

Health Risk Factors

HEALTH RISK FACTORS

1. What is a health risk factor?

~A condition that increases the chance that you will develop a chronic disease or life threatening disease.

2. What are some health risk factors and which ones do you think we can change in order to avoid getting a life threatening disease?

Heredity- If your family has a history of cardiovascular disease, you have a greater chance of acquiring it.

Gender-Unfortunately for the boys, males tend to be at higher risk for heart and artery disease.

THE GOOD NEWS IS YOU CAN CHANGE THE FOLLOWING RISK FACTORS

Smoking- it is the best to never start, but you can quit and live longer and healthier

Glucose intolerance or diabetes- Those with diabetes have a greater chance of having heart and artery disease. Through healthy eating and exercise, you can reduce your risk of diabetes.

Being physically inactive (hypokinetic)- This one we can change by adopting an active lifestyle (participate in this class for starters)

Obesity (30% or more overweight)- By eating healthy and exercising, you can rid yourself of this risk factor.

Hypertension (high blood pressure)- Although this can be hereditary, through exercise and eating healthy, you can decrease your risk of having high blood pressure.

High blood cholesterol (high LDL, low HDL)- Again, this can be hereditary, but if you eat healthy and exercise, you can decrease your bad cholesterol (low Density Lipoproteins) and increase your good cholesterol (High Density Lipoproteins)

Stress-You have learned several different stress reducing techniques in this class. Exercise and practice healthy stress reducing techniques and you can substantially reduce the negative effects of this risk factor.

