Assignment 1: Lifestyle and Risk Assessment

# Part A – Projected Life Expectancy

1. What was your projected life expectancy based on the Living to 100 questionnaire found at: [www.livingto100.com](http://www.livingto100.com)?
2. Why do you think your projected life expectancy was calculated to the age it was? Explain with respect to your eating habits, lifestyle choices, family history, etc. The lifestyle assessment questions linked from page 3 of Unit 1 will help you to answer this question.

# Part B – Risk Assessment Websites

Visit several of the sites listed in the resource **list found** **at the end of this assignment**. Read the information and complete a variety of risk assessments, quizzes and interactive activities to evaluate your health risks. Choose a variety of websites—ones that you feel may provide you with valuable information about your overall health. **Then, complete the table below.** An example is given in the table.

|  |  |  |  |
| --- | --- | --- | --- |
| **Website address (URL)** | **Identify the best 2 features of the site.** | **List at least 1 suggestion for improving the site.** | **What you learned about yourself, your health and your risks from the assessment. Be specific!** |
| [www.getwellnesssoon.ca](http://www.getwellnesssoon.ca) | 1. The site exposed me to the importance of total wellness and that it doesn’t just concern eating healthy and being active, but that mental health is also very important.  2. The site had practical tips on mental health wellness and how to reduce stress. | The quiz should be targeted at different age groups, not just parents of children. | I completed the Wellness Quiz and received a wellness score of 2 stars. I’m on the right track but need to exercise more, maybe do some aerobics; I could be a better role model by participating in physical activities each day; I should make a better effort to eat breakfast every morning, and should start biking again, instead of going by car everywhere. |
| **a.** |  |  |  |
| **b.** |  |  |  |
| **c.** |  |  |  |
| **d.** |  |  |  |
| **e.** |  |  |  |

# Part C - BMI

**Information for Calculating BMI**

Body mass index (**BMI**) is calculated by dividing your weight (in kilograms)by your height (in metres) squared. BMI = weight/height2.

To convert weight in pounds to kilograms, divide your weight by 2.2.

To convert height in inches to metres, multiple the number of inches by 2.54, and then divide by 100. Remember, there are 12 inches in a foot.

Example for someone who is **5’1”** and weighs **130** pounds is:

**Step 1: Convert height from feet and inches to metres**

5’1” is 5 feet and 1 inch

5 feet x 12 inches per foot= 60 inches (This is converting feet to inches.)

60” + 1” = 61”

61” x 2.54 cm/inch = 154.94 cm (This is converting inches to cm.)

154.94 cm / 100 = 1.55 m (This is converting cm to m.)

**Step 2: Convert weight from pounds to kilograms**

130 lbs ÷ 2.2 lbs/kg = 59.1 kg

**Step 3: Use the BMI formula**

BMI = weight ÷ (height)2

= 59.1 kg ÷ (1.55 m)²

= 59.1 kg ÷ (1.55 m x 1.55 m)

= 59.1 ÷ 2.40

= 24.6 (rounded to one decimal place)

1. Calculate your own BMI and show all of your calculations (each step). Details and an example are given above.
2. Look at the chart below and answer the following questions.
   1. What is your gender?
   2. What is your age to the nearest half year?
   3. How would you classify your BMI: underweight, ideal, overweight or obese?

If you calculated your BMI to be less than 18, you are underweight. A BMI between 18 and the overweight cut-off value is considered ideal.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Overweight cut-off**  BMI greater than or equal to: | | **Obese cut-off** BMI greater than or equal to: | |
| **Age (years)** | **Boys** | **Girls** | **Boys** | **Girls** |
| 15 | 23.29 | 23.94 | 28.30 | 29.11 |
| 15.5 | 23.60 | 24.17 | 28.60 | 29.29 |
| 16 | 23.90 | 24.37 | 28.88 | 29.43 |
| 16.5 | 24.19 | 24.54 | 29.14 | 29.56 |
| 17 | 24.46 | 24.70 | 29.41 | 29.69 |
| 17.5 | 24.73 | 24.85 | 29.70 | 29.84 |
| 18+ | 25.00 | 25.00 | 30.00 | 30.00 |

*The overweight and obesity rates presented in this analysis are based on the International Obesity Task Force criteria. Adapted from:* [*http://www.statcan.ca/english/research/82-620-MIE/2005001/articles/child/ccalc.htm*](http://www.statcan.ca/english/research/82-620-MIE/2005001/articles/child/ccalc.htm)

# Part D – Plans for Improving Lifestyle Habits

1. Based on your questionnaire answers and the risk assessments complete the following tables (an example is provided for the first table):

