

Health Risk Factor Inventory**BEHAVIORAL FACTORS: Nutrition, Physical Activity, Sedentary Behavior**

Directions: Place a check next to the nutritional and physical activity profile that best describes you.

NUTRITION:

- On the Run:** Grab and go. You may even skip breakfast because you are running late. Ready made food works best for your schedule- (restaurant food, microwaveable meals, lunchables, power bars, mac and cheese, etc.). These meals are quick and easy to make.
- Super Sized:** You crave fast food. Burger, shake and fries really hit the spot. Foods high in sugar and calories are part of your daily diet. Even if you choose the healthy salad, you disguise the taste with lots of salad dressing. If it is a salad, it has to be good for you right (even if there is more dressing than lettuce).
- Home Cookin':** Home cooked meals are a common thing. Most meals are cooked from scratch and are calorie-rich. The food is high in fat and it tastes even better with a little bit of butter and/or salt. Desert is home-made and served warm.
- Health Nut:** Fresh fruit is available. You are provided with a variety of choices: vegetables, fruits, and whole grain products. You eat low-fat or non-fat milk or dairy products, lean meats, poultry, fish, lentils, and beans for protein. Your serving sizes represent a balance between your caloric expenditure and intake. You limit your sugar-sweetened beverages and choose to drink lots of water.

PHYSICAL ACTIVITY PROFILE:

- Natural Born Mover:** For these tweens being active isn't a chore, it's what makes them feel good. They are natural athletes, get picked first, and people cheer them on. Their sports and teams provide meaning and self-esteem.
- Busy Body:** These tweens are always running from one activity to the next. Mondays are music lessons. Tuesdays and Thursdays it's after-school theatre. Wednesdays are kick-boxing, and weekends it's religious class and science camp. Not every activity is physical, but it's in the mix. Your strong support-network helps you stay active.
- Social Hour:** These kids wouldn't be active on their own without external encouragement. It may be regular family walks, trips to the local recreation center or an exercise routine set up by parents who offer incentives. One way or another, these tweens are learning to be active thanks to the people around them.
- Not For Me:** These tweens aren't interested in PE, sports or exercise. They're often image-conscious girls who don't want to break a sweat or a nail, so they choose not to participate. Others feel overly self-conscious about their bodies and shy away. But there might be one way to get some of them moving—music and dancing.
- On the Move:** You won't find these kids home often. They're at the skate park or riding their bikes through the neighborhood. Whether two wheels or four, this is their transportation and passion. Team stuff may not be their thing, but they're always on the move.
- Athlete by Chance:** These tweens may not be the star athlete, but they've discovered a sport that matches their body type. Tall and lean may lend itself to basketball or volleyball while short and muscular may lend itself to gymnastics or wrestling. When you're part of a team, you feel better about yourself. All body types welcome.
- Sidelined by Life:** These tweens are usually home alone after school or taking care of younger siblings while parents are at work. There's little opportunity to be active. Environment may also play a role in their lack of activity. Whether you live on a farm or in a city, safety and isolation maybe an issue.
- E-Gamer:** These tweens spend a large amount of time gaming and/or chatting. Their interactions with others revolve around social networks. Outside of their "E-world", they may struggle socially. These tweens don't seem to be interested in becoming physically active or participating in sports or exercise programs.

Stages of Physical Activity: Read the descriptions below. Place the numerical representation of the stage for each developmental stage that each individual has experienced.

Stage	Physical Activity Stage	Description
1	Lifetime Mover	Being physically active is a part of this person's daily routine. Obstacles like weather, school, or work do not get in the way of being physically active.
2	Weekend Warrior	This person is physically active when the opportunity knocks at their door. They are motivated by having someone to be active with.
3	Got the Look	Having the resources and the opportunity is not the obstacle, taking the next step to exercise and be active is the obstacle.
4	New Year's Resolution	This person knows that being physically active would be beneficial and has made some goals, but they are not sure how to achieve them.
5	Stuck in Neutral	The sedentary activities that this person is involved in are more interesting than physical activity. This person does not see the value in being physically active on a regular basis.

Identify what stage of physical activity this person was in during the different stages of life:

Developmental Stage	Childhood	Adolescence	Young Adult	Adulthood	Elderly
Age:	0-11	12-17	18-27	28-59	60 +
Student					
Mother					
Father					

SEDENTARY BEHAVIOR: Check Yes or No for each statement.

Yes No

- I watch TV or play video games on a daily basis.
- I snack while watching TV or playing video games.
- I frequently eat many of the foods (candy, soda, snacks, and cereals) advertised on TV

GENTETIC FACTORS

If any person on the maternal (mother) or paternal (father) side of the family or you as a student have been diagnosed with the following diseases, place a check in the box under Maternal, Paternal or Student.

Health History	Maternal	Paternal	Student		Maternal	Paternal	Student
High Blood Pressure				Cancer (Type: _____)			
High Cholesterol				Obesity			
Heart Disease/Heart Attack				Osteoporosis			
Stroke				Low Back Pain			
Diabetes							

ENVIRONMENTAL FACTORS

Home Environment: Check the box that represents the most appropriate statement:

- Both parents are positive role models (good nutrition, exercises regularly & maintains a healthy body weight)
- One parent is a positive role model
- Neither parent is a positive role model

School Environment: Check Yes or No for each statement.

Yes No

- There are opportunities to be **physically active** outside of physical education (intramurals, after school clubs, athletics, etc.)
- Fresh fruits and vegetables are available for breakfast and/or lunch
- You have a choice of different nutritional meals (sandwiches, salads, pasta, etc.)
- Teachers and school use candy, pizza, or other high calorie treats as incentives/rewards
- You have daily physical education

Community: Check Yes or No for each statement.

Yes No

- There are multiple parks throughout the community.
- There are sidewalks, cross walks, bike lanes, and bike paths, and multi-use trails.
- Students can walk and ride bikes safely to school.