



# Lifescrpts



*Advice for Healthy Living*

# Acknowledgements

**Developed and produced by Mount Isa Centre for Rural and Remote Health, James Cook University.  
Funded by the Australian Government Department of Health and Ageing as part of the Lifescripts initiative.**

## **Thanks to:**

We would particularly like to thank the Kimberley Aboriginal Medical Services Council, Broome Regional Aboriginal Medical Service and the Derby Aboriginal Health Service for collaborating with us on this project.

Thanks to the following organisations for allowing us to test the resources at their service:

- Aboriginal and Islander Community Health Service Ltd - Woodridge Clinic, Brisbane, Qld
- Derbarl Yerrigan Health Service - Maddington Clinic, Perth, WA
- Wuchopperen Health Service, Cairns, Qld
- Danila Dilba Aboriginal Medical Service, Darwin, NT
- Outback Family Practice, Mount Isa, Qld

The project team is also grateful to our reference group for their advice and support during the adaptation of the Lifescripts resources. This group included representatives from:

- Australian Government Department of Health and Ageing
- Office for Aboriginal and Torres Strait Islander Health
- Australian General Practice Network
- Aboriginal Health and Medical Research Council (NSW)
- Kimberley Aboriginal Medical Services Council
- National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan

We would also like to thank everyone involved in the consultation and testing process for their valuable advice regarding the adaptation of these resources.

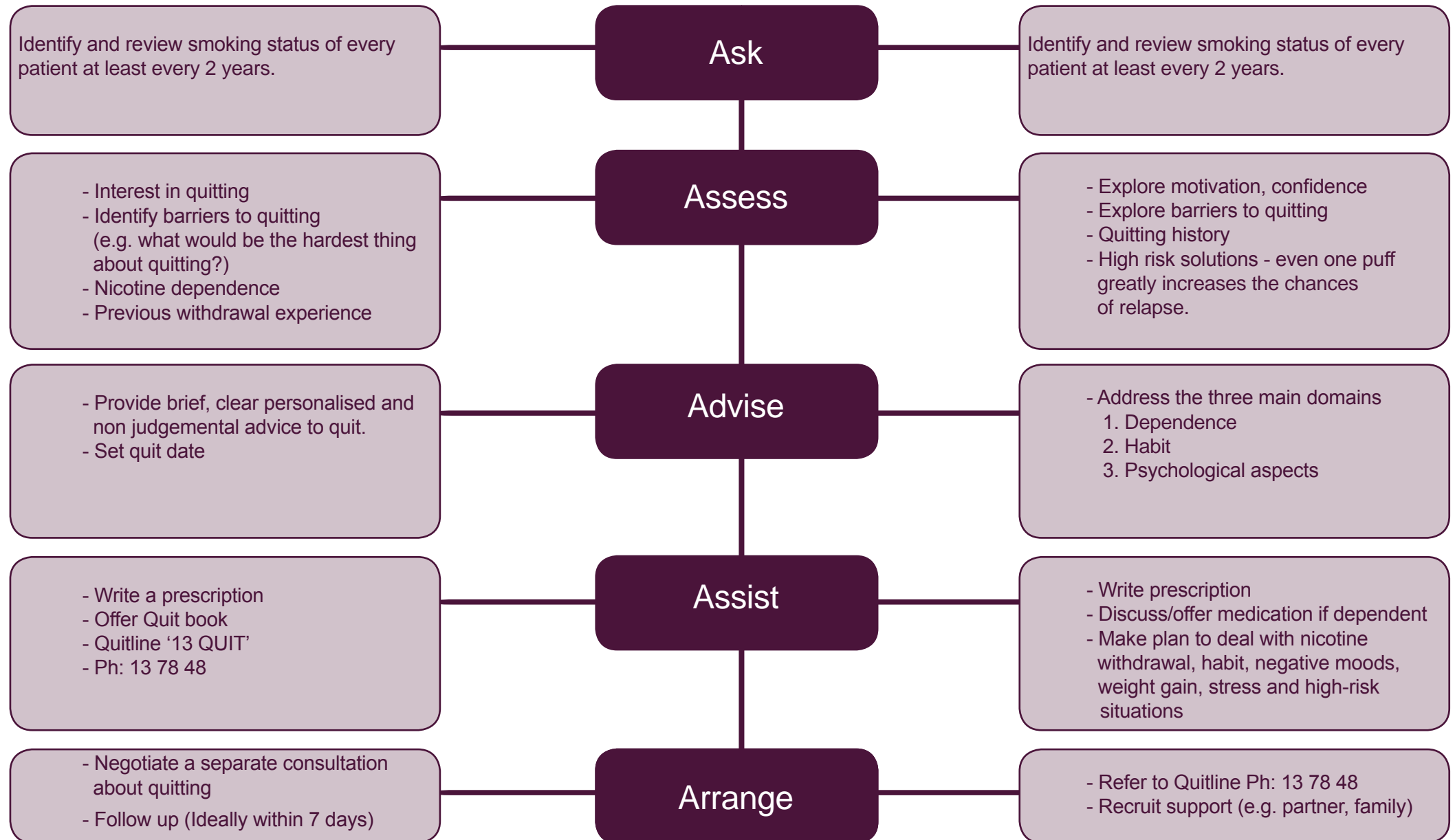
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Original artwork conceived by Stevie Eggmolesse  
Illustrations by Shiloh Gordon*

