



Activity 10

Modifiable or non-modifiable?

Look at the list of risk factors. Decide if they are modifiable or non-modifiable. Put a tick in the correct column.

Risk factor	M	NM
Gender (male or female)	☐	
Sedentary lifestyle (lack of exercise)	☐	
Type 2 diabetes	☐	
Age	☐	
Family history (genetics)	☐	
High blood pressure (hypertension)	☐	
Smoking	☐	
Being overweight or obese	☐	
Ethnicity	☐	