

Health for Life

Worksheet: Skills for Healthy Living

Name: _____ Class: _____ Date: _____

Part 1: Identifying Risk Factors

Read the following paragraph and discuss the questions.

Yesenia noticed that her older sister, Selena, had recently gained a little weight and seemed to be sick a lot. In addition, in the last few months, Selena had often complained of being cold and thirsty. Most nights, the sisters were home alone because their mom worked two jobs and their dad had passed away three years earlier due to heart disease. The girls tended to eat fast food or frozen meals for dinner and spent a lot of time in front of the computer. Yesenia did play softball at school, but Selena preferred fashion and art and spent most of her time designing clothes or following the latest trends online.

The girls' older brother, Marcos, weighed 250 pounds (113 kilograms) and had been diagnosed with type 2 diabetes at age 17. His doctor had told him that he needed to lose weight, exercise daily, and go on a special diet if he wanted to improve his health and reduce his own chance of developing heart disease. Since then, Marcos had been pretty good about taking walks and lifting weights at the community center, and sometimes he cooked for himself and his sisters at home.

For Discussion

1. What chronic diseases and disorders seem to run in this family?
2. What behaviors contribute to their risk for developing chronic disease?
3. Which sister is at increased risk based on her behavior?
4. What healthy behaviors do members of the family practice?
5. What should Yesenia say to Selena about her behavior and health risks?

To help you answer these questions, read this chapter's Skills for Healthy Living feature.

Part 2: Create a Scenario

Create a scenario similar to the one in part 1. Try to make your scenario realistic. Focus it to address one chronic disease and refer to at least three risk factors. Use two characters to create a contrast. Write down your scenario and be prepared to share it with a classmate.