**Risk Factor Assignment**

For each Risk Factor on the puzzle sheet list a disease or problem that it could lead to.

1. Smoking – Lung disease

2. Drinking alcohol – Liver cancer

3. Stress – Heart disease

4. Unhealthy Diet – Type-2 Diabetes

5. Drugs - Stroke

6. No exercise – Heart disease

7. Obesity – High blood pressure

8. Heredity – Down syndrome

9. Environmental Factors – Lung cancer

10-11. List 2 examples of risk factors that are not controllable

Hereditary

Environmental factors

12-13. List 2 examples of risk factors that are controllable

Smoking

Drinking alcohol

14. Looking at the puzzle sheet, are most of the risk factors controllable or not controllable?

Most of the risks on the puzzle sheet are controllable.

15. Why do you think the risk factors are in the shape of a puzzle? What do you think would happen to your risk of disease as you put more and more puzzle pieces together? Explain using an example.

I believe the risk factors are in the shape of a puzzle since they are the puzzle pieces to getting a disease. As you start adding more puzzle pieces together, you your risk of getting a disease increase. For instance, one puzzle piece would have less of a risk than two puzzle pieces.