

Strength of Recommendations
Bold = Good
Italics = Fair
 Plain Text = consensus or inconclusive evidence

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 Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only. Preventive care is delivered both episodically and at dedicated visits. This tool may be used in part or as a whole.



Daily Nutritional Recommendations				
Age (years)	14-18 ♀	14-18 ♂	19-50 ♀	19-50 ♂
Vegetables & Fruit (servings)	7	8	7-8	8-10
Grain products (servings) Whole grains for at least half	6	7	6-7	8
Milk & alternatives (servings)	3-4	3-4	2	2
Meat & alternatives (servings)	2	3	2	3
Include a small amount - 30 to 45 mL - of unsaturated fat each day				
Calcium (mg) Upper limit (maximum)	1300	1300	1000	1000
	3000	3000	2500	2500
	No adjustment for pregnancy or lactation			
Vitamin D (IU) Health Canada Upper limit (maximum)	600	600	600	600
	3000	4000	4000	4000
	No adjustment for latitude, pregnancy or lactation			

<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

Canada's Food Guide
www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php English
www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide-trans-trad-eng.php other languages

BMI Calculation and Health Risk Classification		
BMI = mass in kg/(height in metres) ²		
BMI = [weight in pounds/ (height in inches) ²]*703		
Classification	BMI (kg/m ²)	Risk of developing health problems
Under weight	less than 18.5	Increased
Normal weight	18.5 to 24.9	Least
Overweight	25 to 29.9	Increased
Obese Class I	30 to 34.9	High
Obese Class II	35 to 39.9	Very high
Obese Class III	40 and above	Extremely high

www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/index-eng.php

Restrictive Diets
Ask about special diets such as vegetarian, gluten-free, dairy or lactose free

Strategies for Good Sleep Habits
Have a consistent bedtime routine
Try to keep sleep and wake times the same for weekdays and weekends
Avoid daytime napping
Have a relaxed setting at bedtime (dim lights, comfortable cool temperature, calm environment)
Get exercise every day, but avoid high-intensity exercise within 3 hrs of bedtime
Fall asleep in your bedroom, not on the couch. Use your bed only for sleep and sex.
Avoid caffeine after mid-afternoon and later
Don't smoke, and don't use alcohol, herbal products or over-the-counter sleep aids to help you sleep
Avoid media/electronics in the bedroom. Avoid light emitting devices in the bedroom. Eg clocks that glow in the dark.
Limit screen time and bright lights before bedtime (avoid at least 1-2 hrs before bedtime)
Consult with a primary care practitioner about snoring or other sleep concerns

Adapted from www.cdc.gov, www.cps.ca, sleepfoundation.org, healthysleep.med.harvard.edu

Physical Activity Recommendations	
150 minutes or more per week of Moderate to Vigorous Physical Activity	
	Hints
Focus on moderate to vigorous aerobic activity broken into sessions of 10 minutes or more.	Choose a variety of physical activities you enjoy. Try joining a team or do activities in groups.
Add activities to target muscles and bones at least 2 days per wk.	Get into a routine.
	Limit the time you spend in front of a screen – TV, computer video game etc.
	Reduce passive transportation – try walking, running or biking.

www.csep.ca <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/03paap-eng.php>

Internet Resources for Patients	
General Young Adult Info.	www.cyh.com/ www.canada.ca/en/services/health/youth-health.html
Aboriginal Health	www.canada.ca/en/services/health/aboriginal-health.html
Bullying	www.stopbullying.gov/what-is-bullying/related-topics/young-adults/ www.prevnet.ca www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&np=296&id=2069
Complementary and Alternative Medicine (CAM)	nccih.nih.gov/ www.naturaldatabase.com
Dating Safety & Healthy Relationships	www.rcmp-grc.gc.ca/cycc-cpcj/violence/dv-vf/index-eng.htm www.redcross.ca www.sexualhealthandrights.ca/
Hearing Loss/ Personal Music Players	www.hc-sc.gc.ca/hl-vs/iyh-vsv/environ/hearing_loss-perte_audition-eng.php www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stereo-baladeur-eng.php www.soundsense.ca
HPV vaccine	www.cdc.gov/std/hpv/stdfact-hpv-vaccine-young-women.htm
LGBT Youth	www.cdc.gov/lgbthealth/youth-resources.htm www.prevnet.ca/bullying/parents/parents-of-lgbtq-youth
Low Income	www.canadabenefits.gc.ca benefits finder
Mental Health	www.porticonetwork.ca/ mindyourmind.ca/ teenmentalhealth.org/
Nutrition, Fitness	www.healthycanadians.ca www.evanshealthlab.com/make-your-day-harder-2/
Physical Activity	www.csep.ca/guidelines www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php
Sexuality & Relationships	www.sexandu.ca includes emergency contraception www.sexualhealthandrights.ca/
Sleep Issues	www.sleepfoundation.org
Substances and Addictions	www.camh.ca/en/hospital/health_information (alcohol, marijuana, tobacco, cocaine, gambling) www.nationaldrugstrategy.gc.ca/prevention/youth-jeunes/ (drugs) betobaccofree.hhs.gov/dont-start/index.html (tobacco) www.quitnow.ca/tools-and-resources/e-cigarettes.php (e-cigarettes) www.heartandstroke.ca/-/media/pdf-files/canada/position-statement/e-cigarettes-in-canada-factsheet-eng (e-cigarettes) www.vch.ca/media/TakeCarewithCannabis.pdf (marijuana) www.hc-sc.gc.ca/fn-an/prodnatur/caf-drink-boissons-eng.php (caffeinated energy drinks) www.problemgambling.ca (gambling)

Sun Safety, Tanning & Skin Health	www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php www.dermatology.ca/sun-safety www.cancer.ca/prevention
Vaccinations, Fears and Pain	phm.utoronto.ca/helpinkids/ www.canada.ca/en/public-health/topics/immunization-vaccines.html