Health Problem Analysis Worksheet

**Indirect Contributing Factors**
- Lack of education/training
- Adverse corporate structure
- Family structure norms
- Poverty
- Under/unemployment
- Facilities at work (showers, etc.)
- Safe community exercise space
- Pro-activity workplace policies (flexible schedules)
- Knowledge of physical activity benefits

**Direct Contributing Factors**
- Job characteristics (autonomy & workload)
- Family problems/domestic violence
- Poverty
- Conducive physical environment
- Support for PA:
  - Co-workers
  - Family
  - Friends
- Physically active job
- Access to fresh fruits and veggies:
  - Physical
  - Financial
- Educated @ nutrition
- Social support

**Risk/Protective Factors**
- Genetics
- Stress
- 30 minutes of daily physical activity
- Eating a balanced (and low glycemic index) diet

**Health Problem**
- Diabetes

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Green if addressable, bold if key