

Excerpts from How Americans Are Living Dangerously

Source: Time Magazine

An article was published in Time magazine that posed an interesting concept: that Americans worry about things they shouldn't and they don't worry about the things they should. Take a look at the following examples and see what you think!

Perception	Reality
We worry about "bird flu" coming into the United States from Asia.	To date, Avian flu has killed precisely no one in the U.S. Many Americans do not get vaccinated for the common flu, which kills 36,000 Americans each year.
We worry about mad cow disease being spread through hamburger meat.	We worry far less about the cholesterol that contributes to health disease that kills 700,000 annually.
After an outbreak of E. coli found in spinach, many stopped eating healthy green vegetables.	We fill our shopping carts with fat-sodden French fries and salt-crusteds nachos.
We put filters on faucets, install air ionizers, and lather with antibacterial soap.	At the same time, 20% of adults smoke; nearly 20% of drivers and 30% of backseat passengers don't use seatbelts; two-thirds of adults are overweight or obese.
We worry about the safety of nuclear plants.	More imminent peril to people and the planet comes from the toxins produced by coal-fired plants.
We have heard about the possibility of mercury pollution in fish.	With the exception of small children and women of childbearing age, the cardiac benefits of fish easily outweigh the risks.

1. Which of the above example makes the best case for you that Americans worry about the wrong things?

2. Having read the column titled, Reality, of which health risks should we have greater concern?

3. List three risk behaviors you will try to change in the future.
