Instructional Activity 2: Family Health Tree

Use these questions to interview your family. Then use the information to fill out your family health tree.

Doctors say here are some questions to focus on:

• Did anyone die young in our family? What did they die of?

• Does any illness or condition run in the family?

• Did anyone have multiple stillbirths or pregnancy losses? Did more than one child in the family die young?

• How was our relatives' cardiovascular health? Any cancer diagnoses? What about diabetes or neurological conditions?

• Did anyone suffer vision loss? (Macular degeneration has a genetic component.)

• Is there a history of Alzheimer's disease? What was the age of onset?

• Was anyone hospitalized for mental illness? What happened? Were they depressed? Or were there other issues? Ask for details on what their behavior was like. (Be aware that people were hospitalized or institutionalized decades ago for mental health issues, including depression that today might be easily treated with medication.)