

Supplementary materials

'SNAPPS' Health Behaviours Choices and Guidelines

HEALTH BEHAVIOUR GUIDELINES		HEALTH BEHAVIOUR
Smoking - QUIT	QUIT or STOP smoking.	Stay away from others who smoke. Stay away from smoky air.
Nutrition	Eat a balanced diet with a wide variety of foods. Eat 5 serves of vegetables or legumes and 2 serves of fruit a day. Eat plenty of wholegrain bread, pasta or rice. Eat meat, poultry fish, nuts or alternatives such as legumes that are low in fat.	Eat low fat dairy products or alternatives. Cut down fat, salt and sugar. Drink plenty of water. Limit alcohol. Weigh yourself as agreed with your health professional.
Alcohol	Cut down on the alcohol you drink: - Have no more than two standard drinks on any day for men and women to reduce the risk of lifetime alcohol-related harm. - Have no more than four standard drinks on a single occasion for men and women to reduce injury risk. - Have regular alcohol free days a week.	No drinking for children and young people under 15 years of age. Delay drinking for 15 – 17 year old young people for as long as possible. Do not drink if pregnant or planning to be pregnant.
Physical activity	For adults, build up at least 30 minutes a day of exercise that makes you breathe more heavily on several, preferably all, days of the week. For children and adolescents, build up 60 minutes every day.	
Psychosocial wellbeing	Be aware of your emotions and seek help if needed. Be aware of self-talk, that is the things you say to yourself.	Keep or build up social relationships (family, friends, and community support).
Symptom management	Understand the signs or symptoms of your condition and keep track of them. Take your medications regularly as prescribed.	Follow an agreed plan of action. See your health professional regularly.

Note: The above information was current at the time of the study.

'SNAPPS' is adapted with permission: (1) Department of Health and Human Services, 2005.

Strengthening the Prevention and Management of Chronic Conditions. Policy Framework. Tasmanian Government, DHHS. Hobart. (2) The Royal Australian College of General Practitioners. SNAP: a population health guide to behavioural risk factors in general practice. South Melbourne: the RACGP, 2004.

Additional References: (1) Australian Government, Department of Health and Aging National Health and Medical Research Council, 2005. Food for Health. (2) Australian Government, Department of Health and Aging National Health and Medical Research Council, 2009. Australian guidelines to reduce health risks from drinking alcohol (3) Australian Government, Department of Health and Aging, 2007.