**Table 1. Improvements to Eating Habits**

|  |  |  |
| --- | --- | --- |
| **Improvements I can make to my eating habits** | **What stops you or could stop you (barrier) from achieving the improvement you want to see?** | **Realistic and concrete solution that overcomes your barrier and helps you achieve your improvement.** |
| **I should lower my sodium intake** | I always salt my food at the dinner table before eating; I like the taste of salt on my food. | **Taste my food without salt first; use spices and other flavours, instead of salt.** |
| **a.** |  |  |
| **b.** |  |  |

**Table 2. Improvements to Lifestyle (other than eating habits)**

|  |  |  |
| --- | --- | --- |
| **Improvements I can make to my lifestyle (not eating habits) to reduce health risks** | **What stops you or could stop you from achieving the improvement you want to see?** | **Realistic and concrete solution that overcomes your barrier and helps you achieve your improvement.** |
| **a.** |  |  |
| **b.** |  |  |

**2.** Choose a “risk behaviour” that you would like to reduce or even eliminate over the next 4 months and complete a plan for change. Your goals, both short term and long term, must be **something you can measure**. The steps you take to reach the goal should be things you can achieve without discouragement. Remember, lifestyle habits take months to break!

**Look at this example:**

|  |
| --- |
| **Example Plan for Change** |
| The risk behaviour I wish to change is... I eat too much sodium. |
| My long term goal is to... reduce the amount of sodium I eat each day from over 3000 mg each day to no more than 1500 mg. |
| I plan to achieve this goal by ...(give a specific date) within 3 months, Dec. 1, 2009. |
| I will take the following **measureable** steps (short term goals) to achieve my main (long term) goal:  To reach this goal, I will first have to examine the foods I eat each day for sodium content. I must be aware of the foods I am eating that are high in sodium. While shopping for my groceries, I will check food labels and see how much sodium is in the foods. I will not purchase foods with high percentages of my sodium intake for the day (I will check the % values on nutrition labels). Beginning immediately, I will only add a pinch of salt to any foods I am eating. After 1 month, I will do a diet analysis to see how much salt I am still consuming. If my intake is still too high, I will stop adding any salt to my food during cooking or eating. At the end of each month I will record how much sodium I am eating for a day and continue to reduce my intake until it is down to 1500 mg. |
| If I do not achieve my goals, or change this behaviour, I may be at risk of the following conditions, injuries or illnesses: High blood pressure, heart disease, possible kidney disease. |

Now, complete the table below with your own information:

|  |
| --- |
| **My Plan for Change** |
| The risk behaviour I wish to change is... |
| My long term goal is to... |
| I plan to achieve this goal by ...(give a specific date) |
| I will take the following steps (short term goals) to achieve my main (long term) goal: |
| If I do not achieve my goals, or change this behaviour, I may be at risk of the following conditions, injuries or illnesses: |

**Resource List for Risk Assessment Activities (Part B)**

**Note: If you have trouble finding an interactive tool, try using the site’s search tool and use terms like quiz or assessment.**

* Harvard Center of Risk Analysis- <http://www.diseaseriskindex.harvard.edu/> **Note: You can only use 1 quiz from this site.**
* National Center on Sleep Disorders Research - <http://www.nhlbi.nih.gov/about/ncsdr/patpub/patpub-a.htm>
* Province of NB- Get Wellness Soon- <http://www.getwellnesssoon.ca/EN/>
* Government of Canada- Healthy Canadians - <http://www.healthycanadians.ca/index_e.html>
* Heart and Stroke Foundations Guidelines to Heart Health- <http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.2796497/k.BF8B/Home.htm>
* Canadian Cancer Society Prevention Guidelines- <http://cancer.ca/ccs/internet/standard/0,,3172_10139__langId-en,00.html>
* Canada’s Food Guide (2007) - <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html>
* Food Guide Serving Tracker - <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index_e.html>
* Canada’s Physical Activity Guides - <http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>
* Canada Guide to Healthy Living - <http://healthycanadians.ca/index_e.html>
* Health Canada- Mental Health: Coping with Stress - <http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/vitalit/index_e.html>
* Canadian Mental Health Association - <http://www.cmha.ca/bins/index.asp>
* Health Living- Just For You- Youth- <http://www.hc-sc.gc.ca/hl-vs/jfy-spv/youth-jeunes_e.html>
* Diabetes Society of Canada- Awareness Campaign - <http://www.diabetes.ca>
* Dietitians of Canada, Assess Yourself: <http://www.dietitians.ca/Your-Health/Assess-Yourself.aspx>
* Healthy Canadians Games and Learning Tools: <http://www.healthycanadians.gc.ca/init/cons/games-jeux-eng.php>
* Health Canada Hazardcheck Home Health Quiz: <http://www.hc-sc.gc.ca/ewh-semt/hazards-risques/quiz-eng.php>
* Health Canada - It’s Your Health, Youth- <http://www.hc-sc.gc.ca/hl-vs/jfy-spv/youth-jeunes-eng.php>