FAMILY HEALTH TREE ASSIGNMENT

A family medical history can't predict your future health, but it does provide information about risks. 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. 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 as well as other health issues such as vision problems, joint problems, diabetes, etc.)
   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. Neatness is imperative.

C. Choose two health issues prevalent in the information you gathered on your family. Research each issue through the internet, books, and/or articles and answer the following questions: (ONE TYPED, single-spaced page on each)
   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

**DUE ON OR BEFORE SEPTEMBER 8, 2015. Assignment will not be accepted late for any reason.
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