



## OVERVIEW

### BIG IDEA

Our lives are filled with risk; understanding the sources of our many risks can help us eliminate or avoid some of them, but not all of them.

### OBJECTIVE

**5.5:** Differentiate between modifiable, unmodifiable, predisposing, enabling, and reinforcing risk factors.

### AGENDA

1. Obesity RFs
2. Modifiable vs. Nonmodifiable
3. RF Classification
4. Predisposing, Reinforcing, Enabling
5. Name that RF

### HOMEWORK

Determine risk factors for each category for yourself & your community.

# LESSON 5.5

## Risk Factors

### SUMMARY:

Students will analyze the various types of risk factors by brainstorming with a familiar topic (obesity), classifying based on choice or lack of choice, and taking a list of risk factors and trying to determine common characteristics. Along the way, they will define and review examples of the five types of risk factors and ultimately practice applying their knowledge in two vignettes.

### STANDARDS:

**NHES 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior



# Risk Factors

Obj. 5.5: Differentiate between modifiable, unmodifiable, predisposing, enabling, and reinforcing risk factors.



## Obesity Risk Factors

Name 5 (or more) risk factors for obesity. Think about what makes you *more likely* to be obese.



## Do You Have A Choice?

With a partner, combine your risk factors for obesity into two lists below: 1) Risk factors that you have a **choice** about; and 2) Risk factors that you have **no choice** about.

List 1: Choice	List 2: No Choice



## Modifiable & Unmodifiable Risk Factors

	List 1: MODIFIABLE	List 2: UNMODIFIABLE
Definition	Choices you make; things you can change; a person can reduce modifiable risk factors	not choices; things you cannot change; a person cannot reduce their unmodifiable risk factors
Examples	Smoking, gang activity, tanning, working in a steel mill	family history of cancer, old/young age, race/ethnicity, gender

**DO NOW:** If students need additional ideas, or if time permits for a supplemental article, the resource reading entitled, "Obesity Risk Factors Vary for Boys, Girls" has a variety of additional risk factors that can be used for this exercise.

**DISCUSS:** If students find that all of their risk factors would go into one column or the other, challenge them to think of additional factors that would fit in the other column.



**Risk Factor Classification**

Read through the following risk factors. Then try to come up with three categories you could classify them within, based on their common characteristics.

- a. Hanging around people who are constantly stressed
- b. Not having access to a place that sells nicotine patches
- c. Not knowing how to exercise
- d. Not having access to gyms
- e. Living with someone who smokes
- f. Not knowing the effects of smoking
- g. Living with people who don't sleep a lot
- h. Not knowing athlete's foot is communicable
- i. Not having access to hospitals/clinics
- j. Can't take time off of work to go to the hospital
- k. Hanging around people who don't exercise
- l. Having friends who are involved with gang activity

Category 1:	Category 2:	Category 3:

**Challenge examples:** Can you add the following risk factors to your lists?

- m. Family doesn't have enough money to pay medical bills
- n. Living in a third world country
- o. Using a wheelchair
- p. Living in a fraternity house where drinking is a big part of the culture



Was this exercise challenge? Explain your answer.

**THINK:**

**Answers:**

Predisposing (individual knowledge or skills) – c, f, h

Reinforcing (relationships & culture) – a, e, g, k, l

Enabling (access to resources) – b, d, i, j

**THINK:**

**Challenge example answers:**

Reinforcing (relationships & culture) – p

Enabling (access to resources) – m, n, o

**DISCUSS:** Some students may get frustrated with trying to figure this out; reassure them that it is a good mental workout and the process is what counts!



