

## Student Sheet 7.2: Environmental influences and options

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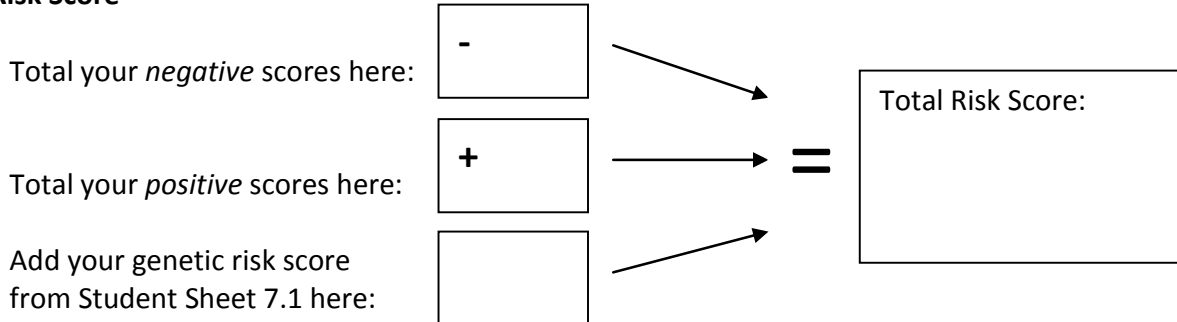
Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

**Directions:** Fill in the following table to the best of your ability. You will not be required to share your score unless you choose to. “In your community” means the distance you can walk in 15-20 minutes, or the area you drive through frequently.

Environmental Factor	Range	Score	
1. Number of fast food establishments (such as McDonald’s or Burger King) or convenience stores that are in your community.	0 – 3 4+	0 +1	
2. Number of times you eat a meal at a fast food restaurant over the course of the week.	0 – 1 2 – 4 5 +	0 +2 +4	
3. Number of servings of fruit juice you drink per day.	0 – 1 2 – 4	0 +2	
4. Number of 12-ounce sugar-sweetened sodas you drink on an average day (one 36 ounce drink = 3 x 12-ounce drinks).	Add 2 points per 12 oz.		
5. Number of grocery stores in your community.	0 1 2+	+1 0 -1	
6. Number of Farmer’s Markets, community gardens, or neighbors who share fresh produce in your community.	0 1 2+	+1 0 -1	
7. Number of servings of fruits and vegetables you have on an average day	Subtract 1 pt per serving		
8. Number of times per week you eat red meat (beef, pork, lamb)	0 – 1 2 – 4 5 +	0 +2 +4	
9. Number of times per week you eat whole grains	0 – 1 2 – 4 5 +	+4 0 -4	
10. Number of times per week you eat dessert, cookies and other sweets	0 – 1 2 – 4 5 +	0 +2 +4	
11. Number of local gyms or sports clubs such as the Boys & Girls Club or YMCA in your neighborhood.	0 1 2+	+1 0 -1	
12. Number of times you exercise for 30 minutes or more over the course of the week.	0-1 2-4 5+	+4 0 -4	
13. Number of safe, free places to be physically active, such as parks, trails, skate parks, etc., within walking distance of where you live.	0 1-2 3+	+1 0 -1	
14. Number of days a week you spend more than 2 hours watching TV.	0-1 2-4 5-7	-2 0 +2	
15. Number of days per week you spend more than 4 hours playing video games or being on a computer or on your smart phone.	0-1 2-4 5-7	-2 0 +2	
16. Are the sidewalks in your neighborhood in good repair and/or do you see other people walking?	Yes No	-1 +1	
17. Are there bike lanes, paved shoulders of roads, or other safe places to ride a bike, near where you live?	Yes No	-1 +1	
18. Number of times you bike or walk to a destination over the course of a week, 1/2 a mile or more.	Subtract 1 point per time		

19. Do you have bus access in your neighborhood or within walking distance of where you live?	Yes No	-2 +1	
20. Number of times you drive to a destination less than 2 miles away from your home over the course of a week.	0-5 6+	0 +1	
21. Number of times per day you drink out of an older, hard plastic water bottle that is not BPA-free.	Add 1 point per time		
22. How many hours of sleep do you usually get every night?	Less than 5 5-9 >9	+1 -1 +1	
23. Do you live along a busy road?	Yes No	+1 -1	
24. What is your age?	Up to 45 46-64 65+	0 +2 +4	
25. How are your stress levels, on an average day? (Circle a number)	1      2      3      4      5 Not much      Moderate      Very stressed	Add the number you circled	

**Total Risk Score**



**Assessment of Risk Score:**

- Do you consider your risk to be high, low, or average? Why?
- What total risk score would you list as “high risk?” What about “low risk?” Explain your answer.
- Given your risk score, how would you alter or improve environment risk factors contributing to your risk score?

**Access and Choice:**

Look back at the environmental factors table. Some of the factors are issues of **access** (do you have access to many fast food restaurants in your neighborhood?) and some are issues of **choice** (how often do you eat at fast food restaurants?). Put a STAR next to the factors that represent a **choice**.