



2017 NMCPHC WORKPLACE HEALTH RISK ASSESSMENT (HRA) - QUESTIONNAIRE HARDCOPY -

This is a hardcopy of the NMCPHC HRA. Completion of this HRA in hardcopy format is sub-optimal compared to the web-based version because the web-based version generates a personalized risk assessment report and provides web links to learn more about “unhealthy” responses. A person being asked to complete this hardcopy should be afforded immediate feedback regarding their responses by a qualified health counselor.

About the NMCPHC Workplace HRA: The NMCPHC Workplace HRA is a 22-question, anonymous, optional tool for military members and GS civilians which measures lifestyle behaviors that are most commonly associated with adverse health outcomes. Users are asked to select their workplace from a searchable database within the tool. The user is scored as healthy or unhealthy for each of the questions and is scored as high, medium, or low risk based on the number of unhealthy behaviors they reported. “High risk” means the user is likely to be a high consumer of healthcare services. Persons who complete the HRA receive a printable Participant’s Report which can identify specific health risks, provide credible sources of health information, encourage and empower the user to better manage their personal health, and serve as a tool for dialogue with a health care provider. This HRA is not intended to replace consultation with a health care provider.

HRA Website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>

HRA Helpdesk: (757) 953-0737 or mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hra@mail.mil

Question	Options	Answer
UIC or OPFAC	Look-up link: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx	
Gender	Male or female	
Age	(in years)	
Height	(in feet and inches)	
Weight	(in pounds)	
Ethnicity	Caucasian; African-American; Hispanic; Asian/Pacific Islander; Native Alaskan; American Indian; Other; Prefer to not answer	
Service	USN; USNR; USMC; USMCR; USA; USAR; UASF; USAFR; USCG; USCGR; DoD; other	
Rank	Civ-GS; other; E1-E9; O-1-O10; W1-W5	
Days away from home station during the past 12 months	0-365	
Would you say that your health in general is?	Excellent; good; fair; poor	

Q2a	Do you currently use or have you ever used tobacco products such as cigarettes, smokeless tobacco, electronic cigarettes or vape, hookah, or cigars?	Yes	Not Scored	
		No	Healthy	Being tobacco free is a great choice! You are healthier, more fit, mission ready and are saving money.
Q2b Header	Please check all the tobacco products that you use/have used and how often.			
Q2b	Cigarettes	Every Day	Unhealthy	Tobacco use is harmful to your health and there is no safe level of use. Smoking cigarettes can cause many kinds of cancer, impotence, fertility issues, difficulty breathing, heart disease, and can affect every organ in your body in some way. Quitting smoking is the single most important thing you can do for your health. Seek assistance from your primary care provider or dentist to help you quit smoking.
		Most Days	Unhealthy	Tobacco use is harmful to your health and there is no safe level of use. Smoking cigarettes can cause many kinds of cancer, impotence, fertility issues, difficulty breathing, heart disease, and can affect every organ in your body in some way. Quitting smoking is the single most important thing you can do for your health. Seek assistance from your primary care provider or dentist to help you quit smoking.
		Some Days	Unhealthy	Smoking, even occasionally or in small amounts, can be harmful to your health and cause coughing, shortness of breath, and increased risk of heart disease and cancer. There is no safe level of tobacco use. Consider quitting; benefits can be seen immediately. Discuss options with your medical and dental team.
		I quit during the past 12 months	Healthy	Congratulations on quitting! You are doing the single most important thing to stay healthy. Being tobacco free saves you money and helps you avoid many negative health effects, adds to your fitness level, increases your readiness and improves your appearance. Whether you quit for your health, your family, your career, your shipmates, or something else altogether, congratulations on your accomplishment! Continue to work hard and stay quit with the support of those around you when times are hard or stressful.
		I quit over 12 months ago	Healthy	
		Never	Not Scored	

