



Your Personal Passport to Healthy Living





Physical Activity
Healthy Eating
Mental Health
Beliefs & Attitudes

your name here



This is YOUR passport to healthy living. Put something inside this frame that will inspire you on your journey to a healthier lifestyle.

Your inspiration could be:

-  a photo of you, your family, or friends
-  a story
-  a helpful thought
-  a place you want to visit

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Ce document est aussi disponible en français.

Your Passport



This Passport takes you on a healthy lifestyle journey. It's designed to provide you with benefits that will last a lifetime.

Just as an official passport allows you to travel to, and learn about foreign countries, your Personal Passport will allow you to go on a journey of opportunities and new experiences. Travelling to a new country can be intimidating, when the food, language, and customs are foreign to you. You may experience the same concerns on this new personal journey. You will learn how physical activity, food choices, lifestyle habits, and maintaining positive mental health influence several chronic diseases.

Having a travelling companion often makes a trip more enjoyable. You may find that having a friend on this journey to a healthier lifestyle will also make it more fun and increase your chances for success.

Just as official passports get stamped, so can your Personal Passport. When you have made a lifestyle change, the stamps in your Passport may be validated if you wish, by you, a friend, or an instructor.

This is YOUR Personal Passport to use as you like.

Every step on your journey is important, be it big or small. Good luck and bon voyage!

We wish you success.

Yours in health,
Active Living Coalition for Older Adults



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Editor's Note: the  symbol is placed beside information specific to people with diabetes.



Inside your Passport

Did you know...

Research shows that when people record their daily habits, it increases their rate of success in changing their lifestyle.

Managing or preventing chronic disease is essential for healthy aging and for staying independent. This Passport has a focus on Type 2 diabetes, but it also provides helpful information about other chronic diseases.

Many of these chronic diseases are 'lifestyle diseases'. This means that you can prevent and manage them with a healthier lifestyle. It's a big challenge to change habits of 30 or 40 years. We suggest that you make this a lifetime journey, starting with small steps and making simple changes. Build these changes into your daily routine.

Your Passport is designed to be your personal tool for assessing your lifestyle. Record your activities and successes as your journey takes you along the road to healthier living.

About ALCOA

The Active Living Coalition for Older Adults (ALCOA) is a charitable organization, incorporated in 1999. ALCOA envisions a society where all older Canadians are living active lifestyles thereby contributing to their physical and overall well-being.

ALCOA, in partnership with its member organizations (24 national and 35 local/provincial organizations) encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living.

In keeping with its role, ALCOA members are committed to upholding and advocating the following principles:

-  **Respect** the experiences, contributions and resources of older Canadians by recognizing and integrating them
-  **Inclusion** of older adults in all planning and decision making
-  **Diversity** is embraced by respecting all points of view
-  **Meaningful partnerships** are formed to work together with other individuals and organizations
-  **Consensus** is strived for in decision-making
-  **Access** to all older adults inclusive of socio-economic status, Aboriginal peoples, ethno-cultural background, geographic locations, and ability
-  **Equity** by recognizing that everyone, regardless of present level of ability, capability and economic status, can improve their well-being through active living



Diabetes

Did you know...

Age is no barrier to a healthy, active lifestyle. Regular physical activity and healthy eating improves your general health and well being. It also helps prevent and control Type 2 diabetes.

Much of the food we eat is broken down into glucose (sugar) which is used for energy. Diabetes is a disease that prevents the body from using glucose (sugar) properly. To use sugar, the body needs insulin, which is produced in the pancreas. With diabetes, the body does not produce enough insulin or has difficulty using the insulin it makes.

Sugar builds up in the blood instead of being used as energy. If left untreated, high levels of blood sugar can slowly damage blood vessels and nerves. Complications may develop such as: loss of vision, cloudiness in the lens of the eye, kidney damage, nerve damage, increased risk of heart attack and stroke, high blood pressure, and impotence. However, if well managed, people can slow the progress of diabetes, and prevent or delay complications.

Diabetes

There are risk factors for Type 2 diabetes that cannot be changed:

- ☞ Age
- ☞ Family history of diabetes
- ☞ Ethnic background – People of Aboriginal, Hispanic, Asian, and African descent are higher risk groups
- ☞ A history of gestational diabetes (diabetes during pregnancy)

Risk factors for Type 2 diabetes that can be changed:

- ☞ Being overweight, especially if most of the weight is carried around the middle
- ☞ Inactivity
- ☞ Alcohol
- ☞ Smoking
- ☞ Not eating well
- ☞ High cholesterol or high triglycerides

Lifestyle changes can help manage blood sugar levels and control diabetes. Keep track of your results in *Your Personal Passport to Healthy Living* and monitor your successes.



Did you know...

Researchers have found that being active can lower your resting heart rate and your blood pressure. That's good for a healthy heart.