# Introduction: The 5As Approach to Lifescripts

The chart illustrates examples of brief and more intensive options in applying the 5As approach to the assessment and management of smoking.

Brief Option:

More intensive option:





# Smoking



Not Ready  
to Change



Unsure



Sure



Keeping  
the Change



# Smoking

ASK

Would you like to quit or cut back on your smoking?

NO — go to Not Ready below

YES — go to Assess

ALREADY HEALTHY — go to Staying Healthy

ASSESS

Smoking assessment tool asks:

How keen are you to stop smoking?  
If you decided to stop smoking right **now how confident of success would you be?**  
When you wake up each day how soon do you smoke your **first cigarette?**  
How many cigarettes do you smoke on a typical day?

Can also ask:

**What makes it difficult for you to stop smoking?**  
Why do you want to stop smoking?  
Have you tried to quit or cut down before?  
Assess mental health status

*Refer to assessment tool*

Is the person ready to attempt quitting?

Not Ready

Unsure

Ready to Change

Staying Healthy



# Smoking



Keeping the Change



# Smoking





# Nutrition



Not Ready  
to Change



Unsure



Sure



Keeping  
the Change



# Nutrition

ASK

Would you like help to choose healthier foods?

NO — go to Not Ready below

YES — go to Assess

ALREADY HEALTHY — go to Staying Healthy

ASSESS

**Nutrition assessment tool:**

When you have a choice do you choose low-fat foods?  
Do you eat fruit and vegetables every day (fresh, frozen or canned)?

If no - then needs healthy eating action plan

Do you eat pies, pastries, fried foods or take-away meals more than once a week?  
Do you drink soft drinks, cordials, sports drinks or fruit juice on most days of the week?

If yes - then needs healthy eating action plan

**Can also ask:**

What makes you want to eat healthier?

What makes it hard for you to eat healthier food?

How big is your usual portion size?

*Refer to assessment tool*

Is the person ready to eat healthier foods?

Not Ready

Unsure

Ready to Change

Staying Healthy



# Nutrition



Keeping the Change



# Nutrition





# Alcohol

What is a standard drink?



a can of light beer (375ml)  
a small glass of mid strength beer (285ml)  
a small glass of wine (100ml)  
a single measure of spirits (30ml)



a can of full strength beer (375ml)  
a slab/carton of full strength beer



a 4-litre cask of wine  
a flagon of port  
a bottle of rum (700ml)



Not Ready  
to Change



Unsure



Sure



Keeping  
the Change



# Alcohol

ASK

Would you like to talk about drinking alcohol?

NO — go to Not Ready below

YES — go to Assess

ALREADY HEALTHY — go to Staying Healthy

ASSESS

## Alcohol assessment tool:

1. How often do you have a drink with alcohol in it?

Never (0)	Monthly or Less (1)	2 to 4 times a months (2)	2 – 3 times a week (3)	4 or more times a week (4)
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2. How many standard drinks do you have on a typical day when you are drinking?

*\*See standard drinks picture*

1 or 2 (0)	3 or 4 (1)	5 or 6 (2)	7 – 9 (3)	10 or more (4)
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3. How often do you have 6 or more drinks on one occasion?

never (0)	less than monthly (1)	monthly (2)	weekly (3)	daily or almost daily (4)
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### Scoring:

#### Women

0–3 low-risk drinking

4–5 risk depends on other factors

**≥ 6 risky or high-risk drinking**

#### Men

0–3 low-risk drinking

4–6 risk depends on other factors

**≥ 7 risky or high-risk drinking**

Is the person ready to cut down on their drinking?

