

Health Risk Assessment – Child

*Age 0 to 17 years old

Name: _____ Date: _____

Please circle the number which best identifies your response to each corresponding question-

1. *Never or Almost Never*; 2. *Occasionally*;
3. *Often*; 4. *Very Often*; or 5. *Always or Almost Always*

1. My child engages in moderate physical activity for at least 20 to 30 minutes at least 5 days of the week.

N/A 1 2 3 4 5

2. My child enjoys physical activities rather than sedentary activities.

N/A 1 2 3 4 5

3. My child eats at least five servings of fruits and vegetables every day (one serving equals one half cup).

N/A 1 2 3 4 5

4. My child eats at fast food restaurants more than three times per week.

N/A 1 2 3 4 5

5. My child sees a physician for routine check-ups, health screenings, and disease prevention.

N/A 1 2 3 4 5

6. My child is in a car or booster seat when traveling in a vehicle.

N/A 1 2 3 4 5

7. My child and I take time to have meaningful interactions with one another.

N/A 1 2 3 4 5

8. My child is able to develop close, personal relationships with others.

N/A 1 2 3 4 5

9. My child demonstrates self-confidence and/or a positive self-esteem.

N/A 1 2 3 4 5

10. My child expresses his or her feelings of anger and frustration in ways that are not hurtful to themselves or others.

N/A 1 2 3 4 5

11. My child feels comfortable confiding in family or friends to assist in managing stress.

N/A 1 2 3 4 5

12. My child seeks opportunities to learn new things through different mediums such as television, books, newspaper, internet, etc.

N/A 1 2 3 4 5

13. Before making decisions, my child gathers facts and considers all viable options.

N/A 1 2 3 4 5

14. My child has a healthy balance between school work and leisure time.

N/A 1 2 3 4 5

15. The level of stress in my child's life is manageable for him/her.

N/A 1 2 3 4 5

16. My child has hopes and dreams for his or her future.

N/A 1 2 3 4 5

17. My child's actions are guided by the family's own beliefs rather than the beliefs of others.

N/A 1 2 3 4 5