Other Chronic Diseases

Physical activity, healthy eating, and some simple changes in your lifestyle can play a big role in preventing other chronic diseases.

Heart Disease & Stroke

Heart disease and strokes are primarily 'lifestyle diseases'. How we choose to live affects our heart health. If you choose to eat mostly junk food, smoke cigarettes, and sit all day, your heart has to work overtime. Eventually, this behaviour will cause some part of your heart to break down.

But research shows those who exercise, live longer and develop heart disease less often. Studies also show that active men are less likely to have a stroke.

Other Chronic Diseases

Cancer

Cancer mostly strikes older adults. Research shows that older women have the best protection from breast cancer if they have exercised regularly all of their lives. And, moderate exercise can help older women, even if they have never been physically active. Physical activity also reduces the chance of developing colon cancer.

To help prevent cancer, spend at least 30 minutes a day doing moderate physical activity.

Exercise can make it less likely that a cancer will return. It can increase chances of survival.

Arthritis

Millions of older Canadians suffer from the pain, stiffness, and swelling caused by arthritis.

Early diagnosis and treatment is important. Once you get the disease under control, you can start being more physically active. Research shows that maintaining a healthy weight and regular, appropriate, physical activity will not only make you stronger – it will also help you better manage the pain and stiffness.

Some people find it helps to apply heat or cold to an arthritic joint before or after exercise.

If you are experiencing pain or swelling, avoid physical activity until the pain or swelling subsides.



Other Chronic Diseases

Did you know...

Physical activity is good for people with Alzheimer disease, as long as it is safe and not too tiring. Try to make physical activity fun and a part of a daily routine.

Physical activity is important for people with osteoporosis.

Alzheimer Disease

Alzheimer disease is not a normal part of aging. Research shows that physical activity helps to ward off mental decline as people age. It may even protect against this disease.

Osteoporosis

Osteoporosis is a disease that makes bones thin and weak. Weak bones can fracture when you lift, twist, or fall. To maintain healthy bones as we age eat a balanced diet that is low in sodium with adequate calcium, vitamin D and vitamin B12. To prevent bone loss try activities where you carry your full weight, for example — walk, climb stairs, or dance. Strength training exercises, like using free weights or exercise bands, can increase bone mass in the spine and hip. Tai Chi helps to improve balance, which can help prevent falls.

Foot Care For People With Diabetes

TIPS FOR D

Sometimes, people with diabetes can have nerve damage with a loss of sensation to their feet and hands. There may be numbness and no feeling of pain, that could result in ulcers and poor wound healing. Don't take chances. Treat your feet with care. Chronic wounds are ulcers or sores on the skin that last longer than they should. Ask your doctor about any wound or sore that will not heal.

Foot Care Checklist

- ☐ Are your feet numb, painful, or tingling?
- ☐ Do your feet feel like blocks of wood?
- ☐ Are your feet changing shape?
- ☐ Does one foot look or feel different than the other?
- ☐ Are your feet dry, callused, or cracked?
- ☐ Do they have sores or blisters?

If you answered Yes to any of these questions see your health care professional.

Helpful hints

- ★ Keep feet clean and dry
- ★ Check feet daily, looking for sores, changes in skin colour, odour
- ★ Never go bare foot
- ★ Have good fitting shoes
- ★ Do not use heating pads, hot water bottles, or camp fires to warm feet
- ★ Get help to cut your toenails



Tips for Success

Moderate-intensity activities will cause you to sweat a little and to breathe harder. Activities like:

- ☞ brisk walking
- ☞ bicycling

Vigorous-intensity physical activities will cause you to sweat and be 'out of breath'. Activities like:

- ☞ cross-country skiing
- ☞ fast swimming

Exercising with friends may help you maintain your daily routine of activity.

Find an activity that you like and keep doing it.

Find an activity that will keep you physically active even when the weather is bad.

Record your measurements on this chart when you start using this Passport. Update your measurements after each check-up so that you can see your progress.

DATE			
Height			
Weight			
Waist Girth			
Blood Pressure			
Cholesterol			
Blood Sugar			

Additional Charts are available on page 38



Physical Activity

First Steps...

Make physical activity a part of your daily routine. Start by doing more of what you are already doing.

Walk whenever you can. Treat your feet. Get a good pair of shoes for walking.

Start slowly, build up gradually.

Short, 10-minute bouts of activity all add up.

Build up to a total of at least 150 minutes per week of moderate to vigorous intensity aerobic physical activity.

Physical activity can: lower blood sugar, lower blood pressure, relieve stress, strengthen your heart, increase lung capacity, improve circulation, help you sleep, control weight and more.

