Illinois Department of Public Health and The Center for Jewish Genetics: *Family Health History Record Keeper*

dph.illinois.gov/sites/default/files/publications/familyhealthhistorybrochure.pdf

The Illinois Department of Public Health collaborated with the Center for Jewish Genetics to develop this Family Health History Record Keeper. Print this document and fill in your family's health history to pass along to other family members and to help guide your healthcare provider.

Sharing Your Family Health History with Your Healthcare Provider

Healthcare providers should ask questions about your and your family's health when you visit.

Your healthcare provider can:

- Help you understand your risk of disease
- Suggest lifestyle changes
- Recommend tests to aid in prevention
- Determine whether you should receive a specific genetic test
- Explain the results of your tests
- Inform you of other family members' risk for diseases
- Help you to better understand the risk for your children

Healthcare providers will use your family health history to inform decisions and provide recommendations to help you lower your risk of disease and stay healthy.

Educational materials provided by:

Center for Jewish Genetics
www.jewishgenetics.org

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In collaboration with:

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www.idph.state.il.us/healthwellness/genetics.htm

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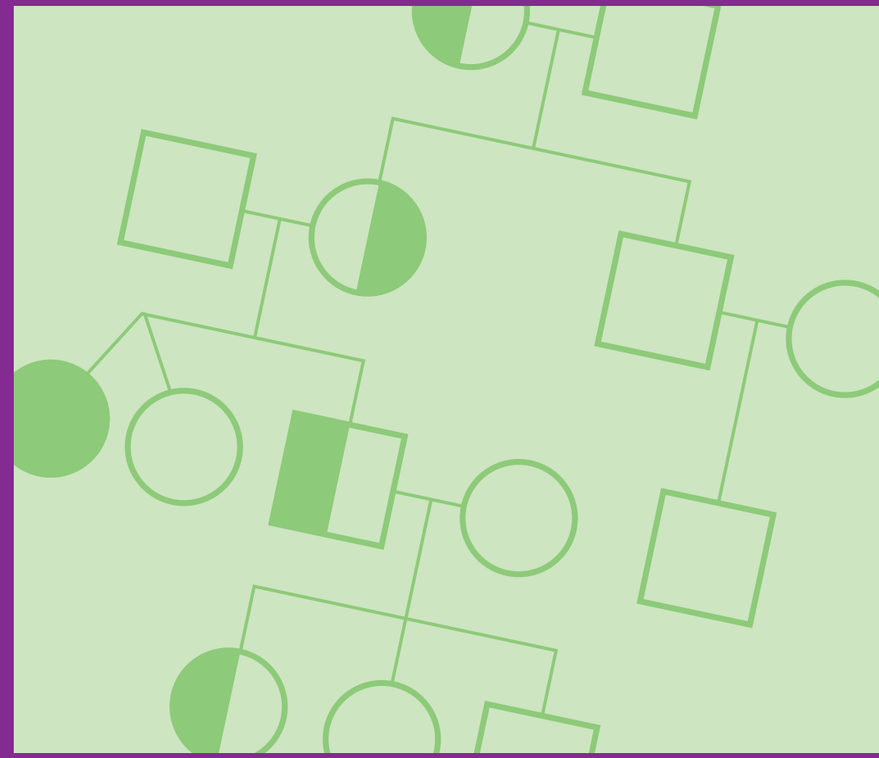
This information is to be used for educational and informational purposes only. This information does not represent advice regarding medical diagnosis or treatment, referrals to health care professionals, endorsements of health care products or any other recommendations. This information should not be relied upon as a substitute for consultation with your doctor or other qualified health care professional.

Family Health History:

Online Resources to Share with Your Healthcare Providers



DNA DAY APRIL 25 15

Getting Started: How to Talk with Your Family about Your Family Health History

Knowing your family health history can help you identify risks for certain cancers, some chronic conditions such as cardiovascular disease and some genetic disorders. Giving your health care providers an accurate family history can help them diagnose some diseases and recommend ways to optimize your health and reduce your risk factors for other conditions. Use these tips for starting the conversation with your family.

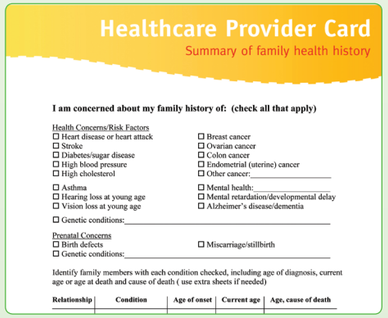
- The best way to learn about your family health history is to ask questions. Talk at holidays and other family gatherings and write down the information people share.
- It helps to prepare questions ahead of time. Where were you born? Did you experience any health problems as a child? What jobs have you had? What habits have you had that could have affected your health (e.g. sun exposure, smoking, physical activity)? Did you experience any health problems as an adult? At what age? How was it treated?
- Try to record as much information as possible: sex, age, chronic or long-term conditions and age of diagnosis, treatments received, age at time of death and cause of death and ethnicity or countries of origin. If possible, include lifestyle information such as diet, occupation and use of alcohol or tobacco.
- Because you are asking for highly personal information, it's best to ask open-ended, non-judgmental questions. Get the information you can and respect when family members are unable or unwilling to answer some of your questions.
- Keep information gathered from both sides of your family: parents, siblings, grandparents, aunts, uncles, nieces and nephews. The most informative family history includes details on first-, second- and third-degree relatives. An online tool can help you organize this information and see patterns across generations.
- Update your family history regularly and share the information with both existing and new healthcare providers.

