

How healthy are your habits?

By Vicky A. Hild

No, the name on this article is not a typo. The last name is the same, but the Health Educator is new . . .

After six years as the Health Educator for the Alaska Native

Medical Center, I took a break for a year after moving to Barrow. It feels good to be back in health education again.

The last health education article spoke about assessing factors in your life that are haz-

ardous — risk factors. The greater your risk factors, the greater your chance of becoming ill or having an accident.

The funny thing about most risk factors today is, that they are determined by a person's lifestyle. For the most part,

each person can control his risk factors by the choices he makes in how he chooses to live.

Have some fun. Take five minutes to answer the following questions to see how your lifestyle affects your health.