TIPS FOR **D** Tips for Diabetics

Healthy ranges for older adults with diabetes:

- ☞ a waist girth for men of less than 40 inches, for women less than 35 inches
- ☞ blood pressure: 130/85
- ☞ LDL: equal or less than 2.0 mmol/L
- ☞ total cholesterol to HDL ratio: below 4
- ☞ fasting blood glucose: less than 7.0 mmol/L
- ☞ A1C 7.0% or less
- ☞ blood glucose levels 4-7 mmol/L before meals; less than 10 mmol/L up to 2 hours post-meals

(See Definitions page 40)



Physical Activity



Helpful hint

How fast is 'brisk'? That depends on you. On average, it means walking 3–4 miles (4.8–6.4 km) an hour, or about the speed you would walk if you were late for an appointment. It should not be so fast that you are unable to talk.

Brisk walking is a perfect moderate physical activity. Walking can be done anywhere, anytime, without any special equipment.

Safety Tips

If you plan to start an exercise program that is more demanding than brisk walking, talk to your health care provider first.

Satisfy your thirst with water.

TIPS FOR **D** Tips for Diabetics

Wear your MedicAlert® bracelet or necklace.

Take 15 grams of carbohydrates (example: 6 Life Savers, $\frac{3}{4}$ cup regular pop) with you in case your blood sugar gets below 4.

Check your blood sugars before, and after vigorous exercise.

Chart

This chart will help you to keep track of your activities. This is a good way to monitor your improvement and success.

Tracking My Activities

Date	Activity	Length of Time	Intensity of Activity		
			light	moderate	vigorous

Additional Charts are available on pages 36 & 37



Strength Training

Did You Know...

People can develop their muscles right into their 90's.

Some older adults have reached a strength level equal to someone 20 years younger.

You can do strength training at home or in a gym.

Over the years, adults lose muscle mass and strength. This normal loss in muscle size can make it hard to live safely and independently. As we age it may become more challenging to:

- ✿ Lift groceries
- ✿ Climb stairs
- ✿ Do heavy housework or gardening
- ✿ Cross the street quickly enough to keep up with the traffic lights
- ✿ Pick up your grandchildren

What's more, when older adults lose muscle mass and are inactive, they have an increased risk of disability, falls, and diseases such as diabetes. No matter what your age or ability, research shows that older adults can safely get stronger, even in a short time.

Strength Training

When you do strength training, you can regain some of the muscle mass you have lost due to aging. Then daily chores are easier, and you have better balance and more confidence.

Research shows that you will also:

- ✿ Have healthier bones
- ✿ Have better posture
- ✿ Decrease your body fat
- ✿ Reduce your risk of falling
- ✿ Be able to walk faster
- ✿ React quicker
- ✿ Climb stairs more easily
- ✿ Rise out of a chair more easily

Safety Tips

For best results when training with weights:

- ✎ Always exercise the main muscle groups: arms, chest, back, abdomen, and legs.
- ✎ Do at least one 'set' of each exercise before resting (1 set = 8–12 times). The muscle group should feel tired, but work within a pain free range. Try for 1–3 sets.
- ✎ Train 2–3 times a week with one day in between.
- ✎ Maintain good posture. Never hold your breath. Keep breathing regularly while lifting the weight.



Lifestyle

Did You Know...

TIPS FOR D Diabetes and smoking don't mix. People with diabetes already have an increased risk for heart disease. People with diabetes who smoke face three times the risk of having a heart attack, compared to people with diabetes who do not smoke.

If you do smoke, Stop!

Smoking

Smoking on its own causes blood vessel damage, heart attacks, strokes, and lung disease.

Alcohol

Alcohol causes health and social problems for up to a quarter million older Canadians. Alcohol is okay in moderation. This means:

Men: 1–2 drinks a day or less than 14 drinks a week,

Women: 1–2 drinks a day but less than 9 drinks a week.

TIPS FOR D Tips for Diabetics

There is a risk of low blood sugar when drinking alcohol. Delayed low blood sugars can happen up to 24 hours after drinking. Medications can also be affected by alcohol so speak to your doctor.

Lifestyle

Helpful Hints

- ☞ If you do not drink alcohol, don't start.
- ☞ Drink slowly, and have non-alcoholic drinks as well.
- ☞ Pour your own drinks.
- ☞ Eat meals that are rich in carbohydrates before and while drinking alcohol.

TIPS FOR D Tips for Diabetics

- ☞ Have a bedtime snack if your blood sugar is lower than usual.
- ☞ Check blood sugars more often and before bedtime.
- ☞ Carry a snack in case of low blood sugar.
- ☞ Wear a MedicAlert® bracelet or make sure that people know that you have diabetes.

Recipe for Managing Weight

1 part physical activity

1 part healthy eating

1 pinch doctor's advice

Mix and enjoy. Serve often.

Goes great with friends



Healthy Eating



Did you know...

Eating too many high-fat foods can lead to weight gain and may lead to heart disease.

TIPS FOR D Eating regularly helps the body control blood sugar levels.

TIPS FOR D The more sugar you eat, the more your body needs insulin to keep blood sugar levels normal.

