

Factor	Risks to current physical health	Risks to future physical health
Smoking	<ul style="list-style-type: none"> <li>• Increased Blood Pressure</li> <li>• Breathing difficulties</li> <li>• Reduced peak flow</li> <li>• Reduced ability to exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Heart attack</li> <li>• Stroke</li> <li>• Vision problems</li> <li>• Kidney damage</li> <li>• Lung cancer</li> <li>• COPD</li> </ul>
Alcohol	<ul style="list-style-type: none"> <li>• Increased calorie intake</li> <li>• Liver damage</li> <li>• Decreased heart rate/respiratory rate</li> <li>• Poor decision making/accidents</li> <li>• Nausea/vomiting</li> <li>• Dehydration/hangovers</li> <li>• Disturbed sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Obesity</li> <li>• Cirrhosis/Liver disease</li> <li>• Dementia</li> <li>• Cancer</li> <li>• Cardiovascular disease</li> <li>• Addiction</li> <li>• Pancreatic cancer</li> <li>• Type II Diabetes</li> </ul>
Inactivity	<ul style="list-style-type: none"> <li>• Loss of mobility</li> <li>• Painful joints &amp; muscles</li> <li>• Muscle wastage</li> <li>• Obesity</li> <li>• Stiffening of joints</li> <li>• Poor strength/stamina</li> <li>• Poor suppleness</li> <li>• Tiredness/Lethargy/Lack of energy</li> <li>• Poor bone development</li> </ul>	<ul style="list-style-type: none"> <li>• Arthritis</li> <li>• Increased risk of heart disease</li> <li>• Loss of bone density/osteoporosis</li> <li>• CHD</li> <li>• Obesity</li> </ul>
Poor sleep	<ul style="list-style-type: none"> <li>• Inability to focus/concentrate</li> <li>• Headaches</li> <li>• Nausea</li> <li>• Irritability/aggression</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiovascular problems</li> <li>• Memory problems</li> <li>• High blood pressure</li> <li>• Obesity</li> <li>• Type II Diabetes</li> <li>• Depression &amp; anxiety</li> <li>• Weakened immune system</li> </ul>
Poor diet	<ul style="list-style-type: none"> <li>• Malnutrition</li> <li>• High salt/fat/sugar</li> <li>• Weight gain</li> <li>• Not enough calories</li> </ul>	<ul style="list-style-type: none"> <li>• Deficiency diseases e.g. anaemia</li> <li>• Obesity</li> <li>• Type II diabetes</li> <li>• Weak immune system</li> <li>• Cancer e.g. bowel</li> </ul>
Drug taking	<ul style="list-style-type: none"> <li>• Poor decision making</li> <li>• Forgetfulness</li> <li>• Anxiety</li> <li>• Slow reaction time</li> <li>• Loss of libido</li> </ul>	<ul style="list-style-type: none"> <li>• Addiction</li> <li>• Psychosis</li> <li>• Heart disease</li> <li>• Stroke</li> <li>• Decline in IQ</li> </ul>

High Pulse Rate	<ul style="list-style-type: none"> <li>• Poor fitness</li> <li>• Poor cardiovascular health</li> <li>• Dizziness</li> <li>• Sweaty</li> <li>• Difficulty exercising</li> </ul>	<ul style="list-style-type: none"> <li>• Stroke</li> <li>• CHD</li> <li>• Damage to arteries</li> <li>• High blood pressure</li> <li>• Risk of premature death</li> </ul>
High BMI	<ul style="list-style-type: none"> <li>• Strain on cardiovascular system</li> <li>• Shortness of breath</li> <li>• Poor sleep</li> <li>• High blood pressure</li> <li>• Difficulty exercising</li> <li>• Too many calories consumed</li> </ul>	<ul style="list-style-type: none"> <li>• Poor mobility</li> <li>• Joint/muscle pain</li> <li>• Shortness of breath</li> <li>• Sleep apnoea</li> <li>• Obesity related diseases</li> <li>• Cardiovascular disease</li> <li>• Type II diabetes</li> </ul>
Low BMI	<ul style="list-style-type: none"> <li>• Underweight</li> <li>• Malnutrition</li> <li>• Malnourished</li> <li>• Vitamin deficiency</li> <li>• No energy to exercise</li> <li>• Tiredness</li> </ul>	<ul style="list-style-type: none"> <li>• Anaemia</li> <li>• Stunted bone growth</li> <li>• Heart failure</li> <li>• Fatigue</li> <li>• Rickets</li> <li>• Cancer</li> <li>• Other deficiency diseases</li> </ul>
High Blood Pressure	<ul style="list-style-type: none"> <li>• Circulation problems</li> <li>• Damage to artery walls</li> <li>• Dizziness</li> </ul>	<ul style="list-style-type: none"> <li>• Stroke</li> <li>• Heart attack</li> <li>• Vascular dementia</li> <li>• Retina damage/eyesight problems</li> <li>• Kidney problems</li> </ul>
Low Peak Flow	<ul style="list-style-type: none"> <li>• Breathing difficulties</li> <li>• Reduced mobility</li> <li>• Reduced ability to exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Susceptibility to respiratory diseases</li> <li>• Increased weight/obesity</li> <li>• Heart disease</li> </ul>