

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	BOTH
Smoking			
Diabetes Type 1			
Diabetes Type 2			
High Blood Pressure			
High Blood Cholesterol			
Drug/Alcohol Abuse			
Obesity			
Heart Attack			
Stroke			
Environmental Issues			
Skin Cancer			
Cancer			
Mental Health Issues BiPolar, Depression			
Exercise			

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.*