Smokeless tobacco (e.g. chew, dip, spit, snuff, snus)	Every Day	Unhealthy	Using smokeless tobacco is very dangerous to your health. Smokeless tobacco use leads to cancer of the mouth, throat, voice box and esophagus. Your dentist will check your mouth for signs of gum disease and pre-cancerous lesions during your annual checkup. You may seek assistance from your dentist and/or primary care provider as there are many effective ways to quit smokeless tobacco use.
	Most Days	Unhealthy	
	Some Days	Unhealthy	
	I quit during the past 12 months	Healthy	Congratulations on quitting! You are doing the single most important thing to stay healthy. Being tobacco free saves you money and helps you avoid many negative health effects, adds to your fitness level, increases your readiness and improves your appearance. Whether you quit for your health, your family, your career, your shipmates, or something else altogether, congratulations on your accomplishment! Continue to work hard and stay quit with the support of those around you when times are hard or stressful.
	I quit over 12 months ago	Healthy	
	Never	Not Scored	
Cigars/Cigarillos	Most Days	Unhealthy	Tobacco use is harmful to your health and there is no safe level of use. Smoking cigars or cigarillos can cause many kinds of cancer, impotence, fertility issues, difficulty breathing, heart disease, and can affect every organ in your body in some way. Quitting-smoking is the single most important thing you can do for your health. Seek assistance from your primary care provider or dentist to help you quit smoking.
	Some Days	Unhealthy	Smoking, even occasionally or in small amounts, can be harmful to your health and cause coughing, shortness of breath, and increased risk of heart disease and cancer. There is no safe level of tobacco use. Consider quitting; benefits can be seen immediately. Discuss options with your medical and dental team.
	I quit during the past 12 months	Healthy	Congratulations on quitting! You are doing the single most important thing to stay healthy. Being tobacco free saves you money and helps you avoid many negative health effects, adds to your fitness level, increases your readiness and improves your appearance. Whether you quit for your health, your family, your career, your shipmates, or something else altogether, congratulations on your accomplishment! Continue to work hard and stay quit with the support of those around you when times are hard or stressful.
	I quit over 12 months ago	Healthy	
	Never	Not Scored	

Pipe Tobacco	Every Day	Unhealthy	Tobacco use is harmful to your health and there is no safe level of use. Pipe smoking can cause many kinds of cancer, impotence, fertility issues, difficulty breathing, heart disease, and can affect every organ in your body in some way. Quitting pipe smoking is the single most important thing you can do for your health. Seek assistance from your primary care provider or dentist to help you quit smoking.
	Most Days	Unhealthy	
	Some Days	Unhealthy	Smoking, even occasionally or in small amounts, can be harmful to your health and cause coughing, shortness of breath, and increased risk of heart disease and cancer. There is no safe level of tobacco use. Consider quitting; benefits can be seen immediately. Discuss options with your medical and dental team.
	I quit during the past 12 months	Healthy	Congratulations on quitting! You are doing the single most important thing to stay healthy. Being tobacco free saves you money and helps you avoid many negative health effects, adds to your fitness level, increases your readiness and improves your appearance. Whether you quit for your health, your family, your career, your shipmates, or something else altogether, congratulations on your accomplishment! Continue to work hard and stay quit with the support of those around you when times are hard or stressful.
	I quit over 12 months ago	Healthy	
	Never	Not Scored	
Electronic Cigarettes, Electronic Pipes, Electronic Hookah, Vape Pens, or similar device.	Every Day	Unhealthy	The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use is banned in many places. The chemicals in e-products vary by brand and manufacturer and have included ingredients associated with cancer and the added flavors may cause lung disease. Safety is also a concern as there have been explosions and fires from the e-product batteries as well as an increase in accidental poisonings from the e-product cartridges. Additionally, vaping use may be addictive and lead to smoking cigarettes which is harmful. Consider quitting vaping and consult with your primary care provider on effective ways to quit.
	Most Days	Unhealthy	
	Some Days	Unhealthy	
	I quit during the past 12 months	Healthy	Congratulations on quitting! You are doing the single most important thing to stay healthy. Being tobacco free saves you money and helps you avoid many negative health effects, adds to your fitness level, increases your readiness and improves your appearance. Whether you quit for your health, your family, your career, your shipmates, or something else altogether, congratulations on your accomplishment! Continue to work hard and stay quit with the support of those around you when times are hard or stressful.
	I quit over 12 months ago	Healthy	
	Never	Not Scored	

