

1. Should Shirley be concerned about her family history of diabetes? Why or why not?

2. What is a risk factor?

3. What are the three categories of risk factors? List one example for each?

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\_\_\_\_\_

\_\_\_\_\_

Ex: \_\_\_\_\_

Ex: \_\_\_\_\_

Ex: \_\_\_\_\_

4. What is family history?

5. What risk factors can you control?

6. How can your knowledge of your family history influence your health behaviors or activities?