

# **How Concerned Are YOU About These Health Issues?**

Please indicate your level of concern for the risk of these conditions negatively affecting your health:

## **Cancer**

- Low Concern
- Moderate Concern
- High Concern

## **Diabetes**

- Low Concern
- Moderate Concern
- High Concern

## **Heart Disease/Stroke**

- Low Concern
- Moderate Concern
- High Concern

## **Depression/Anxiety Disorders**

- Low Concern
- Moderate Concern
- High Concern

## **Substance Use Disorder**

- Low Concern
- Moderate Concern
- High Concern

# **Now, Think Again.**

**After reading the following information,  
how concerned are you for being at risk for the listed disorders/health conditions?**

**Cancer**

*Cancer is the second leading cause of death among Americans, and is responsible for one out of every four deaths in the US.*

Studies indicate that if you have a family history of cancer, use tobacco, have high incidences of sun exposure, are overweight, are physically inactive and/or have poor nutrition, you are at higher risk for developing a deadly form of cancer.

*I HAVE:*

- Low level of concern that this may affect me*
- Moderate concern that this may affect me*
- High concern that this may affect me*

**Diabetes**

*About 17 million Americans are estimated to have type 2 diabetes, which can lead to blindness, kidney failure, amputation, nervous system complications and death.*

Research indicates that you are at high risk for developing type 2 diabetes if: you have a family member with the disease, are an ethnic minority, are overweight, are fairly inactive, have high blood pressure and/or have abnormal cholesterol levels.

*I HAVE:*

- Low level of concern that this may affect me*
- Moderate concern that this may affect me*
- High concern that this may affect me*

**Heart Disease/Stroke**

*Heart Disease and Stroke are the first and third leading causes of death for men and women in the US, accounting for nearly 40% of all deaths.*

The major risk factors for Heart Disease and Stroke are high blood pressure, high cholesterol, tobacco use, physical inactivity, poor nutrition, and obesity.

*I HAVE:*

- Low level of concern that this may affect me*
- Moderate concern that this may affect me*
- High concern that this may affect me*

**Depression/Anxiety Disorders**

*In a given year, an estimated 9.5 percent of adult Americans are affected by depressive disorders, which often co-exist with anxiety disorders.*

Symptoms of depressive disorders may include some or all of the following: a persistent sad mood, loss of pleasure or enjoyment in usually enjoyed activities, difficulty sleeping or oversleeping, significant changes in appetite or body weight, loss of energy, difficulty thinking or concentrating, physical slowing or agitation, and/or recurrent thoughts about death or suicide.

*I HAVE:*

- Low level of concern that this may affect me*
- Moderate concern that this may affect me*
- High concern that this may affect me*

**Substance Use Disorder**

*There are more deaths, illnesses and disabilities from substance abuse than from any other preventable health condition, whereby making it our nation's number one health problem.*

Research indicates that if you have ever felt guilty about drinking/using, if you have ever been annoyed by friends/family asking about your drinking/drug use, and if you have ever tried to cut-down drinking/using, it is possible you have a substance abuse problem.

*I HAVE:*

- Low level of concern that this may affect me*
- Moderate concern that this may affect me*
- High concern that this may affect me*

**Regarding my plan to address these concerns at this time, I would rate myself as:**

- 1- Not ready to make changes
- 2- Ready to make changes
- 3- Have already made changes
- 4- No need to make changes

|                        |   |   |   |   |
|------------------------|---|---|---|---|
| Cancer                 | 1 | 2 | 3 | 4 |
| Diabetes               | 1 | 2 | 3 | 4 |
| Heart Disease/Stroke   | 1 | 2 | 3 | 4 |
| Depression/Anxiety     | 1 | 2 | 3 | 4 |
| Substance Use Disorder | 1 | 2 | 3 | 4 |

## References

### **Cancer**

Dept of Health and Human Services - CDC Website – [www.cdc.gov](http://www.cdc.gov)

- Source: American Cancer Society, 2004

### **Diabetes**

Dept of Health and Human Services - CDC Website – [www.cdc.gov](http://www.cdc.gov)

- CDC Statements on Diabetes Issues, 2005
- Diet and Exercise Dramatically Delay Type 2 Diabetes, 2001 – [www.hhs.gov](http://www.hhs.gov)
- National Diabetes Fact Sheet, 2003

National Institute of Health – National Diabetes Information Clearinghouse –

- Am I at Risk for Type 2 Diabetes? 2004

### **Heart Disease & Stroke**

Dept of Health and Human Services - CDC Website – [www.cdc.gov](http://www.cdc.gov)

- Healthy People 2010 Progress Review: Heart Disease and Stroke, 2003
- American Heart Association. Heart and Stroke Statistics, 2003
- Preventing Heart Disease and Stroke
- Cardiovascular Disease Risk Factors and Preventive Practices Among Adults, 1994

### **Mental Health Disorders**

National Institute of Mental Health – [www.bimh.nih.gov](http://www.bimh.nih.gov)

- Depression Research at the National Institute of Mental Health, 1999
- Real Men. Real Depression, 2003
- Anxiety Disorders Research, 1999

### **Substance Abuse**

Robert Wood Johnson Foundation – [www.rwjf.org](http://www.rwjf.org)

- Substance Abuse: The Nation's Number One Health Problem, 2001

CAGE Questionnaire – Screening tool for substance abuse disorder