



Online health  
assessment  
instruction pack

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1.

# Undertaking the self-assessment



# Undertaking the self-assessment

## Health Checks

It is recommended that health checks are undertaken so that individuals can become aware of their health, where they are doing well and what areas can be improved upon.

The self-assessment is designed to give you an overall idea of your health and weight, and a general indication of how lifestyle related factors may affect it. It is not intended to be a medical diagnosis tool or a substitute for professional medical advice.

Click this link to assess the online health check: <http://healthier.qld.gov.au/calculator/>

The website will ask you to answer a series of questions on the following topics:

- Alcohol consumption
- Sedentary behaviour
- Fruit and vegetable consumption
- Exercise
- Incidental exercise
- Distracted eating
- Shopping
- Portion size
- Food choices
- Smoking

Upon completion, a 'health and fitness age', in comparison to your actual aged will be provided, and a summary of your health habits.

A summary of the key steps involved is located on the following pages (pg. 6–9).



# Undertaking the self-assessment

## What to do if you don't have access to a computer

If you do not have access to a computer to undertake the online health self-assessment. There are a few suggested options:

1. Ask someone else within your group or organisation if you can borrow their computer. You could organise to do the assessments at the same time, but remember some people may not want to share their results.
2. Use the computers at the Orbost Library and Business Centre. It is open Monday – Friday 8.30am – 5.00pm
3. Contact the Living Well Life project manager on 5154 6697 to arrange a time to come in and use one of the Orbost Regional Health computers.

If you need additional support in using a computer and receiving the tailored feedback report via email, please contact the Living Life Well project manager on 5154 6697 and they will guide you through the self-assessment process.

## Are you having problems completing the self-assessment?

Some people have reported that the online self-assessment freezes or stops at different points and prevents you from moving forward through the assessment. This relates to internet browsers that have not been updated.

**The browsers that have had previous problems are:** Internet Explorer 8 and 9.

**The browsers that have previously operated perfectly fine are:** Internet Explorer 11 and Google Chrome.

If you are having problems completing the self-assessment, please contact the Living Well Life project manager on 5154 6697.



# Undertaking the self-assessment

## Online Health Check: Step 1 – Enter your details

CALCULATE YOUR HEALTH & FITNESS AGE CLOSE

### What's your Health & Fitness Age?

You know how old you are, right? But do you know your Health & Fitness Age? Join thousands of other Queenslanders who have found out theirs. It only takes a few minutes and you might be surprised by the result\*.

Ready?

**Let's Begin**

\*The Health & Fitness Age calculator is designed to give you an overall idea of your health and weight, and a general indication of how lifestyle related factors may affect it. The test will also give you a general indication of whether there's more you can do to improve. This test is not intended to be a medical diagnostic tool, nor a substitute for professional medical advice.

I'll just need a few details to get started.

My name is \_\_\_\_\_

I'm \_\_\_\_\_ years old.

I'm

I weigh \_\_\_\_\_ kg.


I'm \_\_\_\_\_ cm tall.



# Undertaking the self-assessment

Step 2 – Answers the questions (*please be HONEST*)



In the last week, how many times did you get your heart rate up for 30 minutes or more?





5

Back Next →

Laura, think about last week...  
Did you drink any of these?





Energy Drink x0 Sport Drink x0



Soft Drink x0 Flavoured Milk x0

Back Next →

Over the last week, how many serves of fruit and veg did you eat?



3x Fruit serves 22x Veg serves

Back Next →



# Undertaking the self-assessment

## Step 3 – Review your results

Laura, you're 2.8 years older than your chronological age...

What do you think? Is that what you were expecting? Seems like you're on the right track, but there are a few things pushing your age up. ..→

The bad news is, once you start to slide, it can be a very slippery slope – pretty soon those jeans may not fit so well anymore. The good news is there are lots of things you can do every day to stay healthy. Here are some things you might want to think about based on your answers. ..→

# 30

My feedback →

Whoa! Cut back on the alcohol. You'll feel better, you'll look better and your body will thank you. Remember, no more than two standard drinks on any one day is recommended. Try aiming for two alcohol free days per week.

