FAMILY HEALTH TREE ASSIGNMENT

A family medical history can't predict your future health. It only provides information about risk. Other factors such as your diet, weight, exercise routine and exposure to environmental factors also affect your risk of developing certain diseases.

A. What to include in your family health tree:
   1) Write a list of all of your family members-parents, brothers and sisters, children, grandparents, aunts, uncles, cousins, nieces and nephews. If adopted, gather information on adoptive family (if biological family is available, include also)

   2) For each, gather the following information:
      Gender
      Age (if deceased, age and cause at death/if unknown, write “unknown”)
      Major physical illnesses (note heart disease, lung disease and cancer developed before age 55)
      Mental disorders (such as depression, anxiety, chemical dependency)
      Chronic conditions (such as allergies, asthma, migraines, etc.)
      Lifestyle (exercise habits, diet, alcohol consumption, smoking, weight issues)
      Vision/hearing loss
      Learning disabilities and any other information you choose to include

   Note: This information is confidential and will be treated thusly.

B. Display information either in diagram form or in chart form, making sure that all information is thorough and readable. This may be written or typed but must be legible.

C. Choose two health issues prevalent in the information you gathered and research them, answering the following questions: (ONE TYPED PAGE on each; MLA format)
   1) What is the health risk or disease?
   2) How does it affect the body?
   3) How can it be prevented?

This will be graded on the following:
   Content                  Format                  Organization
   Readability              Writing Mechanics      Academic Integrity

See class calendar for due date.
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