Predisposing, Reinforcing, and Enabling Risk Factors

<b>Predisposing Risk Factors</b> 	<b>Reinforcing Risk Factors</b> 	<b>Enabling Risk Factors</b> 
<p><b>DEFINITION:</b></p> <p>When individuals or a community lack <b>knowledge</b> or <b>skills</b> they need to change the modifiable risk factors.</p> <p><b>EXAMPLES:</b></p> <ul style="list-style-type: none"> <li>• Not <b>knowing</b> how to exercise</li> <li>• Not <b>knowing</b> the effects of smoking</li> <li>• Not having the <b>skills</b> to move</li> </ul>	<p><b>DEFINITION:</b></p> <p>When individuals or a community do not have people around them who can <b>reinforce</b> a positive change.</p> <p><b>EXAMPLES:</b></p> <ul style="list-style-type: none"> <li>• Living with <b>someone who smokes</b></li> <li>• Hanging around <b>people who don't exercise</b></li> <li>• Having <b>friends involved in gang activity</b></li> </ul>	<p><b>DEFINITION:</b></p> <p>When individuals or a community does not <b>have access</b> to necessary facilities, tools, medicines, assets.</p> <p><b>EXAMPLES:</b></p> <ul style="list-style-type: none"> <li>• No <b>access to gyms</b></li> <li>• <b>Scarcity of hospitals/clinics</b> in a region</li> <li>• <b>No available fresh produce</b> in the neighborhood</li> <li>• <b>Can't take time off</b> of work to go to the doctor</li> </ul>



Name that Risk Factor!

For each of the risk factors below, identify the types (predisposing, enabling, reinforcing, modifiable, and/or unmodifiable). Note: More than one may apply!

1. David doesn't know who to go to for help with his chronic (constant) cough.
2. Cornisha can't take time off of work to go to the doctor.
3. Leonard is trying to quit smoking. Everyone else in his family smokes.
4. Susan can't afford to go to a specialist for her allergy problem.

**THINK:**

1. Predisposing (knowledge) & possibly modifiable
2. Enabling & possibly unmodifiable
3. Reinforcing & modifiable
4. Enabling & unmodifiable



**Risk Factor ID**

Read the vignettes below and identify all risk factors.

**Vignette #1:** Tabitha is from China and recently found out that she has Osteoporosis. She is 67 years old and has been inactive for several years. She eats mostly energy dense foods and said dairy products make her stomach hurt. She was shocked when she found out that she has Osteoporosis because she had no idea what caused it in the first place. Her general practitioner advised her to see a specialist, but she said she couldn't find the time to go. She lives with her husband who also dislikes dairy, doesn't exercise, and eats a fatty diet.

Risk Factor Type	Examples from Vignette
Modifiable	
Unmodifiable	
Predisposing	
Reinforcing	
Enabling	

**Vignette #2:** Jason is a 40 year old Caucasian male farmer who just found out that he has skin cancer. He didn't realize that getting sunburned multiple times and being exposed to environmental chemicals can cause skin cancer. He also didn't realize that he should see anyone about this problem, he thought he could treat it on his own. He lives far from any hospitals and can't take time away from tending to his crops. When he told his wife about the problem, his wife seemed unconcerned and said, just get outside and keep tending to the crops -- we need this money!

Risk Factor Type	Examples from Vignette
Modifiable	
Unmodifiable	
Predisposing	
Reinforcing	
Enabling	



**ID Your Personal & Community Risk Factors**

- PERSONAL Risk Factors:** Think about your own **personal health**. On a separate sheet of paper list at least one risk factor that fits within each of the categories.
- COMMUNITY Risk Factors:** Think about your **community**. On a separate sheet of paper list at least one risk factor that fits within each of the categories.

**ASSESS:**

**VIGNETTE #1 ANSWERS:**

**Unmodifiable:** 67, female, Chinese

**Modifiable:** no calcium, no exercise

**Predisposing:** Didn't know what caused osteoporosis

**Reinforcing:** Husband eats a poor diet and is inactive

**Enabling:** Didn't have time to go

**ASSESS:**

**VIGNETTE #2 ANSWERS:**

**Unmodifiable:** 40, male, Caucasian

**Modifiable:** Farmer (partially modifiable, depending on circumstances) –also, exposed to sun & environmental chemicals

**Predisposing:** Didn't know about sunburn & cancer or how to get it diagnosed/treated

**Reinforcing:** Wife not supportive of seeking care

**Enabling:** Lives far from hospitals; cannot take time off

**HOMEWORK:** The purpose of this homework assignment is to provide an application to students lives. As they focus on risk factors in their lives and in their communities they will practice classifying these factors and the learning will become more cemented in their minds.