TIPS FOR D Foods high in fibre may help control blood sugar and cholesterol levels. Fibre also helps with regular bowel movements.

Good Eating Habits...

- ♥ Enjoy a variety of foods from each food group.
- ♥ Choose lower-fat dairy products and lean meats, fish and poultry.
- ♥ Limit foods high in fat such as fried foods, chips and pastries.
- ♥ Prepare foods with little or no fat, and reduce salt.
- ♥ Limit processed foods.
- ♥ Choose fruit and vegetables more often.
- ♥ Limit sweets such as desserts, candies, jam, honey and regular pop.
- ♥ Avoid large portions and second servings.
- ♥ Choose foods high in fibre (whole grain breads, cereals, lentils, dried beans, peas, brown rice, fruits and vegetables).
- ♥ Drink water throughout the day to prevent dehydration.

Chart

This chart helps you to keep track of changes in your eating habits. Write in three key dates. For each key date, answer each statement as Yes or No. For each additional Yes, you're on your way to nutritional success.

DATE				
I eat fruit every day	Yes/No			
I eat vegetables every day	Yes/No			
I eat at least every 6 hrs	Yes/No			
I drink water every day	Yes/No			
I limit sweets	Yes/No			
I limit high fat food items	Yes/No			
I choose high-fibre foods	Yes/No			

Additional Chart available on page 39



Healthy Eating

Helpful hints

If you like sweets, cut down gradually. This is easier than trying to cut them out completely right away.

Eat whole grain bread instead of white bread.

Drink water more often. If you usually drink fruit juice, replace juice with water at least once a day.

Add just one more fruit or vegetable to your diet.

Aim for the following amounts of Vitamin D each day:
 51–70 years = 600 IU
 over 70 years = 800 IU
 Talk to your doctor about supplements.

Canada's Food Guide recommends people older than 51 should try to eat the following number of food servings each day:

	Females	Males
Vegetables & Fruit	7	7
Grain Products	6	7
Milk & alternatives	3	3
Meat & alternatives	2	3

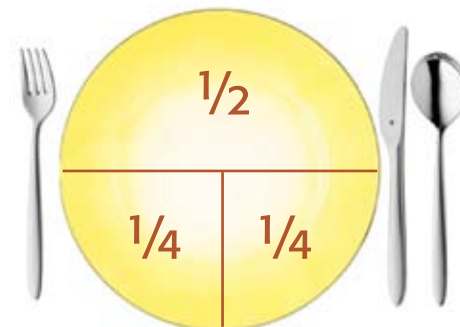
One Serving Equals	
Veg/ Fruit	1 cup raw leafy vegetables; 1 whole fruit; ½ cup juice; ½ cup vegetables
Grain	1 slice bread; ½ bagel; ½ cup cooked rice or pasta; ¾ cup hot cereal
Milk	1 cup milk, ¾ cup yogurt; 1½ oz cheese
Meat	2½ oz meat, 2 eggs, 2 tbsp peanuts; ¾ cup legumes

Following this guide will help to reduce your risk of obesity, Type 2 diabetes, heart disease, certain types of cancer and osteoporosis.

Healthy Eating

TIPS FOR Dinner Plate Food Portions

½	Vegetables at least 2 kinds
¼	Grains and starches potato, rice, pasta
¼	Meat and alternatives fish, lean meat, chicken, beans, lentils



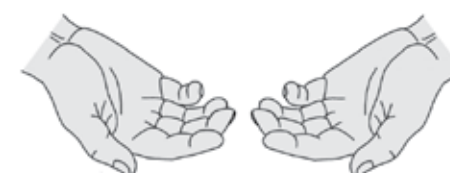
Serving Sizes



FRUITS/GRAINS & STARCHES: Choose an amount the size of your fist for each of Grains and Starches, and Fruit.



FATS: Limit fat to an amount the size of the tip of your thumb.



VEGETABLES: Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES: Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



Mental Health

Did you know...

Regular physical activity benefits older adults who have gone through depression and anxiety. Symptoms are more likely to decrease with physical activity. Self confidence improves.

Regular exercise is good for the brain: it helps thinking, memory and concentration.

Staying connected with family and friends is also good for your mental health.

It is normal to experience ups and downs throughout life. Mental health is the capacity to feel, think and act in ways that allow you to enjoy life and deal with life's challenges.

Older adults may go through changes in their mood, thinking, and behaviour. They are usually signs that something requires attention from a healthcare provider.

Although depression is the most common mental health problem in older adults, it is not a normal part of aging. Depression is an illness that can be treated. Emotional stress, caused by excitement, anger, worry, or fear, can cause an increase in blood sugar. Physical activity helps to control this. At the same time, it has a positive effect on your mental health.

Checklist

Your mental health is just as important as your physical health. We all get "the blues" sometimes, but clinical depression usually doesn't get better on its own.

