days Mobile App gives users control and rewards them for heart-healthy action