

Wellness Topic

Family Risk Inventory

Risk factors are habits or characteristics that can increase the likelihood of developing certain diseases. Some risk factors are non-modifiable (risk factors that cannot be changed) and some are modifiable (risk factors that can be changed).

Non-modifiable risk factors:

*Family history of coronary disease or stroke

*Age

*Sex

Modifiable risk factors:

*Smoking

*Stress

*High blood pressure (hypertension)

*Obesity

*Sedentary lifestyle (couch potato)

*Excessive use of alcohol

*Diabetes

Please help your child answer the health questions below to help them have a better understanding about their family health history and how it can possibly affect their health and lifestyle. Does anyone in your family have any of the conditions below that apply to their past or present medical status?

CONDITION	RELATIONSHIP	AGE
ASTHMA		
BLEEDING PROBLEMS		
CANCER		
DIABETES TYPE1/TYPE2		
EPILEPSY		
HEART DISEASE		
HIGH CHOLESTEROL		
KIDNEY DISEASE		
STROKE		
ULCER		
ALCOHOLISM		
DRUG USE		
OBESITY		
SMOKING		
OTHER		

After completing questions please sign below.

Student's name _____ Period: _____

Parent's name _____