Case Study
Myra’s Story

Adapted from George A. Kaplan, PhD., 2007
Myra’s Health
Currently at Increased Risk For:

- Obesity
- Poor oral health
- Asthma
- Communicable diseases
- Injuries/abuse
- Low self-esteem, depression, anxiety
- Type II diabetes
- Early sexual activity and associated risks
- Legal and illegal substance abuse (e.g. tobacco)
- Other behavioral and social risks (gangs, aggression, victimization, social isolation, etc.)
Myra’s Health
Future Increased Risks:

✓ Teen pregnancy
✓ Low birth weight & infant mortality
✓ Obesity
✓ Musculoskeletal disorders and mobility limitations
✓ Low self-esteem, depression, anxiety
✓ Abuse (sexual, physical, psychological)
✓ Cardiovascular disease
✓ Diabetes complications
✓ Lung cancer, cervical cancer, breast cancer mortality
✓ Behavioral and social (illegal activities, victimization, adverse occupational trajectories, etc.)
✓ Continued cycle of poverty, poor health, lost potential
✓ Shortened life expectancy
What is putting Myra’s health at risk?