

Re-titled Guideline to Healthy Lifestyles to more accurately reflect what is in the guideline.

**Algorithm(s)**

- Added new box 6e titled “Practice Positive Thinking.”
- Rewrote Decision Trees for Increased Physical Activity, Improved Nutrition, Decreased Tobacco Use and Exposure and Decreased Hazardous and Harmful Drinking.

**Annotations**

- Rewrote guideline to reflect language about health and not just disease focused.
- Removed all wording that was directed at children and youth.
- Introduction: added information about the fifth behavior: practice positive thinking. Added new references Maciosek, 2010; Post, 2010, Seligman, 2005.

1) Added information about healthy eating in the workplace to employers and worksites. Added new reference Thorsen, 2010.

5) Updated the language on Collaborative decision making with information on shared decision making. Added new reference O’Connor, 2007; Pollak, 2010.

6) Updated reference to ICSI Depression guideline, 2011.

6b) Updated the healthier goal for nutrition with the new USDA dietary guidelines. Added information from the Portfolio and DASH diet to the optimal goal. Added serving size information to the key messages. Added new references Dietary Guidelines for Americans 2010; Jenkins, 2006; Obarzanek, 2001.

6c) Added information about third hand smoke. Added new reference Sleiman, 2010.

6d) Added information about SBIRT (Screening, Brief Intervention and Referral for Treatment). Added new reference Babor, 2007.

6e) Added a new section on Practice Positive Thinking, which includes information on positive psychology, mindfulness and resilience. Added new reference Brunwasser, 2009; Cornum, 2011; Cuijpers, 2008; Fledderus, 2010; Fredrickson, 2001; Fredrickson, 2008; Gable, 2004; Gable, 2005; Grossman, 2004; Reivich, 2011; Shapiro, 2008.

7c) Updated current smoking rates in Minnesota. Added new reference Tobacco use in Minnesota, 2010.

**Aims & Measures**

Rewrote all the Aims and Measures.

**Appendices**

Appendix A: Added Lifestyle Risk Screening tool.

Updated Key Implementation Recommendations based on the work done in Minnesota for the Statewide Health Improvement Program (SHIP).

Added Resource on guidelines for offering healthy foods at meetings, seminars and catered events.