

FAMILY MEDICAL HISTORY

In class we studying about risk factors and the affects they can have on our health and lifestyle. Risk factors are habits or characteristics which can increase the likelihood of developing certain diseases. Some risk factors are non-modifiable (risk factors that cannot be changed) and some are modifiable (risk factors that can be changed).

Non-modifiable risk factors:

Family history of coronary disease or stroke

Age

Sex

Modifiable risk factors:

Smoking

Stress

High Blood Pressure (hypertension)

Type “A” personality

Diet high in animal fats

Obesity

Sedentary lifestyle (couch potato)

Excessive use of alcohol

Diabetes

Please help your child answer the health questions below to help them have a better understanding about their family health history and how it can possibly affect their health and lifestyle.

Does anyone in your family have any of the conditions below that apply to their past or present medical status?

CONDITION	NAME	RELATIONSHIP	AGE
ARTHRITIS			
ASTHMA			
BLEEDING PROBLEMS			
CANCER			
DIABETES TYPE1/TYPE2			
EPILEPSY			
EYE CONDITIONS			
HEARING PROBLEMS			
HEART DISEASE			
HIGH CHOLESTEROL			
KIDNEY DISEASE			
STROKE			
ULCER			
ALCOHOLISM			
DRUG USE			
OBESITY			
SMOKING			
OTHER			

After completing questions please sign below.

Student's name

Parent's name
