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

1. Choose a physical or mental **health problem** that interests you.

* 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 purely “genetic disorder” (there are no controllable risk factors for conditions you are born with, such as down syndrome or red/green color blindness).

|  |
| --- |
| **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 book(s) or website(s) you used.
* If you can’t access the **Gale** **database** from home, go to <http://infotrac..galegroup.com/itweb> and log in with this information: **Username** = **password** =

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

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

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

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

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

1. List **3-4 uncontrollable** risk factors for this topic. Look for age group, race/ethnicity, and the gender with 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.

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

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

|  |
| --- |
| **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?

|  |
| --- |
| **Reflection:** |

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

|  |
| --- |
| **Reflection:** |