

Prevention Recommendations - Northern California Region

This chart summarizes Kaiser Permanente's Prevention Recommendations by age.

Age:	18	20	25	30	35	40	45	50	55	60	65	70	75	80+
Health habits:														
Alcohol and drugs	If drinking or using drugs is causing problems for you or others, we will support your efforts to quit.													
Diet and nutrition	Eat a balanced diet. Eat at least five servings of fruits and vegetables each day. Limit foods high in fat and empty calories. Eat foods high in calcium. Women who may become pregnant, take a multivitamin daily that includes folic acid.													
Emotional health	If you are depressed, thinking of suicide, or being hurt by someone, talk to your primary care physician or practitioner.													
Exercise	Try to be physically active for at least 30 minutes on most days. Limit TV, video games, and computer use to one hour a day.													
Mid-life choices for women	Discuss menopausal options with your ob/gyn or primary care practitioner.													
Motor vehicle safety	Always wear seat belts and helmets. Don't drink and drive. Don't ride with a drinker.													
Preventing injuries	Keep guns in a locked cabinet. Install and check smoke detectors.													
Sexual practices	To avoid unintended pregnancy, use birth control. Practice safe sex to avoid HIV, chlamydia, and other sexually transmitted diseases.													
Skin protection	When outdoors, protect your skin from the sun. Wear long-sleeved shirts, hats, and sunscreen.													
Smoking	Don't smoke. If you do, we will try to help you quit.													
Violence	If you are being abused, hurt, or threatened, talk with your physician or get other help.													

