Family Health Portrait

Life Style Diseases

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Condition/Disease \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due Date \_\_\_\_\_\_\_\_ Grade \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Life Style Disease- A disease that potentially can be prevented by changes in diet, environment, and lifestyle, such as heart disease, stroke, obesity, and osteoporosis

(http://www.collinsdictionary.com/dictionary/english/lifestyle-disease)

Life Style Diseases can be passed down through generations. Life Style Diseases result from choices and decisions we make regarding our health. For this assignment you will investigate your Family’s/relative wellness history in order to evaluate your own wellness.

**Directions:**

1. Fill out the Family Health Portrait chart (back of this page)
2. Bring completed chart to next Health class. I will review disease and conditions and assign you to a group based on your family’s history
3. Once in groups, together you will complete a presentation about your disease/illness including the following information:
   1. \_\_\_\_\_/10 Definition
   2. \_\_\_\_\_/20 Three statistics regarding your disease (try to find local stats)
   3. \_\_\_\_\_/30 Habits that lead to or cause the condition/disease
   4. \_\_\_\_\_/40 Four ways to prevent the disease/illness

\_\_\_\_\_  **Total**

**\*\*\* Hand in this page for grading**

1. Present to class- everyone in the group MUST participate in the presentation (PowerPoint, posters, diagrams, etc.)

Family Health Portrait Chart

One of the most important predictors of your future health is the current health of your family members. Knowing your family’s medical history can help you learn how to best take care of your own health.

\**Note: This activity should be completed at home to ensure privacy.*

**Directions:** Interview family members about their own medical history and the medical histories of other family members. Discuss whether they, or other family members, have had or have any disease related to life style decisions (i.e. Life Style Diseases). In the space below list the diseases or conditions:

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