

Table 8 Health Activities and Hazards That Impact Kids' Well-Being

HEALTH PROFILE	EXAMPLES	QUESTIONS TO ASK YOURSELF
Six Essential Health Activities	<ol style="list-style-type: none"> 1. Nourishment (diet and nutrition) 2. Sleep 3. Movement (physical and cognitive) 4. Relationships 5. Stress Management 6. Sobriety 	<ul style="list-style-type: none"> • To what degree are these happening or not happening in this child's life? • What needs to be prioritized and addressed? • What can I do to support this child's health and wellness? • What additional services and supports might this child need, beyond what I can provide?
Four Health Hazards	<ol style="list-style-type: none"> 1. Inflammation 2. Illness (physical and mental) 3. Injury 4. Imbalance 	