Quality Improvement Support:
Healthy Lifestyles

This section provides resources, strategies and measurement for use in closing the gap between current clinical practice and the recommendations set forth in the guideline.

The subdivisions of this section are:

• Aims and Measures
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At this point, there are no specifications for these written measures. These are concepts that medical and public health organizations can specify according to their individual needs. Of note, these measures are designed for quality improvement and not for accountability purposes.

Increase the percentage of the population age 18 years and older with documentation of assessment of the six healthy lifestyle behaviors:

a. Percentage of population with documentation of assessment of physical activity levels
b. Percentage of population with documentation of assessment of tobacco use
c. Percentage of population with documentation of assessment of hazardous/risky alcohol use
d. Percentage of population with documentation of assessment of nutrition
e. Percentage of population with documentation of assessment of healthy thinking habits
f. Percentage of population with documentation of assessment of sleep patterns