Not Ready

Unsure

Ready to Change

Staying Healthy



# Alcohol



Keeping the Change



# Alcohol





# Physical Activity



Not Ready  
to Change



Unsure



Sure



Keeping  
the Change



# Physical Activity

ASK

Would you like to become more active?

NO — go to Not Ready below

YES — go to Assess

ALREADY HEALTHY — go to Staying Healthy

ASSESS

Activity Assessment tool:

- How many times a week do you do 20 minutes or more of physical activity that makes you puff?
- How many times a week do you do 30 minutes or more of walking?
- How many times a week do you do 30 minutes of physical activity that makes you puff?

Scoring:

- Add up totals per week, if less than 5, this is not enough activity

Is the patient active enough for health **benefits?**

If yes - encourage patient

If no - make sure it is safe for them to increase their activity

Is the person ready to increase their activity?

Not Ready

Unsure

Ready to Change

Staying Healthy



# Physical Activity



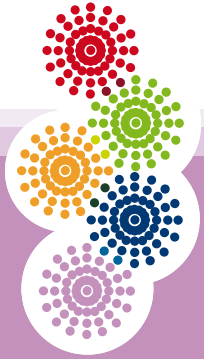
Keeping the Change



# Physical Activity



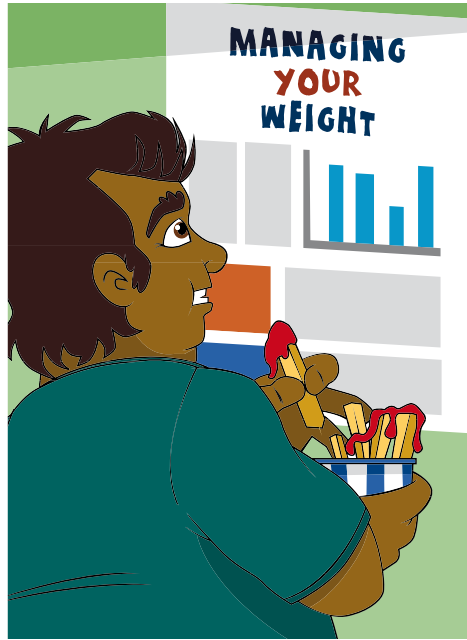
	Not Ready	Unsure	Ready to Change	Staying Healthy
ADVISE	Briefly mention benefits of physical activity	Talk about current activity level Talk about benefits of increasing physical activity Talk about what makes it hard to increase physical activity Talk about ideas for increasing physical activity	Talk about current activity levels Talk about benefits of increased physical activity Ask what makes it hard to increase physical activity Tips: Find a friend to help, find an activity you enjoy, agree on goals	Provide support and encouragement Talk about what is going well Discuss benefits of regular exercise
ASSIST	Offer a pamphlet on increasing your physical activity	Offer a pamphlet on increasing your physical activity Suggest small changes	Agree on goals Provide individualised physical activity advice using action plan	Offer a pamphlet on increasing your physical activity
ARRANGE	Consider another risk factor	Consider another risk factor	Arrange referral if services are available Collect a list of local activities to join	Consider another risk factor
Make another appointment				



# Healthy Weight



Not Ready  
to Change



Unsure



Sure



Keeping  
the Change



# Healthy Weight

ASK

Would you like help to reduce your weight?

NO — go to Not Ready below

YES — go to Assess

ALREADY HEALTHY — go to Staying Healthy

ASSESS

Weight assessment tool:

- Are you pregnant or breastfeeding?
- Do you have diabetes or sugar problems?

If yes - then needs to see a dietitian.

- Are you currently gaining weight without trying to?
- Have you tried to lose weight more than 4 times since you were in your late teens or early twenties?
- Have you gained more than 10kg weight since your late teens or early twenties?

If yes - to any of these questions then person needs a "healthy weight action plan"

- How interested are you in managing your weight in the long term?

Other questions

- Weigh patient. Is the patient gaining weight?
- Measure their BMI and waist circumference.
- Check blood pressure, glucose and cholesterol.
- Does the patient have high blood sugar, high blood pressure or high cholesterol?

*Refer to assessment tool*

Does the person want to manage their weight long-term?

Not Ready

Unsure

Ready to Change

Staying Healthy



# Healthy Weight



Keeping the Change



# Healthy Weight