Have you had any of these symptoms of depression for at least two weeks?

- ☐ Feeling sad?
- ☐ No interest in or pleasure from things you used to enjoy?
- ☐ Less energy, feeling tired and sluggish all the time?
- ☐ Not feeling well, having aches and pains?
- ☐ Feeling guilty or worthless?
- ☐ Having trouble thinking and concentrating?
- ☐ Having sleeping problems (too much or not enough)?
- ☐ Changes in your appetite and weight?
- ☐ Feeling agitated or restless?
- ☐ Thinking about suicide or death?

If you answered Yes to any of these questions, talk to a healthcare provider. If you do not have a family doctor, you could go to a walk-in clinic, your local hospital, or community health centre.

Remember that depression is a treatable illness. Be honest and truthful about your symptoms when you speak to a healthcare provider.



Beliefs & Attitudes



Did you know...

It takes 21 days to adopt a new habit.

To change a behaviour you go through 5 stages (see page 26).

It's scientifically proven that our brains continue to develop as we get older. Yes, you can teach an old dog new tricks!

Change is very difficult for anyone. Whether you are changing your diet, starting a new activity, or trying to quit smoking, there will be challenges. It is natural to feel frustrated, anxious, nervous, uncomfortable, or unsure.

The first step to success with any behaviour change is to be ready and willing to try it. Small steps add up to real changes over time. Be patient with yourself and celebrate your little successes along the way.

We all have the ability to learn throughout our life. Age is not a barrier. We grow new brain neurons every day. But just like our muscles, we must challenge and exercise our brain everyday if we want to keep those new neurons working for us. Here is your chance to try new things that make you think. Remember what is good for your body is good for your brain.

Chart

Record if you agree, disagree, or are not sure. Over time, see if your beliefs and attitudes have changed.

Beliefs about Healthy Eating

DATE			
I believe that what I eat is very important to my health.			
I would need more information or ideas if I wanted to eat healthier.			
I would probably buy healthier foods if I knew more about what kinds of food to buy.			
I would probably eat healthier foods if I knew more about ways to cook healthy food.			
I know what kinds of foods are healthy for me to eat.			
I think that I could reduce my risk of having high blood sugar by making changes in the food I eat.			

Beliefs about Physical Activity

DATE			
I think that getting regular exercise is very important for my health.			
I would need more information or ideas if I wanted to be more active.			
I would probably be more active if I knew more about what kinds of activities I could do.			
I would probably be more active if I knew where I could go to exercise.			
I know how much exercise I should do.			
I think that I could reduce my risk of having high blood sugar by getting more exercise.			



Beliefs & Attitudes



Helpful Hint

Try a new activity or a new food. If you don't like it, try something else.

Lots of people may relapse – if you do, just start again and keep on going.

Making a change in your lifestyle is a series of stages you go through:

Stage 1

Not interested

Stage 2

Thinking about it

Stage 3

Preparing to make a change

Stage 4

Actually making a change

Stage 5

Sticking with it

Even when we have good intentions, sometimes it's hard to stick with it, and that's OK. But do try to take action. Why? Because action followed by a relapse is far better than taking no action at all.

Chart

Choose three key dates, several weeks apart. Pick which stage you are at on that date. As you progress through the stages you are getting closer to changing your habits.

5 Stages of Change for Healthy Eating Habits

	DATE			
Stage 1	I have no plans to change			
Stage 2	I plan to change within 6 months			
Stage 3	I plan to change within 30 days			
Stage 4	I made a change less than 6 months ago			
Stage 5	I made a change more than 6 months ago			

5 Stages of Change for Physical Activity Habits

	DATE			
Stage 1	I have no plans to change			
Stage 2	I plan to change within 6 months			
Stage 3	I plan to change within 30 days			
Stage 4	I made a change less than 6 months ago			
Stage 5	I made a change more than 6 months ago			



Setting Goals

Helpful Hint

Setting goals is important. Use the SMART method when you set each goal.

- S** Specific
- M** Measurable
- A** Attainable
- R** Realistic
- T** Timely

Setting goals is important. It can help to give you a focus and measure your success. You may want to consider the different sections of the Passport and make a goal based on a particular area, such as physical activity, healthy eating, mental health and so on.

When making a goal, consider using the SMART method as it will help you to create a specific goal that will be attainable, instead of a general goal that is difficult to be measured.

An example of a general goal would be, "To get in shape", or "Eat better."

A specific goal would be, "Start walking two mornings a week for 15 minutes each day, rain or shine", or "Include a piece of fresh fruit with every lunch meal", or "Drink two glasses of water every day." These goals are specific, measurable, attainable and realistic (depending on your current lifestyle) and timely.

Setting Goals

Write down your goals below, check off the boxes to make sure your goal meets all five points, and you will have already improved your chances of success.

