Health Risk Assessment

Your Name: _____

Today's Date: _____ Your Birthday: _____

Please complete this checklist before seeing your doctor or nurse. Your responses will help you receive the best health care possible.

1- What is your age? ☐ 65-69 ☐ 70-79 ☐ 80 or older

2- What is your gender? ☐ Male ☐ Female

3- During the past four weeks, how much have you been bothered by emotional problems such as feeling anxious, depressed, irritable, sad, or downhearted and blue?
☐ Not at all ☐ Slightly ☐ Moderately ☐ Quite a bit ☐ Extremely

4- During the past four weeks, has your physical and emotional health limited your social activities with family, friends, neighbors, or groups?
☐ Not at all ☐ Slightly ☐ Moderately ☐ Quite a bit ☐ Extremely

5- During the past four weeks, how much bodily pain have you generally been in?
☐ No pain ☐ Very mild pain ☐ Mild pain ☐ Moderate pain ☐ Severe pain

6- During the past four weeks, was someone available to help you if you needed and wanted help?
(For example, if you felt nervous, lonely or blue; got sick and had to stay in bed; needed someone to talk to; needed help with your daily chores; or needed help just taking care of yourself.)
☐ Yes, as much as I wanted ☐ Yes, quite a bit ☐ Yes, some ☐ Yes, a little ☐ No, not at all

7- During the past four weeks, what was the hardest physical activity you could do for at least two minutes?
☐ Very heavy ☐ Heavy ☐ Moderate ☐ Light ☐ Very light

8- Can you get to places out of walking distance without help? ☐ Yes ☐ No
(For example, can you travel alone on buses, taxis, or drive your own car?)

9- Can you go shopping for groceries or clothes without someone's help? ☐ Yes ☐ No

10- Can you prepare your own meals? ☐ Yes ☐ No

11- Can you do your housework without help? ☐ Yes ☐ No

12- Because of any health problems, do you need the help of another person with your personal care needs such as eating, bathing, dressing, or getting around the house? ☐ Yes ☐ No

13- Can you handle your own money without help? ☐ Yes ☐ No

14- During the past four weeks, how would you rate your health in general?
☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor

15- How have things been going for you during the past four weeks?
☐ Very well; could hardly be better ☐ Pretty well ☐ Very bad; could hardly be worse
☐ Good and bad parts about equal ☐ Pretty bad

16- Are you having difficulties driving your car?

☐ Yes, often ☐ Sometimes ☐ No ☐ Not applicable, I do not use a car

17- Do you always fasten your seatbelt when you are in a car?

☐ Yes, usually ☐ Yes, sometimes ☐ No

18- How often during the past four weeks have you been bothered by any of the following problems?
(Please mark the appropriate answer with an "X")

	Never	Seldom	Sometimes	Often	Always
Falling when standing up	☐	☐	☐	☐	☐
Dizzy when standing up	☐	☐	☐	☐	☐
Sexual problems	☐	☐	☐	☐	☐
Trouble eating well	☐	☐	☐	☐	☐
Teeth or denture problems	☐	☐	☐	☐	☐
Problems using the telephone	☐	☐	☐	☐	☐
Tiredness or fatigue	☐	☐	☐	☐	☐

19- Have you fallen two or more times in the past year? ☐ Yes ☐ No

20- Are you afraid of falling? ☐ Yes ☐ No

21- Are you a smoker? ☐ No ☐ Yes, and I might quit ☐ Yes, but I'm not ready to quit

22- During the past four weeks, how many drinks of wine, beer, or other alcoholic beverages did you have?

☐ 10 or more drinks per week ☐ One drink or less per week
☐ 6-9 drinks per week ☐ No alcohol at all
☐ 2-5 drinks per week

23- Do you regularly exercise for about 20 minutes three or more days a week?

☐ Yes, most of the time ☐ Yes, some of the time ☐ No, I usually do not exercise this much

24- Have you been given any information to help you with the following:

1. Hazards in your house that might hurt you ☐ Yes ☐ No
2. Keeping track of your medications ☐ Yes ☐ No

25- How often do you have trouble taking medications the way you have been told to take them?

☐ I do not have to take medicine ☐ Sometimes I take them as prescribed
☐ I always take them as prescribed ☐ I seldom take them as prescribed

26- How confident are you that you can control and manage most of your health problems?

☐ Very confident ☐ Somewhat confident ☐ Not very confident
☐ I do not have any health problems

27- What is your race/ethnicity?

☐ Hispanic or Latino ☐ White
☐ Black or African American ☐ Native Hawaiian or other Pacific Islander
☐ Asian ☐ Multi-Racial
☐ American Indian or Alaskan Native ☐ Other _____

Thank you very much for completing this Health Risk Assessment. Please give this form to your doctor or nurse.