

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
<a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php</a> English
<a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide-trans-trad-eng.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide-trans-trad-eng.php</a> other languages

BMI Calculation and Health Risk Classification		
BMI = mass in kg/(height in metres) <sup>2</sup>		
BMI = [weight in pounds/ (height in inches) <sup>2</sup> ]*703		
Classification	BMI (kg/m <sup>2</sup> )	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](http://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](http://www.cdc.gov), [www.cps.ca](http://www.cps.ca), [sleepfoundation.org](http://sleepfoundation.org), [healthysleep.med.harvard.edu](http://healthysleep.med.harvard.edu)

Physical Activity Recommendations	
<b>150 minutes or more per week of Moderate to Vigorous Physical Activity</b>	
	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.csep.ca) <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/03paap-eng.php>

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

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