

TIC TAC RISK

For Diabetes

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.

High Glucose Levels	Increased Levels of Estrogen	High Fat Diet
Physical Inactivity	Obesity	Physiologic/Emotional Stress
Elevated Stress Hormone Levels	Medication	Heredity or Minority

*NOTE: X = Breast
I = Colorectal
O = Lung

Decrease your risks with management & prevention:

- Exercise
- No Smoking
- Avoid Stress
- Low Fat Diet
- Maintain Adequate Weight
- Increase Fruits & Vegetables

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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