



## LESSON 4 - Task Appendix

### Assessing the impact of personal life circumstances on health and comorbidity

Name:

Age during

Gender:

Decade in which they lived:

<b>FACTORS</b>	<b>EVIDENCE</b>	<b>INFERENCE</b>	<b>IMPACT ON OVERALL HEALTH</b>
<b>Opportunities to engage in physical activity</b>			
<b>Access to a healthy diet</b>			
<b>Access to quality health care</b>			
<b>Adequate sleep</b>			
<b>Low stress</b>			



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### Conclusion:

1. The personal circumstances of \_\_\_\_\_ which include:
  - a.
  - b.
  - c.
  - d.

**helped/hindered** their ability to live a reasonably healthy life.

(Circle one)

I believe this because:

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- 
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2. Two important changes in their personal circumstances that would help to limit the impact of \_\_\_\_\_ on their health would be:

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