My goal is: ☐ S ☐ M ☐ A ☐ R ☐ T

My goal is: ☐ S ☐ M ☐ A ☐ R ☐ T

My goal is: ☐ S ☐ M ☐ A ☐ R ☐ T

My goal is: ☐ S ☐ M ☐ A ☐ R ☐ T

Your Journey to Success

Choose two dates – the date you started your journey to a healthier lifestyle and a date many weeks or months down the road. If you have joined a special program, put in its start and end dates.

See how far you have traveled on your journey. If you took a wrong turn – that's okay, as long as you got back on track. Your journey is for life, and the benefits are a healthy lifestyle and an improved quality of life.

For each date, record your responses to the statements below, and answer each statement as YES (Y) or NO (N). Remember: the more often you are able to say Yes, the closer you are to success.

DATE				
Physical Activity	Y	N	Y	N
I make physical activity a part of my daily routine.				
I usually do some moderate physical activity most days of the week.				
If I need a buddy to stick with my activity, I have found one.				
I have found an activity that I like and will keep doing it.				
I can keep physically active even when the weather is bad.				

Physical Measurement	Y	N	Y	N
My weight has decreased.				
My waist girth measurement has decreased.				
My blood pressure has improved.				
My cholesterol has improved.				
My blood sugar levels have improved.				

Your Journey to Success

Lifestyle	Y	N	Y	N
If I smoke, I have decreased the number of cigarettes per day.				
If I drink alcohol, I understand how this affects my health.				
I inspect my feet every day.				

Healthy Eating	Y	N	Y	N
I eat fruit and vegetables every day.				
I eat at least every 6 hours.				
I drink water regularly.				
I limit my sweets.				
I choose high fibre foods.				

Mental Health	Y	N	Y	N
My mental health is good, or has improved.				
I feel better about myself.				

Beliefs and Attitudes	Y	N	Y	N
I believe that I can make healthy food choices.				
I am making changes to my food choices or I plan to change my food choices within 30 days.				
I understand the importance of daily physical activity.				
I am increasing my level of daily physical activity or I plan to increase my activity within 30 days.				



No journey is ever complete, but now you are well on your way to a healthier lifestyle. Hopefully, your Passport is now filled with memories and the record of your journey. Congratulations!

Notes

Notes

Notes

Notes

Additional Charts



Tracking My Activities

Date	Activity	Length of Time	Intensity of Activity		
			light	moderate	vigorous

Original Chart on page 13



Additional Charts

Tracking My Activities

Date	Activity	Length of Time	Intensity of Activity		
			light	moderate	vigorous

Additional Charts



These additional charts are for your use if you wish to continue recording your measurements.

DATE			
Height			
Weight			
Waist Girth			
Blood Pressure			
Cholesterol			
Blood Sugar			

DATE			
Height			
Weight			
Waist Girth			
Blood Pressure			
Cholesterol			
Blood Sugar			

Original Chart on page 11



Additional Charts

This chart helps you to keep track of changes in your eating habits. Write in three key dates. For each key date, answer each statement as Yes or No. For each additional Yes, you're on your way to nutritional success.

DATE					
I eat fruit every day	Yes/No				
I eat vegetables every day	Yes/No				
I eat at least every 6 hrs	Yes/No				
I drink water every day	Yes/No				
I limit sweets	Yes/No				
I limit high fat food items	Yes/No				
I choose high-fibre foods	Yes/No				

Original Chart on page 19

Definitions

Blood glucose: Glucose, a form of sugar, is a fuel that your body needs. Glucose comes from foods that contain carbohydrate, such as fruit, milk, starchy foods, sugar, and some vegetables. Your diabetes care team can help set personalized goals for blood glucose levels.

Haemoglobin A1C (A1C): In the body, sugar (glucose) sticks to red blood cells which contain haemoglobin. The red blood cells live for about three months. The A1C test gives a measure of blood glucose levels over that period of time.

Blood pressure: This is a measurement of the force of your blood against the blood vessel walls. An example of a blood pressure measurement is 130/85. The top number (130) is the pressure when your heart contracts and pushes blood out (systolic pressure). The bottom number (85) is the pressure when the heart rests between beats (diastolic pressure).

Blood pressure varies with:

- ♥ the strength of the heartbeat
- ♥ the volume of blood being pumped
- ♥ the 'give' or elasticity of the blood vessels
(‘Hardened’ arteries can cause high blood pressure.)

Definitions

LDL (Low Density Lipoproteins): This is a form of cholesterol that we have in our blood and cells. LDL is often called “bad” cholesterol. Higher levels of LDL cause cholesterol to stay in the blood vessels. This increases the risk of heart disease.

HDL (High Density Lipoproteins): This is also a form of cholesterol that we have in our blood and cells. HDL is often called “good” cholesterol. It helps remove excess cholesterol off blood vessel walls. This prevents cholesterol from building up and causing heart disease. ‘Your Total Cholesterol to HDL Ratio’ is a measurement of how well your blood vessels are being cleaned up by the ‘good’ cholesterol.

mmol/L: A unit of measurement that your health care team uses to monitor your cholesterol levels. Blood sugar is measured in this way as well.

