

IS MY FAMILY “FUTURE WELL”?

According to the World Health Organization (WHO), the best way to reduce your family’s chance of developing non-communicable diseases (NCDs) is to reduce the major risk factors.¹ Remember, the earlier your family members can learn ways that can lower their risk factors towards developing NCDs, the sooner they can begin to build a healthier future.

After you have reviewed the resources on the Family Webpage, discuss and answer the following questions as a family to see how "Future Well" you are! When you are finished, compare your responses with the answer key. Can you get all of them correct in the first attempt?

1. Non-communicable diseases (NCDs) can be spread from person to person through the spreading of germs, physical contact, sneezing, etc.
 True False
2. Which of the following is NOT an example of an NCD?
 - a. Heart disease
 - b. Type 2 diabetes
 - c. Hepatitis
3. Two of the most important ways to reduce your family’s risk of developing NCDs are to have good _____ and get plenty of _____.
4. The USDA recommends filling your plate with the _____ food groups.
5. Which is NOT one of the MyPlate food groups?
 - a. Dairy
 - b. Sugary foods
 - c. Protein
 - d. Fruits
6. Beans can be a great source of protein.
 True False
7. Name one thing the WHO recommends you should try to limit in your diet: _____.
8. You should aim to get at least _____ minutes of moderate to vigorous physical activity a day.
 45 60

How did you do? Whether you are a “Future Well Expert” or are still learning, we have some conversation starters and family activities on the Family Webpage that can help your family form healthy habits and reduce your risk of developing certain NCDs.

¹ <https://www.who.int/activities/preventing-noncommunicable-diseases>

FUTURE WELL QUIZ ANSWER KEY

1. False
2. (c) Hepatitis
3. Nutrition ; Physical Activity
4. Five
5. (b) Fats and Oils
6. True
7. Answers may vary but can include: added sugar, salt, trans fat, saturated fat
8. 60

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