**These are practice test questions that should be easy for you.**

**If they’re not, read chapter 1.1 and ask for help!**

Risk factors… (pick 1 from the list below)

1. Cause a health problem
2. Make it more likely to get a health problem
3. Lowers the chance of having a health problem
4. Are symptoms of a health problem

One risk factor for obesity is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Obesity is a risk factor for\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 examples of **controllable** risk factors are… (pick 2 from the list below)

2 examples of **uncontrollable** risk factors are… (pick 2 from the list below) Being Asian

1. Abusing drugs
2. Having a poor diet
3. Exercising regularly
4. Having a family history of the health problem
5. Eating a healthy diet
6. Being Asian

**(answer on your risk factor notes from last week)**

How can knowing about risk factors affect your health?

Why do we use the term, “risk factors” instead of “causes”? Support your answer with an example.