

# 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.hhs.gov/programs/prevention-and-wellness/family-health-history](http://www.hhs.gov/programs/prevention-and-wellness/family-health-history).

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



**ALASKA**

**Comprehensive Cancer Partnership**

Funding for this publication was provided by the Centers for Disease Control and Prevention (CDC) Cooperative Agreement Number NU58DP006305. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_