

## Modifiable vs. Nonmodifiable Risk Factors

Modifiable	Nonmodifiable
<b>Hypertension</b> Educational topics would be on how to manage their blood pressure and future health problems that uncontrolled hypertension could cause.	<b>Age</b> Educational topics would be on how age could affect their health and how to decrease the rate in which their health decreases.
<b>Tobacco/alcohol use</b> Educational topics would be on long term affects on the use and resources to help stop their use.	<b>Family history</b> Educational topics would be to learn their health history and to be aware that it could be passed down generations and there is no prevention.
<b>Diabetes</b> Educational topics would be on their diet and how to appropriately manage it with a healthcare providers' help.	<b>Gender</b> Educational topics would to be that gender can play a role in their health and that it cannot be prevented.
<b>Obesity</b> Educational topics would be on increased physical activity as much as they can tolerate and modifications to their current diet.	<b>Ethnicity</b> Educational topics would be that it is important to be aware of how ethnicity can play a role in health and what they can be at risk for.
<b>High cholesterol</b> Educational topics would be on a reduction of saturated fats in their diet and the importance of regular testing of their cholesterol.	
<b>Dietary habits</b> Educational topics would be on example of healthier food options and how much intake of each food group they should have daily.	
<b>Stress</b>	

Educational topics would be on effective coping mechanisms and ways to reduce stress in their lifestyle.

**Physical activity**

Educational topics would be on to incorporate activity daily and the impact on health it can have.

**Substance abuse**

Educational topics would be on health problems that can occur and resources to help quit the abuse.