W-2: My Risk Factors (15 pts., Due Tues/Weds 9/6-7/16) Name:\_\_\_\_\_\_\_\_\_­­­\_\_\_\_\_\_Date:\_\_\_\_\_\_ Per.:\_\_\_

1. Choose any **health problem** that is not a birth defect or “genetic disorder” (there are no controllable risk factors for conditions you are born with). If you do not turn this in by 9/9/16, a new unique topic will be assigned to you.
2. Using only links from the class website (Resources 🡪 Useful Links 🡪 Health Science Research), research your topic. \*If there are other websites you want to use, you MUST get permission from Mr. Warren FIRST.

\*In the **Sources** box, you will need to write down which book(s) or website(s) you used to get information.

1. **Description on the back:** write a paragraph describing the symptoms of the health problem in your own words.
2. List at least **8 risk factors for your topic** (4-5 controllable risk factors and 3-4 uncontrollable risk factors) below.
3. For each **controllable** risk factor, fill in the Bad/Better/Best boxes and **circle the one that describes you**.
4. For the **uncontrollable** risk factors, you can look for heredity as well as the age groups, races/ethnicities, and gender that are more likely to have the health problem you are researching. However, you may use other uncontrollable risk factors if there are any. **Circle the ones that describe you**.
5. **Refection on the back**: 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 can you do to lower your risk of getting this health problem?

Health Problem:

|  |  |  |  |
| --- | --- | --- | --- |
| **Controllable**  **Risk Factor** | **“Bad”** | **“Better”** | **“Best”** |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |

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

**For help, look at your Risk Factor notes (for heart disease example & diabetes practice) & pg.7 in the health textbook.**