# Health Risk Assessment Questionnaire

| Patient's I                                   | Name:                      |              |               |                                 |              |                 |                             |             |                              |                             |           |
|---|----------------------------|--------------|---------------|---------------------------------|--------------|-----------------|-----------------------------|-------------|------------------------------|-----------------------------|-----------|
| Date:   |                            |              | Date of       | Birth:                          |              | Gen             | der:                        |             | #                            | \ge:                        |           |
| 1. Never<br>2. Occas<br>3. Often<br>4. Very O | or Almost I<br>ionally     | Never        | blease circle | the number whic                 | h best ident | ifies your resp | oonse to ead                | ch correspo | onding state                 | ment.                       |           |
| PHYSICAI                                      |                            | Y            |               |                                 |              |                 |                             |             |                              |                             |           |
|   |                            |              | -             | outside of work<br>of the week. | for at       |                 |                             | -           |                              | my diet on a<br>als, beans, | -         |
| 1   | ◯ 2                        | 3            | ◯ 4           | 5                               |              | 1               | 2                           | 3           | <b>4</b>                     | 5                           |           |
|   | sical activit              | -            | s stretching  | , aerobic activi                | ty, and      |                 |                             | -           | vithin the re<br>ofessional. | ecommendat                  | tions     |
| ) 1   | 2                          | 3            | 4             | 5                               |              | <b>1</b>        | <b>2</b>                    | 3           | 4                            | 5                           |           |
| and from                                      |                            | locations (  | i.e. stairs i | on whenever ponstead of eleva   |              |                 | eating food<br>ods, fatty n |             | -                            | t such as wh                | iole milk |
| 4. I take th                                  | Ŭ                          | $\bigcirc$   |               | ctivities and the               | ir lasting   | TOTAL           | SCORE:                      |             |                              |                             |           |
| 1   | 2                          | 3            | 4             | 5                               |              | GENERAL         | he use of                   | -           |                              | garettes,<br>and limit m    | veolf to  |
| 5. I enjoy                                    | sedentary                  | activities r | ather than    | physical activit                | ies.         |                 |                             |             | (beer, liquo                 |                             | ysen io   |
| () 1  | () 2                       | () 3         | ◯ 4           | 0 5                             |              | 0 1             | ◯ 2                         | 3           | ◯ 4                          | 5                           |           |
| TOTAL SCORE:                                  |                            |              | 12. I exami   | ne my brea                      | asts or tes  | stes on a m     | onthly basis                | i.          |                              |                             |           |
| NUTRITIO                                      | N                          |              |               |                                 | _            | <b>1</b>        | ◯ 2                         | ) 3         | ◯ 4                          | 5                           |           |
|   | least five s<br>rving equa | -            |               | vegetables eve                  | ery day      |                 | hats, and                   |             |                              | using sunsc<br>booths and   | reen,     |
| ) 1   | ◯ 2                        | 3            | ◯ 4           | 5                               |              | 0 1             | <b>2</b>                    | 3           | ◯ 4                          | 5                           |           |
| 7. I eat at                                   | fast food r                | estaurants   | s less than   | three times per                 | r week.      | 14. I visit m   | y dentist e                 | very six m  | nonths for r                 | egular chec                 | k ups     |
| 0 1   | 2                          | 3            | 4             | 5                               |              | 0 1             | 2                           | 3           | 4                            | 5                           |           |

