

Name: _____ Per: _____

Lifestyle Diseases

You will want to

- 1.) Go to my website and find this document. It is much easier to click on the links than type in all the addresses.
- 2.) Wear earbuds for this or turn the sound off and put on the captions.

The goal of this webquest is to take a closer look at 4 lifestyle diseases that are a problem currently in the United States:

1. diabetes
2. cancer
3. stroke
4. heart disease

1. Go to the website below and click where it says "skip intro." Then, click on where it says "click here to start - What is Diabetes." Then, simply follow the on screen instructions to read the information on diabetes until you reach the end of the presentation. Afterwards, answer the question in the space provided below. http://web.diabetes.org/link/link_for_life/main.html

What is diabetes? Explain.

2. Go to the website below and click on the words "take the quiz." Follow the on screen instructions to complete the quiz. You may take this quiz a maximum of two times to achieve a high score before moving on. Be sure to record your score by simply writing in the number of responses you got correct.

Your score = _____

<http://health.discovery.com/centers/diabetes/diabetes-quiz.html>

3. Go to the website below as you are going to take one of several **questionnaires** that will give you some insight on what your risk is for developing each of the four top killers listed above. To begin, click on what's your **diabetes risk** and follow the on screen directions. Once you reach the end, write down the result beside diabetes below.

<http://www.yourdiseaserisk.wustl.edu/>.

Current Diabetes Risk - _____

Now that you've seen your score, look to the right where it says "watch your risk drop". Name 2 things that you can do to lower your risk for diabetes. Below that is a section titled "keep up the good work". Name 2 things that are currently lowering your score.

To lower:

- 1.
- 2.

Currently lowering my score:

- 1.
- 2.

4. Now you need to repeat task #3 again, only this time you are going to enter your age as being 40. This is going to be done to see if there is a change in risk if your status in certain areas remain unchanged up until about middle age. Then, write down the result beside diabetes below. **Also, if your weight is requested, you must change your current bodyweight to include an additional 40lbs! This simulates the average post high school weight gain of 40lbs.**

Diabetes Risk (at 40) _____

5. Go to the website below and read the information about strokes. Afterwards, answer the question in the space provided below. <http://www.stroke.org/site/PageServer?pagename=stroke>

What is a stroke? explain.

Scroll down to the section that says "stroke facts" and click to open. Read the information.

What percent of strokes are preventable?

What is the name for temporary stroke symptoms?

6. Go to the website below as you are going to take one of several questionnaires that will give you some insight on what your risk is for developing each of the four top killers listed above. To begin, click on what's your **stroke risk** and follow the on screen directions. Once you reach the end, write down the result beside stroke below.

<http://www.yourdiseaserisk.wustl.edu/>.

Current Stroke Risk - _____

Now that you've seen your score, look to the right where it says "watch your risk drop". Name 2 things that you can do to lower your risk for a stroke. Below that is a section titled "keep up the good work". Name 2 things that are currently lowering your score.

To lower:

- 1.
- 2.

Currently lowering my score:

- 1.
- 2.

7. Now you need to repeat task #6 again, only this time you are going to enter your age as being 40. This is going to be done to see if there is a change in risk, if your status in certain areas remains unchanged up until about middle age. Then, write down the result beside stroke below. **Also, if your weight is requested, you must change your current bodyweight to include an additional 40lbs! This simulates the average post high school weight gain of 40lbs.**

Stroke Risk (at 40) _____

8. Go to the website below and read the information about cancer. Afterwards, answer the question in the space provided below. <http://www.cancer.gov/cancertopics/cancerlibrary/what-is-cancer>

What is cancer? Explain.

9. Go to the website and **take a look at the video clip on how cancer spreads.**

<http://www.mayoclinic.org/diseases-conditions/cancer/multimedia/cancer/vid-20084738>

How does cancer spread? Explain.

10. Go to the website below as you are going to take one of several questionnaires that will give you some insight on what your risk is for developing each of the four top killers listed above. To begin, click on what's your **cancer risk** and follow the on screen directions. You must choose a cancer option. I encourage females to choose the breast or stomach cancer option. I encourage males to do the prostate or stomach cancer option. Once you reach the end, write down the result beside cancer below.

<http://www.yourdiseaserisk.wustl.edu/>.

Current Cancer Risk for (name the cancer) _____ cancer: _____(give your risk)

Now that you've seen your score, look to the right where it says "watch your risk drop". Name 2 things that you can do to lower your risk for that cancer. Below that is a section titled "keep up the good work". Name 2 things that are currently lowering your score.

To lower:

- 1.
- 2.

Currently lowering my score:

- 1.
- 2.

11. Now you need to repeat task #10 again, only this time you are going to enter your age as being 40. This is going to be done to see if there is a change in risk, if your status in certain areas remains unchanged up until about middle age. Then, write down the result beside cancer below. **Also, if your weight is requested, you must change your current bodyweight to include an additional 40lbs! This simulates the average post high school weight gain of 40lbs.**

Cancer Risk (at 40) _____

12. Before we go into detail about heart disease, I feel that it's important to review some basic information about the Heart & Circulatory System. Go to the website below and watch the video clip. Then, complete each statement below when you are finished. <http://www.mayoclinic.org/diseases-conditions/heart-disease/multimedia/circulatory-system/vid-20084745>

- Your heart pumps about _____ quarts of blood every minute.
- It beats about _____ times in one day — that's about 35 million times in a year.

13. Go to the website below and read the information about heart disease. Afterwards, answer the question in the space provided below http://www.heart.org/HEARTORG/HealthyLiving/What-Are-My-Risks-For-Getting-Heart-Disease-Infographic_UCM_443749_SubHomePage.jsp

What are **three** risk factors for heart disease and at least **one** possible outcome.

- 1.
- 2.
- 3.

Possible outcome(s):

14. Go to the website below and test your knowledge about heart disease. Simply read the questions and click the oval of the option that you feel is the most correct answer. Then, be sure to record your score in the space below. http://www.medicinenet.com/heart_disease_quiz/quiz.htm

Your score = _____

15. Go to the following website <http://www.yourdiseaserisk.wustl.edu/> and you are going to take the final questionnaire that will give you some insight on what your risk is for developing the number one killers in the U.S. To begin, click on what's your **heart attack risk** and follow the on screen directions. Once you reach the end, write down the result beside heart disease below.

Current Heart Disease Risk-_____

Now that you've seen your score, look to the right where it says "watch your risk drop". Name 2 things that you can do to lower your risk for that cancer. Below that is a section titled "keep up the good work". Name 2 things that are currently lowering your score.

To lower:

- 1.
- 2.

Currently lowering my score:

- 1.
- 2.

16 Now you need to repeat task #15 again, only this time you are going to enter your age as being 40. This is going to be done to see if there is a change in risk, if your status in certain areas remains unchanged up until about middle age. Then, write down the result beside cancer below. **Also, if your weight is requested, you must change your current bodyweight to include an additional 40lbs! This simulates the average post high school weight gain of 40lbs.**

Heart Disease Risk (at 40)-_____