Dissolvables (e.g. lozenges, orbs/pellets, sticks, strips)	Every Day	Unhealthy	The U.S. Food and Drug Administration is now regulating the various types of dissolvable tobacco products and they are banned in many places. Dissolvable tobacco products contain harmful ingredients and the addictive substance nicotine. There is no safe level of tobacco and the best thing you can do for your health is to quit. Consider quitting and consult with your primary care provider on ways to quit.
	Most Days	Unhealthy	
	Some Days	Unhealthy	
	I quit during the past 12 months	Healthy	Congratulations on quitting! You are doing the single most important thing to stay healthy. Being tobacco free saves you money and helps you avoid many negative health effects, adds to your fitness level, increases your readiness and improves your appearance. Whether you quit for your health, your family, your career, your shipmates, or something else altogether, congratulations on your accomplishment! Continue to work hard and stay quit with the support of those around you when times are hard or stressful.
	I quit over 12 months ago	Healthy	
	Never	Not Scored	
Hookah	Every Day	Unhealthy	Hookah water pipes contain many of the same harmful toxins as cigarette smoke and using a hookah is not safer than smoking other tobacco products. Hookah use can lead to cancer of the lungs, mouth, stomach, and bladder and also increased risk for stroke and heart disease. Sharing a water pipe with others can spread the transmission of tuberculous and viruses like hepatitis and herpes, and the secondhand smoke from the hookah pipe is also dangerous. There is no safe level of hookah use. Consult with your medical and dental team to help you quit hookah use.
	Most Days	Unhealthy	
	Some Days	Unhealthy	
	I quit during the past 12 months	Healthy	Congratulations on quitting! You are doing the single most important thing to stay healthy. Being tobacco free saves you money and helps you avoid many negative health effects, adds to your fitness level, increases your readiness and improves your appearance. Whether you quit for your health, your family, your career, your shipmates, or something else altogether, congratulations on your accomplishment! Continue to work hard and stay quit with the support of those around you when times are hard or stressful.
	I quit over 12 months ago	Healthy	
	Never	Not Scored	

	Other Tobacco Product Not Listed.	Every Day	Unhealthy	There is no safe level of tobacco use. It is harmful to your body and your wallet and maybe even those around you. You may seek assistance from your dentist and/or primary care provider as there are many effective ways to quit tobacco use.
		Most Days	Unhealthy	
		Some Days	Unhealthy	
		I quit during the past 12 months	Healthy	Congratulations on quitting! You are doing the single most important thing to stay healthy. Being tobacco free saves you money and helps you avoid many negative health effects, adds to your fitness level, increases your readiness and improves your appearance. Whether you quit for your health, your family, your career, your shipmates, or something else altogether, congratulations on your accomplishment! Continue to work hard and stay quit with the support of those around you when times are hard or stressful.
		I quit over 12 months ago	Healthy	
Never	Not Scored			
Q3	Do you consume more than 4 alcoholic drinks on any day or 14 alcoholic drinks per week (for men), or more than 3 alcoholic drinks on any day or 7 alcoholic drinks per week (for women)?	Yes	unhealthy	The National Institute on The National Institute of Alcohol Abuse and Alcoholism (NIAAA) and the U.S. Department of Agriculture define "risky use" of alcohol as consuming more than 4 drinks on any day or 14 drinks per week for men, or more than 3 drinks on any day or 7 drinks per week for women. Alcohol consumption at this level can harm your physical health in several ways such as unsafe sex, unintentional injury, liver disease, or cancer. It may also indicate that you rely on alcohol to relieve stress or as a coping mechanism, which can be dangerous. Cutting back or seeking help are both great steps you can take.
		No	healthy	
Q4	How often do you typically drink five or more alcoholic drinks on one occasion ("One occasion" refers to an event or period, when drinking exceeds one drink per hour)?	Daily	unhealthy	Some Sailors and Marines drink heavily in the evenings or on weekends. 5 or more drinks on one occasion on a daily basis can be very risky, either by affecting your health or contributing to an alcohol-related incident. Never participate in "chugging" or drinking games. Cutting back and seeking help are both great steps you can take now.
		Weekly	unhealthy	You may be drinking too heavily. 5 or more drinks at one sitting on a monthly basis can eventually catch up with you, either by affecting your health or contributing to an alcohol-related incident (e.g., Motor Vehicle Accidents, DUI, violence, unsafe sex). Never participate in "chugging" or drinking games. Cutting back and seeking counseling are both great steps you can take
		Monthly	unhealthy	
		Once or twice per year	healthy	Many Sailors and Marines occasionally drink more heavily than usual during celebrations or special events. Plan ahead to avoid alcohol-related incidents. DUIs will put your career in danger
		Never	healthy	You indicate a healthy choice not to drink heavily, even during celebrations. Sailors and Marines also look out for their 'mates and fellow Marines who have been drinking.

