

Lifestyle modifications recommendations summary

Alcohol reduction, page 24	Diet and nutrition (continued)	Physical activity and sleep (continued)	Smoking cessation, page 49
<p>1. Reducing the lifetime risk of alcohol related harm or injury</p> <ul style="list-style-type: none"> The less a person drinks, the lower the risk of alcohol-related harm. For some people not drinking at all is the safest option For healthy men and women, drink no more than 4 standard drinks on any one day and no more than 10 standard drinks per week <p>2. Children and young people under 18 years of age</p> <ul style="list-style-type: none"> To reduce the risk of injury and other harms to health, children and young people < 18 years of age should not drink alcohol <p>4. Pregnancy and breastfeeding</p> <ul style="list-style-type: none"> To reduce the risk of harm to an unborn child, women who are pregnant or planning a pregnancy should not drink alcohol For women who are breastfeeding, not drinking alcohol is the safest option 	<p>4. Encourage, support and promote breastfeeding</p> <ul style="list-style-type: none"> Breastfeed until around 6 months of age when solid foods are introduced Continue until 12 months of age and beyond The mother should be supported and encouraged by everyone 	<p>5. Encourage good sleep hygiene</p> <ul style="list-style-type: none"> 9–11 hours for 5–13 year olds 8–10 hours for 14–17 year olds 8 hours for adults > 19 years Identify and act on obstructive sleep apnoea early 	<p>1. Cease or prevent commencing smoking</p> <ul style="list-style-type: none"> Stop smoking to reduce the risk of cardiovascular and respiratory diseases and cancers, other chronic conditions and premature death <p>2. Encourage and assist smokers to quit and prevent relapse</p> <ul style="list-style-type: none"> Support smokers to access freely available QUIT resources and services Assist smokers to quit with evidenced counselling, subsidised medicines and Nicotine Replacement Therapies (NRT) <p>3. Eliminate harmful exposure to tobacco smoke among children and non-smokers</p> <ul style="list-style-type: none"> Do not smoke while pregnant Do not smoke indoors, in vehicles, within 10 meters of public buildings and in public spaces Do not smoke around children Educate children from a young age on the dangers of smoking products <p>5. Reduce environmental harms from smoking products</p> <ul style="list-style-type: none"> Dispose of smoking product waste legally and responsibly
Diet and nutrition, page 29	Physical activity and sleep, page 34	Sexual and reproductive health, page 40	Social-emotional wellbeing, page 59
<p>1. Achieve and maintain a healthy weight, and choose amounts of nutritious food and drinks to meet an individual's energy needs</p> <ul style="list-style-type: none"> Children and adolescents should eat sufficient nutritious foods to grow and develop normally Children and adolescents should have their growth checked regularly Older people should eat nutritious foods to help maintain muscle strength and a healthy weight <p>2. Children aged 5–17 years</p> <ul style="list-style-type: none"> Accumulate > 60 mins/day of moderate to vigorous physical activity Include a variety of aerobic and light physical activities Engage in activities that strengthen muscle and bone > 3 days/week Further benefits are achieved with more hours of activity per day <p>3. Limit foods containing saturated fat, added salt and sugars including</p> <ul style="list-style-type: none"> Biscuits, cakes, pastries, pies, processed meats, burgers, pizza, fried foods, potato chips, savoury snacks and lollies Foods and drinks containing added salt and sugar Sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks 	<p>1. Children aged 0–5 years</p> <ul style="list-style-type: none"> Should not be sedentary, restrained, or kept inactive, for more than 1 hour at a time, apart from sleeping Infants 0–1 years should do > 30 mins/day supervised floor-based play Toddlers and pre-schoolers 1–5 years should be physically active > 3 hours/day <p>2. Children aged 5–17 years</p> <ul style="list-style-type: none"> Accumulate > 60 mins/day of moderate to vigorous physical activity Include a variety of aerobic and light physical activities Engage in activities that strengthen muscle and bone > 3 days/week Further benefits are achieved with more hours of activity per day <p>3. Adults aged 18–64 and in pregnancy</p> <ul style="list-style-type: none"> Do any physical activity 150–300 minutes of moderate intensity physical activity/week or 75–150 minutes of vigorous intensity physical activity Be active on most, preferably all days every week If planning to be very active in pregnancy seek medical advice <p>4. People over 65 years of age</p> <ul style="list-style-type: none"> > 30 minutes of moderate intensity physical activity on most days Do any form of physical activity Do daily physical activities that incorporate fitness, strength, balance and flexibility Start physical activity at a level that is manageable and build up the amount, type and frequency Those normally active, continue at a level suited to their capability 	<p>1. Every individual has the lawful right to be free of:</p> <ul style="list-style-type: none"> Sexual assault; where a person unlawfully assaults, witnesses, procures, coerces or commits gross sexual indecency on a person without consent or Sexual harassment; intentionally offensive, humiliating, intimidatory or predatory behaviour that subjects a person to any unwanted sexual act, request, favour, remark, connotation or conduct <p>2. Safe sexual practise</p> <ul style="list-style-type: none"> Condoms and vaginal dams reduces risk of sexually transmitted infections Use PrEP to reduce risk of HIV To avoid unintended pregnancy, arrange contraception prior to sexual encounters Stay emotionally healthy and in control by deciding whether, when, how and who to have sex with <p>3. Communication</p> <ul style="list-style-type: none"> If having unprotected sex, talk about risks with partner <p>Other ways to have sex</p> <ul style="list-style-type: none"> Explore ways to enjoy physical intimacy that reduces risk of STIs or unintended pregnancies Use condoms on sex toys. Change condom and wash toy after use for each person <p>4. Avoiding alcohol and other drugs</p> <ul style="list-style-type: none"> Drinking alcohol and taking other drugs may affect people's ability to provide consent and make safe decisions While drinking, stay in control to make safe and rational sexual choices <p>5. Acting on unprotected sex</p> <ul style="list-style-type: none"> After an unprotected sexual encounter, have a sexual health check-up. Consider emergency contraception or PEP (for HIV) 	<p>1. Recognise the social-emotional impact of being diagnosed with a chronic condition</p> <ul style="list-style-type: none"> Surprise, anger, denial or disbelief about their diagnosis can diminish people's ability to accept or manage a chronic condition Reduce negative feelings by building a sound therapeutic relationship based respect Ensure patients are well informed about services, their rights, are involved in service provision <p>2. Recognise the social-emotional impact on marginalised minority groups with a chronic condition</p> <ul style="list-style-type: none"> Understand how a history of colonisation, racism, discrimination, criminalisation and vilification throughout society continues to impact some peoples health Be mindful of personal biases (constructs) and their influence on a persons willingness to access health services Build a sound therapeutic relationship based on open communication and respect to ensure optimal health outcomes for all people