

# PREDICT YOUR OWN HEALTH FUTURE

Name \_\_\_\_\_ Period \_\_\_\_\_

Your lifestyle choices play a significant role in your overall health and longevity. They are often the key factor in determining whether you develop heart disease, cancer, diabetes, osteoporosis, or some other life-threatening condition. If you answer this test honestly, and if you have no obvious symptoms of heart disease, cancer, or diabetes, the results will give you a fairly good evaluation of your expected life span.

## Points Possible

- 1 \_\_\_ Two or more grandparents lived after the age of 75 and did not have cancer or heart disease.
- +2 \_\_\_ A parent or sibling has cancer.
- +2 \_\_\_ One parent has heart disease.
- +4 \_\_\_ Both parents have heart disease.
- +2 \_\_\_ One parent has high blood pressure.
- +4 \_\_\_ Both parents have high blood pressure.
- +2 \_\_\_ One parent has had a stroke.
- +4 \_\_\_ Both parents have had a stroke.

## LIVE STYLE AND HEALTH

- +2 \_\_\_ Live and/or work in a heavily polluted area.
- 1 \_\_\_ Never smoked.
- 0 \_\_\_ Quit smoking 1 to 5 years ago.
- +1 \_\_\_ Quit smoking in the past year.
- +5 \_\_\_ Have smoked for a number of years.
- +2 \_\_\_ Smoke less than a pack a day.
- +3 \_\_\_ Smoke a pack a day.
- +5 \_\_\_ Smoke over two packs a day.
- 1 \_\_\_ Never use alcohol.
- +2 \_\_\_ Drink liquor, wine, or beer daily.
- 2 \_\_\_ Blood pressure below 121/71
- 0 \_\_\_ Blood pressure 121/71 to 140/85.
- +2 \_\_\_ Blood pressure 141/86 to 170/100.
- +4 \_\_\_ Blood pressure 171/101 to 190/110.
- +6 \_\_\_ Blood pressure above 190/110.

## YOU HAVE BEEN TOLD YOUR CHOLESTEROL LEVEL IS:

- 1 \_\_\_ Over 60
- 0 \_\_\_ 60 - 45
- +2 \_\_\_ 44 - 36
- +4 \_\_\_ 35 - 28
- +6 \_\_\_ 27 - 22

## PERSONALITY AND STRESS: (Choose all that apply.)

- +2 \_\_\_ Intensely competitive.
- +2 \_\_\_ Angry and hostile.
- +2 \_\_\_ Do not express anger.
- +2 \_\_\_ Work hard without feeling satisfaction.
- +2 \_\_\_ Hardly laugh, depressed often.
- +2 \_\_\_ Rarely discuss problems or feelings with others.
- +2 \_\_\_ Constantly strive to please others rather than self.
- 2 \_\_\_ None of the above.

## WEIGHT

- 0 \_\_\_ Normal or within 10% of normal.
- +1 \_\_\_ Overweight by 20% to 29%.
- +2 \_\_\_ Overweight by 30% to 39%.

**YOUR EXERCISE**

- 2 \_\_\_ Vigorously for at least 45 minutes, 4-5 times/week
- 1 \_\_\_ Vigorously at least 30 minutes, 3 times/week.
- 0 \_\_\_ Moderately, at least 30 minutes, 3 times/week.
- +2 \_\_\_ Moderately, twice weekly.
- +3 \_\_\_ Rarely or never.

**YOUR DIET (Choose all that apply)**

- 2 \_\_\_ You eat cabbage, broccoli, cauliflower, carrots, or beans 3 or more times per week.
- 2 \_\_\_ You eat high-fiber grains almost daily (whole wheat bread, brown rice, bran cereal, etc.)
- 2 \_\_\_ You eat 3 or more servings of fruits and vegetables a day.
- +1 \_\_\_ You go on 1 or 2 fad weight-low diets a year.
- +2 \_\_\_ You eat butter, cream, and cheese frequently.
- +2 \_\_\_ You eat beef, bacon, or processed meats frequently.
- +2 \_\_\_ You add salt to food before tasting it.
- +2 \_\_\_ You eat more than 6 eggs per week.
- +2 \_\_\_ You eat ice cream, cake, cookies, or rich desserts almost every day.

**OTHER FACTORS**

- +3 \_\_\_ A female taking birth control pills and smoking.
- +1 \_\_\_ A male, heavily muscled and stockily built.

\_\_\_\_\_ **TOTAL SCORE**

**INTERPRETING SCORE**

**-18 TO 0: LOW RISK** - You should enjoy a long healthy life. If you continue your life style, you will have low risk of cancer, heart disease, stroke or diabetes. Continue to practice the rules of good nutrition.

**1 TO 34: MODERATE RISK** - You can expect an average life span. Check to see where you can lower your risk factors.

**35 TO 60: AT RISK** - You are at some risk. Seek professional advice on how to lower your risk.