Q5	How often do you drive when perhaps you've had too much to drink, or been a passenger when the driver has had too much to drink?	Often (i.e., more than once during the past 6 months)	unhealthy	You could be placing yourself, your passengers, other motorists, and pedestrians in danger if you drink and drive. Each year, over 30% of all motor vehicle fatalities in the U.S. are caused by drunk drivers. Most drunk drivers mistakenly believe they can avoid accidents. You don't even have to be legally drunk to have your driving impaired. Let someone else drive who has not been drinking or call a cab
		Sometimes (i.e., once during the past 6 months)	unhealthy	
		Rarely (i.e., not in the past 6 months, but at least once during the past year)	unhealthy	
		Never (i.e., not during the past year)	healthy	
Q6	How often do you use a seat belt when you drive or ride as a passenger in a car?	Always	healthy	By always using your seat belt, you decrease your risk of serious injury or death after an accident by about 50%.
		Sometimes	unhealthy	You are exposing yourself to serious injury or death whenever you do not use seat belts. Of the more than 32,000 annual fatalities, about 54% were not using a seat belt at the time of the accident
		Rarely	unhealthy	
		Never	unhealthy	
Q7	How often do you wear a helmet when you ride a motorcycle, all-terrain vehicle, or bicycle?	Always	healthy	Your use of a protective helmet provides significant protection against head injury or death. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce your risk
		Sometimes	unhealthy	You place yourself at risk for serious head injury and death whenever you ride a motorcycle, ATV, or bicycle without a helmet. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce risk.
		Rarely	unhealthy	
		Never	unhealthy	
		Does not apply to me / I do not ride these vehicles	healthy	If you ride these vehicles in the future, a helmet will provide significant protection against head injury and death. A large portion of medical, disability, and rehabilitation costs from these head injuries are paid for by the general public
Q8	How often do you use the safety equipment recommended for your job (e.g., hearing and vision protection, respirators, barriers, and other safety devices)?	Always	healthy	You are protecting yourself against injuries and disease at your worksite by using appropriate safety equipment
		Sometimes	unhealthy	You may be exposing yourself to harmful occupational exposures that can result in injury and disease whenever you fail to use appropriate safety equipment. Safety equipment is the last line of defense when hazards cannot be eliminated or controlled
		Rarely	unhealthy	
		Never	unhealthy	
		Does not apply to me / None recommended	Healthy	If you visit work sites, encounter an environmental hazard, or work at home, use appropriate safety equipment

