**Family Health History Assignment**

Your family health history is very important information. There are many health problems that run in families but by knowing your family’s health history you can be proactive and work to prevent or delay the onset. This information can help you to seek out screenings and engage in healthy lifestyle choices in order to reduce your risk.

**Part 1: Family Health History**

Collect the following information on close family members (parents, siblings, grandparents, aunt and uncles, and cousins. You need to note whether the disease or condition is one in which someone has or had, note who the individual is, and the age at which they were diagnosed or experienced the condition. **I WILL NOT BE COLLECTING THIS INFORMATION**. I do realize this information is personal and private. You will **ONLY** be using this information to help guide your responses to the reflection questions.

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| --- | --- | --- | --- | --- | --- |
| **Condition** | **Yes** | **No** | **Unsure** | **Names of Person(s)** | **Age at Onset** |
| **Alzheimer’s Disease** |  |  |  |  |  |
| **Anemia** |  |  |  |  |  |
| **Asthma** |  |  |  |  |  |
| **Cancer, Breast** |  |  |  |  |  |
| **Cancer, Colon** |  |  |  |  |  |
| **Cancer, Lung** |  |  |  |  |  |
| **Cancer, Melanoma** |  |  |  |  |  |
| **Cancer, Prostate** |  |  |  |  |  |
| **Cancer, Skin** |  |  |  |  |  |
| **Cancer, Ovarian** |  |  |  |  |  |
| **Cancer, other** |  |  |  |  |  |
| **Diabetes, Type 1** |  |  |  |  |  |
| **Diabetes, Type 2** |  |  |  |  |  |
| **Epilepsy; Seizures** |  |  |  |  |  |
| **Glaucoma** |  |  |  |  |  |
| **Heart Attack** |  |  |  |  |  |
| **Heart Disease** |  |  |  |  |  |
| **High Cholesterol** |  |  |  |  |  |
| **Hypertension** |  |  |  |  |  |
| **Kidney Disease** |  |  |  |  |  |
| **Osteoarthritis** |  |  |  |  |  |
| **Osteoporosis** |  |  |  |  |  |
| **Rheumatoid Arthritis** |  |  |  |  |  |
| **Stroke** |  |  |  |  |  |
| **Thyroid Disease** |  |  |  |  |  |

**Part 2: Reflection Questions**

You need to **reflect** on what you have learned about your family’s health history and what you have learned in class about various non-communicable (chronic) diseases. You will use the following questions to help guide your reflection. Your reflection needs to be typed, 12 pt font, double spaced. These questions can help you devise paragraphs. You should also include an introduction paragraph and conclusion paragraph.

1.) **What** are some of the diseases you found to be common in your family? **What**   
 health problems are you possibly at risk for developing? **Why**? **What** drew you   
 to these conclusions?

2.) **What** were/are some of the risk factors (behaviors, genetics, etc.) that increased   
 the likelihood of people in your family developing various diseases? **Explain**   
 how these risk factors played a potential role in the development of diseases in   
 your family’s lives.

3.) What are some **screenings/tests** you should receive **now** and **in the future** to   
 detect any of the diseases that appeared in your family’s health history that you   
 may be at risk for developing? What are the **purposes** of these   
 screenings/tests? **What do they do** when they perform the screening(s)? **What** **age** should you begin to receive these screenings and **how often** should they be   
 performed? (You will need to research this information.)

4.) **What** are some behaviors you currently engage in that you could change or   
 modify to lower your risk of developing any of the diseases that occurred in your   
 family that you may be at risk for? **How** would you make these   
 changes/modifications? **What** would these changes/modifications help to   
 prevent? **How**? Are there any behaviors you currently engage in that will help   
 to lower your risk or delay the onset of any of the diseases you are at risk for   
 developing? If so, what are they and how will they help you lower your risk?