15. I see my physician for routine check-ups, health screenings, and disease prevention.

|  |                               |             |              |  | TOTAL SCORE:  |                         |             |                           |                                  |
|--|-------------------------------|-------------|--------------|--|---|-------------------------|-------------|---------------------------|----------------------------------|
| TOTAL S  | SCORE:                        |             |              |  |   |                         |             |                           |                                  |
| SAFETY   |                               |             |              |  | EMOTIONAL AWARENESS   |                         |             |                           |                                  |
| 6. I wear a  | a seat belt                   | when trave  | eling in a v | vehicle.   | -   | -                       |             | ors are ma<br>for others. | aintained in a ma                |
| <b>1</b>   | ◯ 2                           | 3           | ◯ 4          | 5  | 0 1   | <b>2</b>                | 3           | 4                         | 5                                |
| 7. I stay w  | ithin five n                  | niles per h | our of the   | speed limit.   | 27. I am abl  | e to devel              | op close, j | personal re               | elationships with                |
| 0 1  | ◯ 2                           | 3           | ◯ 4          | 5  | ) 1   | <b>2</b>                | 3           | <b>4</b>                  | 5                                |
|  | where to lo<br>nguisher ir    | -           |              | se a first aid kit and<br>ncy.   | 28. I have p<br>life.   | ositive rel             | ationships  | with both                 | men and wome                     |
| ) 1  | ◯ 2                           | 3           | ◯ 4          | 5  | 1   | ◯ 2                     | 3           | ◯ 4                       | 5                                |
| I9. I use the  | e recomme                     | ended safe  | ety equipm   | ent for all activities   | 29. I feel that I am a confident individual.  |                         |             |                           |                                  |
|  | articipate ir                 |             |              | life jackets, hard   | <u> </u>  | <b>2</b>                | 3           | 4                         | 5                                |
| <b>1</b>   | <b>2</b>                      | 3           | 4            | 5  | 30. I am able to respect others for who they are, regardless of race, gender, age, attitude, and interests. |                         |             |                           |                                  |
|  | ne proper p<br>its. (i.e. cle |             |              | or reduce workplace  | <u> </u>  | <b>2</b>                | 3           | ◯ 4                       | 5                                |
| <b>1</b>   | ◯ 2                           | 3           | ◯ 4          | 5  | TOTAL S   | CORE:                   |             |                           |                                  |
| TOTAL SCORE:   |                               |             |              |  | MENTAL W  | ELLNES                  | 8           |                           |                                  |
| SOCIAL A   | ND ENVIR                      | ONMENT      |              | NESS   | -   | -                       |             | er and frus<br>or others. | stration in ways                 |
| 21. I regula   | rly recycle                   | my paper    | , plastic, g | lass and aluminum.   | ) 1   | <b>2</b>                | 3           | 4                         | 5                                |
| <b>1</b>   | <b>2</b>                      | 3           | 4            | 5  | 32. I set rea<br>accomp   | sonable o<br>lish them. | bjectives f | or myself a               | and strive to                    |
| 22. I respect the integrity and property of my fellow co-workers and the surrounding environment.                  |                               |             |              | <b>1</b>   | 2   | 3                       | 4           | 5                         |                                  |
| <b>1</b>   | <b>2</b>                      | 3           | 4            | 5  |   |                         |             |                           | understand the<br>If and others. |
| 23. I take tii<br>friends.   | me to have                    | e meaning   | ful interact | ions with family and   | <u> </u>  | 2                       | 3           | 4                         | 5                                |
| ○ 1 ○ 2 ○ 3 ○ 4 ○ 5  |                               |             |              | 34. I feel that I have family and friends that I can confide in t assist in managing stress. |   |                         |             |                           |                                  |
| 24. I contribute time and/or money to at least one organization that strives to better the community where I live. |                               |             |              |  | ○ 1   | 2                       | 3           | ◯ 4                       | 5                                |

25. I regularly take interest in and interact with others.

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○ 1 ○ 2 ○ 3 ○ 4 ○ 5

35. I take responsibility for my actions and understand the effects that they have on others.

| <b>1</b> | ◯ 2   | 03 | ◯ 4 | 5 |
|----------|-------|----|-----|---|
| TOTAL SO | CORE: |    |     |   |

#### INTELLECTUAL WELLNESS

36. I keep informed about social, political, and/or current events.

| $\bigcirc$ 1         | $\bigcirc$ a | $\bigcirc$ 2 | ◯ 4 |              |
|----------------------|--------------|--------------|-----|--------------|
| $\bigcirc$ $\bullet$ | <u> </u>     | JJ           | 4   | $\bigcirc$ 5 |

37. I seek opportunities to learn new things through different mediums such as television, books, newspaper, internet, etc.