Q9	In general, how satisfied are you with your life (e.g., work situation, social activity, relationships, accomplishing what you set out to do)?	Very satisfied	healthy	You are very satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships, and social activities can all contribute to life satisfaction
		Mostly satisfied	healthy	You are mostly satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships, and social activities can all contribute to life satisfaction
		Somewhat satisfied	unhealthy	You are only somewhat satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships and social activities can all contribute to life satisfaction. Look to these sources for improving your level of satisfaction
		Not satisfied	unhealthy	
Q10	How often do you feel that your work or personal situation is putting you under too much stress?	Always	unhealthy	Long-term and short-term stress in your work or at home may increase your risk of cardiovascular disease and impact on your personal and professional relationships. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress
		Most of the time	unhealthy	Long-term and short-term stress in your work or at home may increase your risk of cardiovascular disease and impact on your personal and professional relationships. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress
		Sometimes	healthy	Occasional stress in your work or at home is common. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress.
		Rarely	healthy	When stress in your work or at home occurs, problem-solving or discussing possible solutions with someone else may help during those times
		Never	healthy	You may encounter stressful situations in the future, which occurs for most people. Problem-solving or discussing possible solutions with someone else may help during those times
Q11	If you're feeling lonely, depressed, angry, stressed, or in need of help, do you have someone to talk to?	Not applicable	healthy	Expressing your feelings can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully manage your concerns
		Always	healthy	
		Most of the time	healthy	
		Sometimes	unhealthy	
		Rarely	unhealthy	
		Never	unhealthy	Finding someone with whom you can talk can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully

Q12	In the past 12 months, how often did you or your partner(s) use a condom when you had sex (Read all choices below carefully before responding)?	Does not apply to me because I am in a long-term relationship where we only have sex with each other – OR – does not apply to me for other reasons.	healthy	People who are mutually monogamous or are not sexually active are at lowest risk for any sexually transmitted infection
		Currently I am not sexually active	healthy	
		Always	healthy	Choosing to use a latex condom consistently and correctly each time you have sex will significantly reduce your risk of acquiring a sexually transmitted infection
		Most of the time	unhealthy	Not using a latex condom consistently and correctly each time you have sex places you at risk of acquiring a sexually transmitted infection
		Sometimes	unhealthy	
		Rarely or Never	unhealthy	
Q13	On average, how many weeks per month do you engage in a total of at least 150 minutes of moderate-intensity aerobic activity (moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. i.e., brisk walking, swimming leisurely, or leisurely biking) OR at least 75 minutes of vigorous-intensity aerobic activity (vigorous-intensity means you will not be able to say more than a few words without pausing for a breath , i.e., jogging/running, swimming laps, or jumping rope)?	4 weeks per month	healthy	The national goal for Americans is to get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week. Cardiovascular (aerobic) exercise has many benefits, including giving you more energy and higher endurance; preventing many chronic diseases, like diabetes, high blood pressure, and high cholesterol; and maintaining a healthy body weight. Continue to include this type of exercise into your lifestyle
		3 weeks per month	healthy	
		2 weeks per month	unhealthy	
		1 week per month	unhealthy	
		I do not participate in aerobic training	unhealthy	

Q14	On average, how many days per week do you engage in muscle-strengthening activities that work all muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)?	4 or more days a week	healthy	You routinely engage in strength training, which improves your strength, maintains lean body mass, builds strong bones, and decreases many of the risk factors associated with coronary heart disease
		3 or more days a week	healthy	
		2 or more days a week	healthy	
		1 day a week	unhealthy	
		I do not participate in strength training	unhealthy	
				Routine strength training at least twice a week could help you increase your strength, maintain lean body mass, and decrease many of the risk factors associated with coronary heart disease. Your appearance and ability to perform daily tasks can also be improved by strength training.
Q15	How often do you usually eat high-fat foods (e.g., fried foods; high-fat dairy products such as butter, cheese, or whole milk; regular salad dressing or mayonnaise; or packaged foods high in fats)?	At most or every meal	unhealthy	Some dietary fat is needed for good health, but high levels of fat in your diet may lead to excessive weight gain and may increase your risk of a certain cancers. Eating foods high in saturated and trans-fats also increases your risk of heart disease. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats
		At least once a day	unhealthy	
		3-5 times per week	unhealthy	
		1-2 times per week	healthy	
		Rarely or never	healthy	
Q16	About how many cups of fruit do you eat each day? (One cup of fruit = one small piece of fruit, one cup of cut-up fruit, one cup of 100% fruit juice, or 1/2 cup of dried fruit)	Four or more	healthy	The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		Three	healthy	
		Two	healthy	
		One	unhealthy	
		Less than one	unhealthy	
Q17	How often do you use over the counter (OTC) drugs, dietary supplements, or herbal products to help you manage your weight, enhance athletic performance, or treat depression?	Daily	unhealthy	Some dietary supplements can provide additional health and nutrition benefits, but many supplements may be unnecessary or even result in adverse side effects in some individuals, especially if used in large amounts. Before using any dietary supplement, ask: "What are the potential benefits?" and "What are the risks?" The Dietary Supplements Classification Table on the link above was developed to assist you in making informed decisions about supplements, ranking them on a scale of low, moderate, or high potential benefit and safety risk
		Weekly	unhealthy	
		Monthly	unhealthy	
		Seldom	healthy	
		Never	healthy	