Drinking less than the recommended number of drinks per day reduces the risk of breast cancer. ....→



← ○ ..... →

Continue →


Smoking has a significant impact on your health and life expectancy. So good on you for not smoking! .....→



← ..... ○ →

Continue →

Nothing can make you feel better than getting out there and getting some exercise. You should be feeling good. ....→



← ○ ..... →

Continue →





# Undertaking the self-assessment

## Step 4 – Receive your tailored feedback report

Now it's time to start taking action!

Just enter your email address below to receive your tailored feedback through email.

My email address

Done

### Your feedback

Based on your answers, it looks like you're packing some serious muscles.... This can play havoc with measurements like Body Mass Index (BMI) because your muscle mass has made your weight quite high for your height and age. Just remember that looking healthy on the outside doesn't always mean you're healthy on the inside.

### Alcohol

Whoa! Cut back on the alcohol. You'll feel better, you'll look better and your body will thank you. Remember, no more than two standard drinks on any one day is recommended. Try aiming for two alcohol free days per week. Drinking less than the recommended number of drinks per day reduces the risk of breast cancer.

### Sedentary

Enough sitting. Get moving. Seriously, you're way too sedentary for your own good. Try simple ways to get more active like walking over to see a colleague rather than sending an email, or walk around while you are on the phone.

### Fruit and Veg

Way to go Laura! All that fruit and veg is not only full of vitamins and minerals it means you're not eating other rubbish instead. A big gold star for you.

### Exercise



Nothing can make you feel better than getting out there and getting some exercise. You should be feeling good.

### Sugary Drinks



You'd be amazed how many sugary drinks some people have each week. If you can keep the number you have down, you'll be doing well.

### Incidental Exercise



It's amazing how much activity you can rack up in a day without actually exercising, like getting off the bus a few stops earlier. Come on, just start moving, it all burns energy so it all adds up.

### Distracted Eating



What does watching TV or reading the paper while you eat have to do with your health? Well, if you're thinking about something other than your food, you tend to just keep on eating even if you're full, even if you don't really like it. Think about that.

### Shopping



Here's an interesting phenomenon: people tend to buy more than they need at the supermarket, including treats. Sound familiar? So the more you go, the more likely you are to buy excess food, drinks and treats... and the more likely you are to consume them. Luckily, you don't go too much.



2.

Collating  
the results



# Collating the results

## Collating the self-assessment results




The next step is to collate the results to determine what health area/s need the most attention. These areas will then become the focus of your Living Life Well activities.

The result can be collated in two ways:

### 1. Complete an ONLINE SURVEY

Access the online survey using this link: <https://www.surveymonkey.com/s/livinglifewell>

The survey reflects the information received in the self-assessment feedback email. The questions will ask you which of the following results you received for each of the health topics:

- Green tick 
- Grey dash 
- Red cross 


### 2. Complete the SELF-ASSESSMENT RESULTS SHEET

Please see the sample results sheet on the following page.

Once all the members / employees have completed the sheet, please return a copy to the Living Life Well project manager so the results can be collated.






# Self-assessment results sheet

Please refer to the feedback email received upon completion of the self-assessment. You will see that you have received a   or a  against each of the health measures.

Using the sheet below, each person is to put a tick, dash or cross next to each health measure as it appears in your feedback email. If preferred, this can be done confidentially.

Once all employees / members have entered their result, a copy of this completed form is to be provided to the Living Life Well project manager so that the results can be collated and key priority area/s identified.

Self assessment results sheet	
Organisation/group:	
Sex:	Age:
Health measure	Result   
Alcohol	
Sedentary	
Fruit and vegetable	
Exercise	
Sugary drinks	
Incidental exercise	
Distracted eating	
Shopping	
Portion size	
Food choices	
Smoking	

3.

What's next?



# What's next?

## Attend Collaborative meeting

Once the organisations / groups have completed the self-assessments, the results have been collated and the key priority area/s identified, there will be a whole of Collaborative meeting.

The whole of Collaborative meeting will be used to:

- Discuss the collated results of the self-assessment and the subsequent key priority area/s.
- Provide the Living Life Well information pack, this includes key information on health areas (such as the importance of and guidelines for healthy eating, exercise and alcohol consumption etc). It also includes activities examples.
- The organisations / groups that are similar in nature / function will break into separate groups and brainstorm activity ideas to address this issue.



# Who do I contact?

## Living Life Well Project Manager

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