

- Risk is the chance of something happening.
- Knowing what the risk is can help people to make informed choices or decisions.
- For example, people who smoke are 15 to 30 times more likely to be develop or die from lung cancer than people who do not smoke. Knowing this risk, would you choose to smoke?

The table below shows the risks associated with participation in different activities for young people aged 10–19 years in New Zealand.

The data is reported as the number of injuries per 100 people.

For example, less than 2 out of every 100 teenagers living in New Zealand and playing soccer will experience an injury that needs to be treated. Knowing these values helps us to make informed decisions about the risks of carrying out certain activities.

Use the information in the table to answer the questions below.



Injury risk (per 100 people) for 10 to 19 year-olds in New Zealand for June 2010 to July 2011			
Activity	10 to 14 year olds	15 to 19 year olds	10 to 19 year olds
Touch rugby	0.6	0.7	0.6
Netball	1.7	1.4	1.5
Rugby	2.8	4.8	3.9
Soccer	1.9	2.0	1.9
Cycling	1.0	0.6	0.8
Scooter	0.3	0.0	0.2
Skateboarding	0.6	0.8	0.7
Driving related	0.6	1.0	0.8

Data from ACC Injury Statistics Tool and Statistics New Zealand, national population estimates, June 2011.








1. Which sport has the lowest risk of injury?
2. Which sport has the highest risk of injury?
3. What are some of the characteristics of this sport that would influence the level of risk?
4. Based on the risk factors given for cycling, scooting, skateboarding and driving, which of these methods of transport appears to be the safest way to get to school?
5. Cycling and driving have the same injury risk. Which of these methods of transport would have a greater long-term advantage for health. Explain why?

Risk is the chance of something happening. Risk assessment is based on evidence. Knowing what the risk is can help people to make informed choices or decisions.

- F** • In 2012, 1 out of every 4 Cook Islanders had diabetes. Most of them have type 2 diabetes.
- A** • Being overweight or obese increases the risk of type 2 diabetes.
- C** • Type 2 diabetes and diabetes risk factors (such as obesity) are more common in people of Pacific and Asian ethnicity than in people of European/Caucasian ethnicity.
- T** • Diabetes is more common in communities where poverty levels are greater.
- S** • A healthy diet and regular physical activity throughout life reduces the risk of type 2 diabetes.

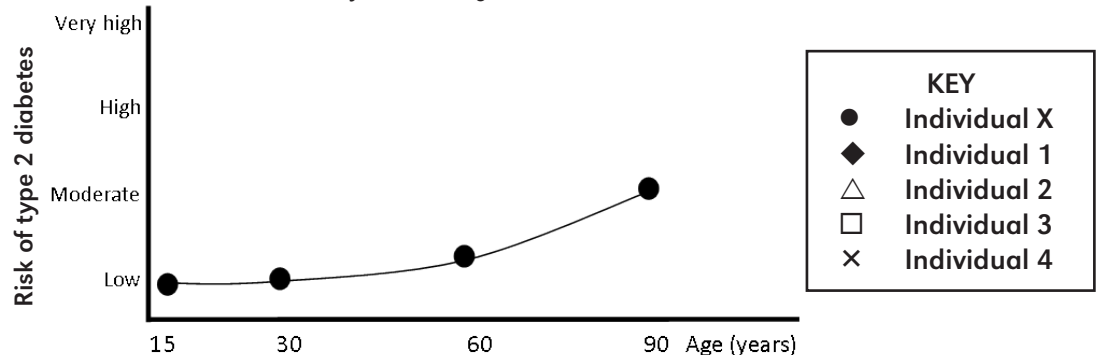
Lifestyle factors can have a positive or negative impact on type 2 diabetes risk. Risk is also influenced by family history (genetics), living conditions and early-life environment. Lifestyle choice can be limited by social and economic circumstances.

For each of the teenagers (aged 14 years) below, consider their lifestyle and their family situations to predict their future risk of type 2 diabetes. Place the predictions onto the type 2 diabetes future timeline.

				
<p>Individual 1 <i>Lifestyle:</i> Poor diet, does little exercise. <i>Family situation:</i> Small, high income family with a history of diabetes. Doing well at school.</p>	<p>Individual 2 <i>Lifestyle:</i> Very active, good diet. <i>Family situation:</i> Small, low income family. No family history of diabetes. Doing well at school.</p>	<p>Individual 3 <i>Lifestyle:</i> Moderate activity levels, good diet, smoker. <i>Family situation:</i> Large, low income family. Achieving well at school.</p>	<p>Individual 4 <i>Lifestyle:</i> Moderate activity, poor diet. <i>Family situation:</i> Small family with a good income. Underachieving at school.</p>	<p>Individual X <i>Lifestyle:</i> Very good diet. Does lots of exercise. <i>Family situation:</i> Small family with a high income. Doing well at school.</p>

Type 2 diabetes future timeline

Potential effect of lifestyle and background on future health outcomes



- On the chart, for each individual, place their potential risk (low, moderate, high, very high) at age 15, 30, 60 and 90. **Individual X has been completed for you.** Give reasons for (justify) your decisions.
- Will the individual with a high risk definitely develop type 2 diabetes? Give a reason for your answer.
- Will the individual with a low risk never develop type 2 diabetes? Give a reason for your answer.