Resources

Diabetes

Active Living Coalition for Older Adults (ALCOA)
1-800-549-9799
www.alcoa.ca

Canadian Diabetes Association
1-800-BANTING (226-8464)
www.diabetes.ca/Files/are-you-at-risk.pdf

Canadian Ethnocultural Council, 1-613-230-3867
www.ethnocultural.ca

Diabète Québec, 1-800-361-3514
www.diabete.qc.ca

Dietitians of Canada, 1-416-596-0857
www.dietitians.ca

EatRight Ontario, 1-877-510-510-2
www.eatrightontario.ca

Find a Certified Diabetes Educator
www.diabetes.ca/for-professionals/des/diabetes-education-centre

HealthLinkBC, 1-604-215-8110
www.healthlinkbc.ca

National Aboriginal Diabetes Association, 1-877-232-6232
www.nada.ca

Public Health Agency of Canada, 1-888-334-9769
www.diabetes.gc.ca

Chronic Diseases

ALCOA Research Updates, 1-800-549-9799
www.alcoa.ca/e/research_update.htm

Alzheimer's Society of Canada, 1-800-616-8816
www.alzheimer.ca

Arthritis Society, 1-416-979-7228
www.arthritis.ca

Resources

Canadian Cancer Society, 1-888-939-3333
www.cancer.ca

Heart & Stroke Foundation of Canada, 1-613-569-4361
www.heartandstroke.com

Osteoporosis Canada, 1-800-463-684
www.osteoporosis.ca

Physical Activity & Strength Training

ALCOA, 1-800-549-9799
www.alcoa.ca

Canadian Association for the Advancement
of Women in Sport, 1-613-562-5667
www.caaws.ca

Canadian Centre for Activity and Aging, 1-519-661-1603
www.uwo.ca/actage www.ccaa-outreach.com

Canadian Society for Exercise Physiology
1-877-651-3755 www.csep.ca

Falls Preventions, 1-613-952-7606

Health Canada, 1-866-225-0709
www.healthcanada.gc.ca

Pacific Rim Wellness
www.pacificrimwellness.com

Public Health Agency of Canada, *Physical Activity
Guide To Healthy Active Living for Older Adults*
1-888-334-9769
www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/older-aines/index-eng.php

Saskatchewan in Motion Pedometer Challenge
www.saskatchewaninmotion.ca

Resources

Lifestyle

Canadian Association of Wound Care
How healthy are your feet? 1-866-474-0125
www.cawc.net

Canadian Cancer Society's –
One Step at a Time self-help booklets
www.cancer.ca

CDA Alcohol + Diabetes, March 2007

Smoker's Helpline
www.smokershelpline.ca

Healthy Eating

ALCOA, 1-800-549-9799, *Be Active Eat Well*, 2005
www.alcoa.ca

Canadian Diabetes Association
1-800-BANTING (226-8464)
www.diabetes.ca

Dietitians of Canada, Nutri-eSCREEN
www.eatrightontario.ca/escreen

Eating Well with Canada's Food Guide, 2007
1-866-225-0709
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

HealthLinkBC, 604-215-8110
www.healthlinkbc.ca

Nutrition Labeling Education Centre
www.healthyeatingisinstore.ca

Contact a Registered Dietitian

To find one in your area, ask your local public health unit, or
visit the Dietitians of Canada website at:
www.dietitians.ca/find

Resources

British Columbia Residents – to find a dietitian
8-1-1 If you are unable to dial 8-1-1 from your location, call
1-604-215-8110, or www.healthlinkbc.ca/dietitian

Manitoba Residents – to find a dietitian
www.misericordia.mb.ca/Programs/PHCC.html

Ontario residents – EatRight Ontario
Call a Registered Dietitian for free. 1-877-510-510-2
www.eatrightontario.ca

Recipes

Dietitians of Canada
EATracker is an online tool that allows the user to track food
and physical activity choices, set goals, and analyse recipes.
www.eatracker.ca

EatRight Ontario
www.eatrightontario.ca

EatRight Ontario's resource for Menu Planning
www.eatrightontario.ca/en/MenuPlanner

Heart and Stroke Foundation
www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.3581737/k.C5E2/Recipes.htm

Mental Health

Canadian Coalition for Seniors' Mental Health
1-416-785-2500 ext. 6331 www.ccsmh.ca

Canadian Mental Health Association, 1-613-745-7750
www.cmha.ca

Centre for Addiction and Mental Health, 1-800-463-6273
www.camh.ca

Beliefs & Attitudes

Prochaska, Norcross, DiClemente. *Changing for Good* New
York, 1994

References

Diabetes

ALCOA Research Update, Issue 1, May 2001

Canadian Diabetes Association
www.diabetes.ca

Public Health Agency of Canada, *Type 2 diabetes Info-sheet for seniors*, 2006
www.phac-aspc.gc.ca/seniors-aines/publications/public/age/info/type2-diabetes/index-eng.php

