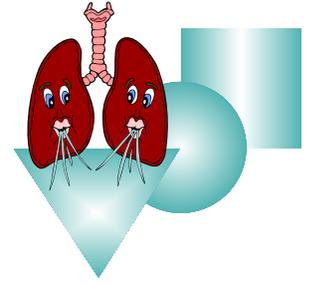


Geography of Pulmo Park: Road Blocks

Self Profile 1A



Directions:

As we age, our lungs also age. It is important to be aware of the damaging effects that everyday life can have on the lungs. These damages cause *“Road Blocks”* for air getting through the air pathway. Below is a Likert Scale with observations concerning lung health. Using the Likert Scale, you can self-assess and formulate ideas on how to improve your lung health. Rank each item according to your knowledge or attitude about the observation. Place in X in the box that applies. Total the scores at the bottom and use the scale number key to get a general idea of your lung health.

	Strongly Agree	Somewhat Agree	Undecided	Somewhat Disagree	Strongly Disagree
1. I am around tobacco smoke much of the day.					
2. I experience shortness of breath during exercise or play.					
3. Sometimes I feel like I cannot control my breathing.					
4. The air-quality in my community is not very good.					
5. I do not have a regular plan for exercise.					



LESSON 1
ACTIVITY 1A



Strongly Agree

Somewhat Agree

Undecided

Somewhat Disagree

Strongly Disagree

6. I am a restless sleeper and wake up with a headache.

7. I have family members diagnosed with respiratory diseases.

8. I eat mostly meat and potatoes and very few vegetables or fruits.

9. I suffer from allergies and often take medication.

10. Pets (birds, cats, dogs) around the house make me wheeze.

Totals:

How many checks?

_____ x 1 =

Total

How many checks?

_____ x 2 =

Total

How many checks?

_____ x 3 =

Total

How many checks?

_____ x 4 =

Total

How many checks?

_____ x 5 =

Total

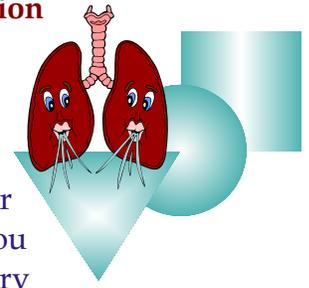
Now that you have all of your totals, add all together for a final score. This is your personal Road Block number.



LESSON 1
ACTIVITY 1A

Pulmo-Park

Using your total *Road Block Number*, find your range and read the information that describes your lung health.



50 — 40 points

Breathe a sigh of relief! This range shows that you have been taking care of your lungs. You do not smoke and very little second hand smoke is in your environment. You can breathe easily. The air in your environment is clean. You maintain a healthy diet and exercise regularly. You do not have any respiratory disease in your family. You do not suffer from allergies and you maintain a high quality of life.

39 — 30 points

Healthy lung alert! You may be around some second hand smoke but make attempts to avoid it. You know you have to take measures in keeping your lungs healthy. You try to maintain regular exercise and try to eat fruits and vegetables each day. You may have respiratory disease in your family and you are knowledgeable about medical interventions. You suffer from mild allergies but you are not on any regular medication. You are aware of unhealthy air quality.

29 — 20 points

Undecided! Read through the research on each category and think through your decisions. You are probably doing better on the scale than you think! If you are confused, ask for help in understanding. There may be circumstances in your life that make your lungs seem unhealthy. But, be optimistic. You are doing many things to promote good lung health and now that you know, you can do more to prevent problems in the future.

19 — 10 points

Constriction! You know what is like to have the air ways blocked and you know personally the value of keeping healthy lungs. You may suffer from a respiratory disease and take medication. You are probably aware of the different allergies that affect you. You are aware of ozone action days that warn against poor air quality. You know the importance of clean, pure oxygen. Use what you have learned to make changes where you can to protect your respiratory health.

9 — 0 points

Help, I can't breathe. This range shows that the health of your lungs is very questionable. Factors in your environment such as smoking, lack of exercise, unhealthy diet, genetic history, and allergies are high indicators that your lung health is suffering. Start today to make changes in your lifestyle to prevent problems in the future.

Disclaimer: This tool is only a "reality check" or self-assessment for lung health. This information and advice is not intended to replace the services of a trained health professional or to be a substitute for medical advice of physicians. The user should consult a physician in all matters relating to his or her health, and particularly with respect to any symptoms that may require diagnosis or medical attention.



LESSON 1
ACTIVITY 1A