5As Assess Advise/Agree Assist/Arrange

Smoking
- Assess smoking status and readiness to change if smoker every visit
- Advise to quit. Set quit date. Consider pharmacotherapy
- Refer to Quitline. Arrange follow up

Nutrition
- Ask portions of fruit and vegetables per day every 2 years
- Brief advice to reduce and increase fruit and vegetable portions (2+5)
- Refer high risk to a dietitian or group diet program

Alcohol
- Ask about quantity & frequency of alcohol intake every 3-4 years
- Advise <2 drinks per day and no more than four drinks on any one occasion
- Arrange follow up

Physical activity
- Ask (every 2 years) about minutes of moderate physical activity per day and days per week
- Advise 30min of moderate activity most days of the week (>2.5 hrs/week)
- Refer high risk to an exercise professional or PA program

Weight
- Measure BMI (Wt/H²) and Waist circumference 2 yearly
- Individual including both physical activity and diet
- Refer high risk to a dietitian or group diet program

Absolute CVD risk
- Assess every 2 years from age 45+ years
- Tailor lifestyle and medication management to level of risk
- Refer moderate/high risk to diet and physical activity program or provider

Diabetes risk
- Assess using AUSDRISK from age 40+ years (18 years in ATSI) every 3 years
- Risk score 15+ reduce weight & improve diet and physical activity
- Refer at risk to a dietitian or group diet program

Blood pressure
- Measure every 2 years
- Low–Mod Absolute risk Lifestyle
- High risk Lifestyle + pharmacotherapy
- Arrange follow up

Lipids
- Measure every 5 years from age 45 years
- Low–Mod: risk Lifestyle
- High risk: Lifestyle + pharmacotherapy
- Arrange follow up

Renal disease
- Urinalysis from age 50 years every 5 yr
- Creatinine/ eGFR Microalbumin high risk*
- Pharmacotherapy (ACEI or ARB)
- Weight reduction if obese
- Refer eGFR<30
- Maintain GFR

*High risk: hypertension, diabetes, obesity, ATSI or family history every 1 year

Stop
2 fruit
5 veg
Low fat
< 2 Standard Drinks
30min/day
5-10% Wt loss
<10% – low
10-15% – mod
>15% – high
<140/90
LDL<2
HDL>1
TG<15
Maintain GFR

<10% – low
10-15% – mod
>15% – high