

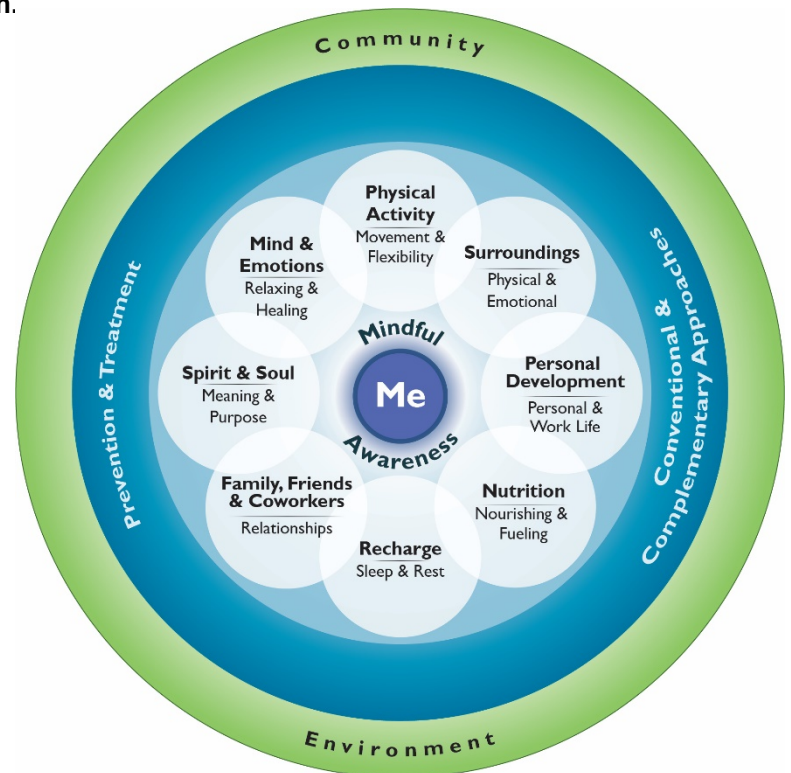
My Story: Personal Health Inventory

Name: Erin S

Date: _____

Use this circle to help you think about your whole health.

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices help make up the light blue circle.
- The next darker blue ring is professional care (tests,





Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

1 Miserable	2	Physical Well-Being:	3	4	5 Great
1 Miserable	2	Mental/Emotional Well-Being:	3	4	5 Great
1 Miserable	2	Life: How is it to live your day-to-day life?	3	4	5 Great

What do you live for? What matters to you? Why do you want to be healthy?

Write a few words to capture your thoughts:

My family. My kids are young, and they really need me, especially since their dad travels a lot for work. I also take care of my aging parents who live nearby. I also have to take care of myself, so I can be at my best for everyone, but I have a lot of health problems myself.



Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be”. Write a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Area of Whole Health	Where I am Now	Where I Want to Be (1-5)
Physical Activity: “ <i>Movement and Flexibility</i> ” Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.	1	5
Recharge: “ <i>Sleep and Rest</i> ” Getting enough rest, relaxation, and sleep.	2	5
Nutrition: “ <i>Nourishing and Fueling</i> ” Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.	0	5
Personal Development: “ <i>Personal and Work life</i> ” Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.	4	4
Family, Friends, and Co-Workers: “ <i>Relationships</i> ” Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends, and people you work with.	4	5
Spirit and Soul: “ <i>Meaning & Purpose</i> ” Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.	5	5
Surroundings: “ <i>Physical and Emotional</i> ” Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.	5	5
Mind & Emotions: “ <i>Relaxing and Healing</i> ” Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.	4	5
Professional Care: “ <i>Prevention and Clinical Care</i> ” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.	5	5

Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

I want to be active and slim like I was in college. I want to be able to play with my kids without getting out of breath. I want to avoid the health problems my parents have had. Know grandkids.

Are there any areas you would like to work on? Where might you start?

I have to eat better! I know it, I have tried a million diets, but it is so hard for me.



After completing the Personal Health Inventory, talk to your healthcare provider, a friend, family member, health coach, a peer, or someone on your healthcare team about areas you would like to explore further.

This document is informed by work being done through a collaboration between UW Integrative Health and the Veteran's Health Administration's Office of Patient Centered Care and Cultural transformation

ERIN'S HEALTH PLAN

After hearing Erin's story and engaging in a discussion with her about the impact of nutrition on her well-being, the following recommendations could be made (noting that only one or two should be made at a time, and any goals she sets should feel manageable and achievable to her).

- Since she has insulin resistance, Erin will likely benefit from a diet where she gets most of her carbohydrates from vegetables, fruits, legumes, and whole grains, with a decreased intake of refined carbohydrates.
- To feel more full, she can eat more whole grains. When eating carbohydrates she could choose higher fiber breakfast choices like oatmeal, high fiber bread or toast or make her own healthy granola mix. If, for convenience, she selects a granola bar, a bagel, or chips, it would be best to eat the food with something like nuts or a hard-boiled egg, which can prevent sudden spikes and crashes in her blood sugar through the day.
- Fiber will help her feel full, and it delays absorption of glucose and cholesterol and improves satiety. It also helps with constipation.
- If possible, she should consider eating fatty cold-water fish that are good sources of DHA and EPA twice weekly and eat eggs that have DHA or take an omega-3 supplement.
- It is best to cook with extra virgin olive oil and canola oil instead of corn or other vegetable oils.
- Protein does not need to be consumed in high quantities. Erin can eat plant-based proteins such as legumes, beans, whole grains, and soy regularly for health benefits, and consume animal protein just a few times weekly.
- Vitamins and minerals are best obtained through eating fruits and vegetables and other nutrient-dense foods. Erin should aim to eat a variety of fruits and vegetables (at least 2 of each daily). Juice is very high in sugar and low in fiber and therefore is not recommended as a serving of fruit. She can eat as many non-starchy vegetables as she wants.
- Eating well does not have to cost a lot of money. Buying food seasonally, buying less expensive fruits and vegetables, and eating at home regularly can make healthy eating affordable.
- To make water taste more interesting, Erin can add some fruit, herbs, or vegetables. Lemon water is delicious, and mint-cucumber water is very refreshing in the summer. Tea can also be a healthy choice, if taken without cream or sugar. For more information refer to the "[What We Drink](#)" tool.
- Eating when feeling bored or sad, but not necessarily hungry, happens to many people. Seeing food from a new point of view and learning new techniques to feel more satisfied with the foods one eats are important skills Erin can develop. Review the "[Mindful Eating](#)" Integrative Health tool to learn more.
- Most people do not need multivitamin or mineral supplements if they eat a well-balanced diet.
- Anti-inflammatory and elimination diets can help clarify which foods, if any, are causing symptoms like headaches, rashes, fatigue, constipation, or joint pain. Please refer to the "[Elimination Diets](#)" handout.



- After reviewing her options for improved health, Erin found herself drawn to the MOVE! program and its resources. Erin ultimately chose to begin her journey back to a healthy weight by increasing her fruit and vegetable intake to 5 servings daily and eliminating juice drinks from her children's diets. Her future plans include a trial of eliminating dairy from her diet to see if her headaches and gastritis improve. She will also start a fiber supplement to help with her post-prandial sugars, lipids, and constipation until she ramps up the fiber she obtains through the foods she eats. She is scheduled to see a dietitian in the near future as well.