Chronic Diseases

ALCOA Research to Action, October 2004
ALCOA Research Update, Issue 7, March 2004
ALCOA Research Update, Issue 9, October 2004
ALCOA Research Update, Issue 12, September 2007
alcoa.ca/e/research_update.htm

Physical Activity – An Important Factor in Preventing Osteoporosis
Osteoporosis Canada, October 2006
www.osteoporosis.ca/index.php/ci_id/5523/la_id/1.htm

Your Guide to Strong Bones
Osteoporosis Canada, April 2007

Physical Activity

ALCOA, *Be Active, Eat Well*, 2005
Canadian Diabetes Association –
Maintaining a Healthy Weight -- Physical Activity
www.diabetes.ca/files/PhysicalActivity.pdf
Canadian Physical Activity Guidelines
csep.ca/english/view.asp?x=804
Centres for Disease Control and Prevention
www.cdc.gov/healthyweight/index.html

References

Collis, Martin.
Walking, Weight and Wellness, Your Pedometer Resource Guide, Trafford Publishing (Sept. 29, 2006)
The 2010 Canadian Hypertension Education Program recommendations for the management of hypertension: part I - blood pressure measurement, diagnosis and assessment of risk. Canadian Journal of Cardiology. 2010 May; 26(5): 241-8. Quinn, R. R. et al.

Strength Training

ALCOA Research Update, Issue 2, March 2002
Canadian Centre for Activity and Aging,
Senior Fitness Instructor Manual, London, 1997

Lifestyle

Canadian Association of Wound Care
How healthy are your feet?
www.cawc.net
CDA Alcohol + Diabetes, March 2007
ParticipACTION
www.participaction.com

Healthy Eating

ALCOA, *Be Active, Eat Well*, 2005
Canadian Diabetes Association,
Clinical Practice Guidelines, 2009
Eating Well with Canada's Food Guide, 2007
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

References

Mental Health

Canadian Coalition for Seniors' Mental Health, *Depression in Older Adults: a guide for seniors and their families*, 2009

ccsmh.ca/en/booklet/

Canadian Diabetes Care Guide

www.diabetescareguide.com/en/monitoring.html

Canadian Society for Exercise Physiology,
The Canadian Physical Activity, Fitness & Lifestyle Approach.
Ottawa, 2003

Beliefs and Attitudes

Prochaska, Norcross, DiClemente
Changing for Good, New York, 1994

Saskatoon Regional Health
Building Resistance, An Education program for people with pre-diabetes, June 2005

please detach and give to your group leader, or mail to ALCOA (address on back)

Evaluation Survey

Your feedback is important to us. Please, read the following questions. Check off, or fill in the answer that best applies to you.

1. I am: ☐ Female ☐ Male
2. My age is: ☐ under 55 ☐ 55-60 ☐ 61-65 ☐ 66-70
☐ 71-75 ☐ 76-80 ☐ 81+
3. Province I live in: _____ Postal Code: _____
- 3a. My community is: ☐ Urban ☐ Rural
4. I used the Passport as part of a: ☐ Program ☐ On my own
☐ Other (please specify) _____
5. I found the Passport helpful: ☐ Yes ☐ Sort Of ☐ No
6. What aspects of the Passport were most helpful?
☐ The check lists ☐ The charts
☐ Resources & References ☐ Tips for Diabetics
Other (please specify): _____
7. I picked up some tips that will help me better manage my diabetes: ☐ Yes ☐ Sort Of ☐ No ☐ N/A
- 7a. I made lifestyle changes as a result of using the Passport:
☐ Yes ☐ Sort Of ☐ No
- 7b. If the answer to 7a is Yes, these are the lifestyle changes I made:
☐ Reduced my stress levels
☐ Increased my physical activity
☐ Improved my eating habits
☐ Quit or reduced smoking
☐ Increased the amount of water I drink
☐ Other (please specify) _____
8. Please share any additional thoughts you have about the Passport. Feel free to use additional paper as required.

Follow-up Survey

A LCOA would like to follow up with participants 6–12 months after completing the program. If you are interested in participating in a follow-up survey, please provide the following information

Name: _____

Address: _____

Phone: _____

E-mail: _____

Date of course completion: _____ / _____
month year

return address:

ALCOA
P.O. Box 143
Shelburne ON
L0N 1S0



brought to you by:

Active Living Coalition for Older Adults

P.O. Box 143
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Toll Free: 1-800-549-9799

Phone: 519-925-1676

Fax: 519-925-3955

Email: alcoa@uniserve.com

Web: www.alcoa.ca
www.silvertimes.ca

