**W-2: My Risk Factors** Name:\_\_\_\_\_\_\_\_\_­­­\_\_\_\_\_\_ Due: \_\_\_\_\_\_\_\_\_ Per.:\_\_\_

1. Choose a **health problem** that interests you (physical or mental disorders, STDs, diseases, injuries, etc.).

* You may NOT choose heart disease (the textbook example), diabetes type 2 (our practice example), a birth defect, autism (a controversial topic with a lot of bad science all over the internet) or a simple “genetic disorder” (there are no controllable risk factors for conditions you are born with, such as down syndrome or red/green color blindness).
* If you do not turn in this assignment by \_\_\_\_\_\_\_\_\_, you will be assigned a topic that has not yet been chosen by anyone.

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| **Topic**: |

1. Use **only** the links from the class website (<http://misterwarren.weebly.com/resources.html>) for this research.

* If there are **other websites** you want to use, you **MUST** **get permission** from Mr. Warren **FIRST**.
* In the **Sources** box on the back, you will need to write down which website(s) you used.
* If you try to access the **Gale** **database** from home, it will ask you to enter a library ID. Type in \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Write a paragraph describing the **symptoms** (the negative effects) of this health problem **in your own words**.

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| **What is it like to have this health problem?** |

1. List **4-5 controllable risk factors** (behaviors)for your topic in the chart below.

* Fill in the bad/better/best boxes
* For each row, circle the one that describes you

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| **Controllable**  **Risk Factors** | **“bad”** | **“better”** | **“best”** |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |

1. List **3-4 uncontrollable** **risk factors** (statistics) for this topic. Look for which age group, race/ethnicity, and sex/gender has a **higher chance** of getting the health problem. Also determine if having a family history of this health problem is a risk factor.

* Circle any of these risk factors that describe you.

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| **Uncontrollable Risk Factors** | |  |  |
| 1. | 2. | 3. | 4. |

1. Where did you find the information? (For example, *Gale: Science in context*; or *WebMD.com*)

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| **Sources:** |

1. Based on the risk factors you found, how concerned are you about getting this health problem, and why?

* What risk factors do you have for this health problem (what did you circle from parts 4 and 5)?
* What can you do to lower your risk of getting this health problem?

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| **Reflection:** |

1. What did you learn from this assignment? Did anything surprise you? What new questions do you have?

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| **Reflection:** |