Risk Factors

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

DO NOW

Obesity Risk Factors

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

DISCUSS

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**

NEW INFO

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

THINK

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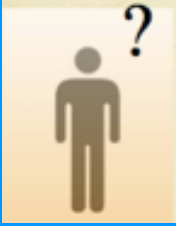
m. Family doesn't have enough money to pay medical bills
n. Living in a third world country
o. Using a wheelchair
p. Living in a fraternity house where drinking is a big part of the culture

DISCUSS   Was this exercise challenging? Explain your answer.

NEW INFO

Predisposing, Reinforcing, and Enabling Risk Factors

Predisposing Risk Factors	Reinforcing Risk Factors	Enabling Risk Factors
DEFINITION: When individuals or a community lack **knowledge or skills** they need to change the modifiable risk factors. EXAMPLES: • Not **knowing** how to exercise • Not **knowing** the effects of smoking • Not having the **skills** to move	DEFINITION: When individuals or a community do not have people around them who can **reinforce** a positive change. EXAMPLES: • Living with **someone who smokes** • Hanging around **people who don't exercise** • Having **friends involved in gang activity**	DEFINITION: When individuals or a community does not **have access** to necessary facilities, tools, medicines, assets. EXAMPLES: • No **access to gyms** • **Scarcity of hospitals/ clinics** in a region • **No available fresh produce** in the neighborhood • **Can't take time off** of work to go to the doctor

THINK

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.**

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

1) **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.

2) **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.