

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](#).

4. In the ongoing care of patients, [periodically review their behaviours](#) , recognizing that these may change.

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.