38. Before making decisions, I gather facts and consider all viable options.

○ 1 ○ 2 ○ 3 ○ 4 ○ 5

- 39. I enjoy activities such as the arts, visiting museums, or attending plays or concerts.
  - **1 2 3 4 5**
- 40. I enjoy learning new information on a daily basis

| <b>1</b> | 2 | 3 | ◯ 4 | 0 5 |
|----------|---|---|-----|-----|
|          |   |   |     |     |

TOTAL SCORE:

# **OCCUPATIONAL WELLNESS**

41. I enjoy my work.

()1 () 2 ) 3 ) 5

42. I am satisfied with the balance between my work time and leisure time.

2 ) 3 ()1 ) 4 ) 5

- 43. I am satisfied with my ability to manage and control my work load.
  - $\bigcirc 1 \qquad \bigcirc 2 \qquad \bigcirc 3 \qquad \bigcirc 4 \qquad \bigcirc 5$
- 44. The level of stress in my work environment is manageable for me.
  - $\bigcirc 1 \qquad \bigcirc 2 \qquad \bigcirc 3 \qquad \bigcirc 4 \qquad \bigcirc 5$

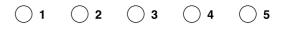
45. At work, my level of authority is consistent with my level of responsibility.



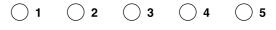
TOTAL SCORE:

#### VALUES, SPIRITUALITY, AND BELIEFS

46. I feel that my life has a purpose.



47. I am able to discuss my values and beliefs with my family and friends in a reasonable manner.



48. My actions are guided by my own beliefs rather than the beliefs of others.



49. I spend a portion of every day in personal reflection.



50. I am tolerant of the values and beliefs of others.

3

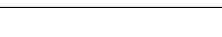
) 4

) 5

2

1

**TOTAL SCORE:** 



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# **RESULT INTERPRETATION:**

# **Physical Activity:**

Physical activity is an important component of a healthy lifestyle. A high score on this section indicates that the respondent engages in regular physical activity and is likely to experience improved cardiovascular health, better weight management, and decreased risk of chronic diseases.

# Nutrition:

Nutrition is another key component of a healthy lifestyle. A high score on this section indicates that the respondent has a balanced and healthy diet, which can help reduce the risk of chronic diseases and support overall health and well-being.

# **General Health:**

This section assesses the respondent's overall health status, including any existing medical conditions or symptoms. A high score on this section indicates that the respondent is in good health and has no major health concerns.

# Safety:

This section assesses the respondent's awareness of safety issues and ability to maintain a safe and healthy environment. A high score on this section indicates that the respondent knows potential safety hazards and takes steps to reduce their risk of injury or illness.

#### **Emotional Awareness:**

This section assesses the respondent's emotional well-being and ability to manage stress. A high score on this section indicates that the respondent can cope with stress and has healthy coping mechanisms to manage their emotions.

# Social and Environmental Wellness:

This section assesses the respondent's social and environmental support systems, including relationships, community involvement, and resource access. A high score on this section indicates that the respondent has a strong support network and can access resources and services when needed.

#### Mental Wellness:

This section assesses the respondent's mental health status, including any symptoms of anxiety, depression, or other mental health conditions. A high score on this section indicates that the respondent is in good mental health and has no significant symptoms or concerns.

#### Intellectual Wellness:

This section assesses the respondent's intellectual engagement and interest in learning and personal growth. A high score on this section indicates that the respondent is intellectually curious and engaged in activities that promote lifelong learning and personal development.

# **Occupational Wellness:**

This section assesses the respondent's satisfaction with their work and ability to balance work and personal responsibilities. A high score on this section indicates that the respondent has a fulfilling and meaningful job and can balance work and personal life healthily.

#### Values, Spirituality, and Beliefs:

This section assesses the respondent's values, spirituality, and beliefs. A high score on this section indicates that the respondent has a strong sense of personal values and beliefs and may find meaning and purpose in spiritual or religious practices.

