

Health Risk Appraisal Activity

- Directions:
1. Take out a separate sheet of paper
 2. Log on to the website www.livingto100.com
 3. Proceed to the area “Take the Calculator”

Directions: Answer the questions to the best of your ability. When you are finished, write down your results and answer the following questions, according to your test results:

1. What is your predicted life expectancy? (1 pt.)

Click on the “retrieve feedback” option

2. What are the suggestions that were made to you in regards to the following categories? List as many suggestions that are provided to you. If none are made for some areas, leave that area blank. (6 pts.)
 - a. personal
 - 1.
 - 2.
 - 3.
 - b. lifestyle
 - 1.
 - 2.
 - 3.
 - c. nutrition
 - 1.
 - 2.
 - 3.
 - d. medical
 - 1.
 - 2.
 - 3.
3. Choose one of the above specific behaviors (from above) that requires improvement and devise a plan to improve this behavior. Describe your plan in a well developed paragraph (i.e. I need to reduce the amount of soda I drink. I will eliminate the soda I have every day after school. I will do this by having water bottles in my locker instead of buying soda). Why would this behavior need changed and how could it benefit you? (5 pts.).

4. Which single behavior, if changed or added to your daily routine, would add the most “years” to your life expectancy? (1 pt.)

5. What are three things about your parents or other relatives that could have a positive or negative impact on your life expectancy? Provide a one paragraph response. (5 pts.)

6. Many of you will have children in the future. What are five things you can teach your children that will help increase their predicted life expectancy? (5 pts.)

7. Predicting a person's life expectancy is not an exact science. What are three things that could stop YOU from reaching your full, predicted life expectancy? (3 pts.)

8. Heart disease, cancer and respiratory diseases are the leading causes of death in adults today. What THREE diseases or conditions, NOT currently in the top three, do you feel have the potential to become one of the top three causes of death in the next 50 years? List three causes. (3 pts.)

9. Pick a country with a high life expectancy (more than 80 years). List the country and research three reasons why that country may have a higher life expectancy. Record your results (3 pts.).

10. Pick a country with a low life expectancy (less than 55 years). List the country and research three reasons why that country may have a lower life expectancy. Record your results (3 pts.).