Health Problem Analysis Worksheet

Not Breastfeeding

Risk Factor
Lack of Knowledge

Direct Contributing Factor
Services (Lactation Consult)

Indirect Contributing Factor
Lack of Awareness
Short Hospital Stays
Access/Cost

Direct Contributing Factor
Lack of Awareness over Benefits

Indirect Contributing Factor
Peer Groups Breastfeeding Status
Family History
Past Failures

Direct Contributing Factor
Post-Partum Depression

Indirect Contributing Factor
Sleep Deprivation
Inability to be Caregiver

Risk Factor
Socioeconomic Status (SES)

Direct Contributing Factor
Inadequate Paid Maternity Leave

Indirect Contributing Factor
Financial Burden

Direct Contributing Factor
Inadequate Facilities/Supplies

Indirect Contributing Factor
Inadequate Work Policies (Breaks, Space, Storage)

Risk Factor
Prematurity/Newborn Health Conditions

Direct Contributing Factor
Lack of Support from Hospital Staff

Indirect Contributing Factor
Lack of Breastfeeding Support

Direct Contributing Factor
Inadequate Hospital Policies (Formula Availability)

Indirect Contributing Factor
Adequate Work Policies
Inability to be Caregiver

Indirect Contributing Factor
Adequate Work Policies
Inability to be Caregiver
Health Problem Analysis Worksheet

Health Problem
Lack of a Nutrient-Rich and Balanced Diet

Risk Factor
Poor Eating Habits

Direct Contributing Factor
Lack of Knowledge

Indirect Contributing Factor
Family Knowledge
Peer Pressure
Media, School Curriculums

Direct Contributing Factor
Food Choices

Indirect Contributing Factor
Income/Access
Advertising
Time to Prep

Direct Contributing Factor
Access

Indirect Contributing Factor
Processed Foods are Cheaper
Accessibility of Grocery Store
Convenience Store Food is Less Healthy and Fresh

Risk Factor
Familial Practices/Influences

Direct Contributing Factor
Modeled Practices

Indirect Contributing Factor
Cultural Differences in Nutrition Density

Risk Factor
Cultural Norms

Direct Contributing Factor
Learned Behavior
Health Problem Analysis Worksheet

Risk Factor: Lack of Physical Activity

Direct Contributing Factor: Home and School Environment
- Indirect Contributing Factor: Role Models (Parents and Teachers)
- Indirect Contributing Factor: Insufficient PE
- Indirect Contributing Factor: Unsafe Walking Routes

Direct Contributing Factor: Work Environment
- Indirect Contributing Factor: Peer Pressure
- Indirect Contributing Factor: Sedentary Jobs
- Indirect Contributing Factor: Long Hours

Direct Contributing Factor: Comorbidities
- Indirect Contributing Factor: Physical Limits/Illness (Congenital or Acquired)
- Indirect Contributing Factor: Poor Behavioral Health

Risk Factor: Lack of Access to Health Care

Direct Contributing Factor: Socioeconomic Status (SES)
- Indirect Contributing Factor: Education
- Indirect Contributing Factor: Unsafe Environment
- Indirect Contributing Factor: Poverty
- Indirect Contributing Factor: Lack of Access to Health Care

Direct Contributing Factor: Behavior/Habits
- Indirect Contributing Factor: Poor Sleep
- Indirect Contributing Factor: Poor Time Management
- Indirect Contributing Factor: Too Much Screen Time
- Indirect Contributing Factor: Priority-Setting
Health Problem Analysis Worksheet

Health Problem: Obesity

Risk Factor: Culture

Direct Contributing Factor:
- Acceptance of Counterproductive Behaviors
- Aesthetics
- Media Influence
- Demise of Family Meal Times
- Negative Attitudes Toward Exercise
- Food/Cultural Habits
- High Sodium Intake
- High Fat Intake
- High Caloric Intake

Indirect Contributing Factor:
- Portion Size
- Poor Food Choices
- Aesthetics
- Body Image
- High Sodium Intake
- Food/Cultural Habits
- High Fat Intake
- High Caloric Intake
Health Problem Analysis Worksheet

Health Problem: Obesity

Risk Factor: Heredity/Demographic

Direct Contributing Factor: Race/Ethnicity

Indirect Contributing Factor

Direct Contributing Factor: Inherited Illness and Congenital Problems

Indirect Contributing Factor

Direct Contributing Factor: Age

Indirect Contributing Factor

Direct Contributing Factor: Sex

Indirect Contributing Factor