Place an X if you think the risk factor below is controllable, uncontrollable or mostly both. Give it your best guess.

RISK FACTOR	CONTROLLABLE	UNCONTROLLABLE	вотн
Smoking	x		
Diabetes Type 1		x	
Diabetes Type 2	Х		
High Blood Pressure	X		х
High Blood Cholesterol	Х		Х
Drug/Alcohol Abuse			
Obesity	x		x
Heart Attack			x
Stroke			x
Environmental Issues			x
Skin Cancer			x
Cancer			x
Mental Health Issues BiPolar, Depression		Х	х
Exercise	Х		

Even if some of the uncontrollable risk factors are present in your family, how can you help to lower your risk of getting the disease/illness?

^{*}Answer with at least three things you could do.