Priority Topic: LIFESTYLE

Key Features:
See also Priority Topic Smoking Cessation, Counselling

1. In the ongoing care of patients, ask about behaviours that, if changed, can improve health (e.g., diet, exercise, alcohol use, substance use, safer sex, injury prevention (e.g., seatbelts and helmets).

What you should study: principles of Peds Anticipatory Guidance apply to patients of all ages.

✓ Prevent Unintentional Home Injuries 2016
✓ Promoting Healthy Lifestyles AAFP 2011
✓ Diets for Health AAFP 2018
✓ Physical Activity Counselling AAFP 2008

2. Before making recommendations about lifestyle modification, explore a patient’s readiness to change, as it may alter advice.

What you should study:

✓ Motivational Interviewing AAFP 2011
✓ Approaches to Counselling AAFP 2009

3. Explore a person’s context (e.g., poverty) before making recommendations about lifestyle modification (e.g., healthy eating choices, exercise suggestions) so as to avoid making recommendations incompatible with the patient’s context.

✓ Just do it!
4. In the ongoing care of patients, *periodically review their behaviours*, recognizing that these may change.

✓ Just do it!

5. In the ongoing care of a patient, *regularly reinforce advice* about lifestyle modification, whether or not the patient has instituted a change in behaviour.

*What you should study:*

✓ Just do it!