

TIC TAC RISK

For Depression

Once you have completed your health maintenance assessments, play the Tic Tac Risk game. For every risk factor you have, place an "X" in the box over the risk factor. Three "Xs" in a row, places you at a greater risk for developing the disease. If you find yourself at risk for this disease, or you presently have the disease, look below for the health action you can take to reduce your risk for the disease or to preserve function and quality of life.

Family History	High Fat Diet High Alcohol Intake	Alcohol/ Drug Use
Socio-Economic Factors	Physical Inactivity	Female
Genetic	Age-related Biologic Changes	Age-related Diseases

Decrease your risks with management & prevention:

- Increase Fruits & Vegetables
- Increase Complex Carbohydrates
- Limit Alcohol Intake
- Exercise
- Adequate Sleep
- Limit Drug Intake

The Northeastern Region of the American Heart Association supports FitScript™ as a means of health promotion among senior, child, and adult populations.



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