Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

DO YOU NEED HELP STICKING TO HEALTHY HABITS?

Why What's Important to YOU is Important to Your Health

WHAT DETERMINES WHAT CHOICES WE MAKE ABOUT HEALTH?

When it comes to making choices about our health (like eating healthy, quitting smoking, wearing a seat belt or starting an exercise program), many factors go into that decision. One thing that influences those decisions is our values. Values are our principles – like putting your family first or being honest. Ideally, they shape the choices we make. Values are often at the heart of making decisions about how patients choose to take care of their health conditions. When people discover that managing their health is related to their values, it's often easier for them to find the motivation to put their beliefs into action.

WHAT DOES MY DOCTOR HAVE TO DO WITH MY VALUES?

Your health care provider can help you think about the values that guide your life. Often your health care provider can help you find a connection between your values and your health. This connection can help your doctor find the motivation you need to live a healthier life. Letting your doctor know what is important to you can help both of you find effective strategies that will make sense for you.

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IDENTIFY YOUR VALUES

Take a look at the list below and pick out three to five of the things that mean the most to you. Then, share this with your doctor so they can learn more about you and begin a productive discussion.

VALUE	This might mean....
☐ Family	to have a happy family
☐ Friends	to be a good friend and have close friends
☐ Health	to be well enough to do the things I want to do
☐ Respect	to feel like people listen to me
☐ Responsibility	to do what I said I would do
☐ Appearance	to look good
☐ Success/ Achievement	to do well in things that are important to me
☐ Independence	to make my own decisions
☐ Generosity	to give to others and not be selfish
☐ Being Considerate	to be nice to others
☐ Honesty	to tell the truth
☐ Acceptance/ Belonging	to fit in
☐ Optimism	to be positive, to feel good about the future
☐ Spirituality	to have purpose and meaning in my life
☐ Significant Others	having a good relationship with my boy/girlfriend
☐ Financial Security	to have money
☐ Activism	to try to make a difference
☐ Other:	