What Will My Family Health History Look Like: Easy-to-Use Online Family Health History Tools

Genetic Alliance: *Healthcare Provider Card*

geneticalliance.org/sites/default/files/HealthcareProviderCard.pdf

Your family health history information can aid your healthcare provider to make important decisions about your care so that he or she can help reduce your risk for disease and manage any health conditions you may have. Once you collect your family health history, filling out the **Healthcare Provider Card** is an easy way to share this vital information with your provider.



Healthcare Provider Card

Summary of family health history

I am concerned about my family history of: (check all that apply)

Health Concerns/Risk Factors

☐ Heart disease or heart attack
☐ Stroke
☐ Diabetes/sugar disease
☐ High blood pressure
☐ High cholesterol
☐ Asthma
☐ Hearing loss at young age
☐ Vision loss at young age
☐ Genetic conditions: _____
☐ Breast cancer
☐ Ovarian cancer
☐ Colon cancer
☐ Endometrial (uterine) cancer
☐ Other cancer: _____
☐ Mental health: _____
☐ Mental retardation/developmental delay
☐ Alzheimer's disease/dementia

Prenatal Concerns

☐ Birth defects
☐ Genetic conditions: _____
☐ Miscarriage/stillbirth

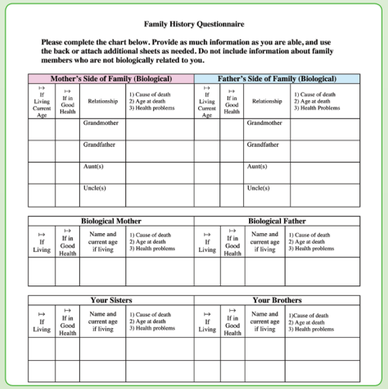
Identify family members with each condition checked, including age of diagnosis, current age or age at death and cause of death (use extra sheets if needed)

Relationship	Condition	Age of onset	Current age	Age, cause of death

National Human Genome Research Institute: *Family History Questionnaire*

www.nchpeg.org/index.php?option=com_content&view=article&id=61

The National Human Genome Research Institute's **Family History Questionnaire** allows you to easily fill in your family's health history information. Simply print the questionnaire and include known information, then bring the card in to your next visit with your healthcare provider so you can easily share your health history and discuss possible risk factors.



Family History Questionnaire

Please complete the chart below. Provide as much information as you are able, and use the back or attach additional sheets as needed. Do not include information about family members who are not biologically related to you.

Mother's Side of Family (Biological)				Father's Side of Family (Biological)			
↦ If Living Current Age	↦ If in Good Health	Relationship	1) Cause of death 2) Age at death 3) Health problems	↦ If Living Current Age	↦ If in Good Health	Relationship	1) Cause of death 2) Age at death 3) Health Problems
		Grandmother				Grandmother	
		Grandfather				Grandfather	
		Aunt(s)				Aunt(s)	
		Uncle(s)				Uncle(s)	

Biological Mother				Biological Father			
↦ If Living	↦ If in Good Health	Name and current age if living	1) Cause of death 2) Age at death 3) Health problems	↦ If Living	↦ If in Good Health	Name and current age if living	1) Cause of death 2) Age at death 3) Health problems

Your Sisters				Your Brothers			
↦ If Living	↦ If in Good Health	Name and current age if living	1) Cause of death 2) Age at death 3) Health problems	↦ If Living	↦ If in Good Health	Name and current age if living	1)Cause of death 2) Age at death 3) Health problems

Surgeon General: *My Family Health Portrait*

familyhistory.hhs.gov/FHH/html/index.html#

The Surgeon General's **My Family Health Portrait** is an internet-based tool that makes it easy for you to record your family health history. The tool is easily accessible on the web and simple to fill out. It assembles your information and makes a "pedigree" family tree that you can download. It is private—it does not keep your information. The tool gives you a health history that you can share with family members or send to your healthcare provider.

My Family Health Portrait

A tool from the Surgeon General

Using My Family Health Portrait you can:

- Enter your family health history.
- Learn about your risk for conditions that can run in families.
- Print your family health history to share with family or your health care provider.
- Save your family health history so you can update it over time.

Talking with your health care provider about your family health history can help you stay healthy!

Learn more about My Family Health Portrait

Create a Family Health History

Use a Saved History

Glossary | FAQ | Accessibility | Privacy | About | Contact | Site Updates

Centers for Disease Control and Prevention: *Family Healthware*

www.familyhealthware.com/#!/

The CDC's **Family Healthware** online tool can help you and your relatives learn more about the hereditary likelihood of acquiring six specific diseases: diabetes, stroke, coronary heart disease, ovarian cancer and colorectal cancer. Once you complete the online questionnaire, you can invite your relatives to join! The Family Healthware tool will calculate your personal health score and provide a customized prevention plan.

FAMILY HEALTHWARE

ABOUT HOW IT WORKS LOG IN

Get Your Prevention Plan And Health Score

YOUR DATA

Family Healthware analyzes health data from you and your biological relatives to evaluate the risks for acquiring certain illnesses. Family Healthware does not ask for information about all illnesses, just those that are highly likely to run in families.

YOUR ACCOUNT

To benefit from Family Healthware you need to set up a free account, complete four brief questionnaires on basic health, health behaviors, lab tests and health history, and fill out a family health tree. Family Healthware will then calculate your current health score and give you a personalized prevention plan.

YOUR PROFILE

Family Healthware analyzes the likelihood you have of getting one or more illnesses predicted by your family history: diabetes, stroke, coronary heart disease, and colorectal, breast and ovarian cancer. If you already have one of these illnesses, Family Healthware does not cover that condition in its recommendations.

YOUR DASHBOARD

Your dashboard summarizes your current health profile. The more data you include, the more accurate your score and health profile. Family Healthware calculates your overall health score on a scale from 1 to a top score of 105. You will also receive a personalized prevention plan. You can raise your score by taking action on the recommendations in your prevention plan.