

Family Health History is Important



Being familiar with the health problems experienced by your blood relatives can help your provider consider your risks and recommend steps to keep you and your family healthy.

This holiday season, record your **Family Health History** including conditions such as:

- Cancer
- Heart disease
- Kidney disease
- Diabetes
- Genetic, bleeding, or mental health disorders

For **each** relative, write down the **type of condition** and **age at diagnosis**.

Note ancestry (such as Ashkenazi Jewish), which can be associated with higher risk for some health conditions.

Share this record with your family. Keep this information up-to-date and to share it regularly with a health care provider.

You can learn more about Family Health History and complete an online history at www.cdc.gov/genomics/famhistory/.

You can take these steps to lower your risk of diseases:

- Get at least 2.5 hours of physical activity each week
- Maintain a healthy weight
- Get at least 7 hours of sleep
- Eat plenty of vegetables and whole grains
- Limit sugar, fat, and alcohol
- Don't smoke or quit smoking



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Thanksgiving is Family Health History Day!



Family Health History

Record Keeper

*Health History on my
Mother's Side*

Ancestry: _____

Mother: _____

Grandmother: _____

Grandfather: _____

Aunts: _____

Uncles: _____

Cousins: _____



My Family Health History

My Health Conditions: _____

My Sisters: _____

My Brothers: _____

My Children: _____

My Nieces: _____

My Nephews: _____

*Health History on my
Father's Side*

Ancestry: _____

Father: _____

Grandmother: _____

Grandfather: _____

Aunts: _____

Uncles: _____

Cousins: _____