Q18	How frequently do you floss your teeth?	Daily	healthy	You are to be commended for flossing your teeth daily. Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath
		Most days	healthy	
		Sometimes	unhealthy	
		Rarely	unhealthy	
		Never	unhealthy	Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath. Try to make this activity a part of your daily personal care
Q19	About how many cups of vegetables do you eat each day? (One cup of vegetables = one cup of raw or cooked vegetables, 1 cup of 100% vegetable juice, or 2 cups of raw leafy greens)	Four or more	healthy	The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		Three	healthy	
		Two	unhealthy	
		One	unhealthy	
		Less than one	unhealthy	
Q20	How often do you get enough restful sleep to function well in your job and personal life?	Always	healthy	People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better
		Most of the time	healthy	People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better
		Sometimes	unhealthy	People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better. For many people with busy schedules, it is important to set aside enough time for sleep and to avoid issues at bedtime that can interfere with sleep. Talk with your physician if you are frequently unable to achieve restful sleep
		Rarely	unhealthy	
		Never	unhealthy	

Q21	For both men and women, pregnancy is a life-changing event for mother and father. Regarding your actions related to possible pregnancy:	I am not having sexual intercourse at this time in my life.	healthy	Many people are not currently sexually active. If you resume sexual activity but don't want a pregnancy, consider the range of new, safe and effective birth control methods available. Some work for years after you have started them. Some are permanent and others are easily and quickly reversible if and when you are ready to have a baby. Some methods require no devices or medication at all. But not all forms of contraception are equally effective. It makes sense to carefully consider your parenting plans and get informed about contraception so you and your partner can select the option that works best for you. Pregnancy is a life-changing event for mother and father. Be well informed about contraception, and talk with your partner and doctor
		My current partner and I cannot become pregnant	healthy	none
		My partner or I are pregnant, we are trying to have a baby now, or we would welcome a pregnancy if it occurred now	healthy	none
		My partner or I are correctly and consistently using birth control ALL the time	healthy	There is a wide range of new, safe and effective contraception options available. Some are permanent and others work for years and are easily and quickly reversible when you're ready to have a baby. Some methods require no devices or medication at all. But not all forms of contraception are equally reliable. It makes sense to be informed about contraception so you and your partner can select the most reliable option that works for you
		My partner or I are correctly using birth control MOST of the time	unhealthy	If you're not trying to conceive a child now, but are having sex without using birth control+B20 ALL the time, you (or your sexual partner) are at risk of an unplanned pregnancy. There is a wide range of new, safe and effective contraception options available, some that work for years after you've started them. Some are permanent and others are easily and quickly reversible when you're ready to have a baby. Some methods require no devices or medication at all. But not all forms of contraception are equally effective. It makes sense to carefully consider your parenting plans and get informed about contraception so you and your partner can select the option that works best for you. Be well informed about contraception, and talk with your partner and doctor
		My partner or I are correctly using birth control SOME of the time	unhealthy	
		My partner and I are not using birth control	unhealthy	