

Name: _____ Date: _____ Block: _____

My Family Health History: Family Member Interview ¹⁶

Directions: Interview a family member and learn about any health issues that have been present within your family, either now or in the past. Also, use this opportunity to learn about any information you were not able to fill out on the registration forms.

If you are unable to get information about your biological family, you may interview a non-relative or non-biological family member and discuss that person's history, and why it would be important to know.

Use the following questions to help guide your interview:

- Were you/other family members born with any medical problems?
- Do you/other family members have any major medical problems/diseases?
- Have you/other family members had any major medical problems in the past?
- What age did these medical problems occur?
- What are some causes of death in the family? At what age did these family members pass away?
- What is your/our family members ethnic background? Does this put us/me at risk for any diseases?

DO NOT WRITE THE RESPONSES ON THIS PAPER! YOUR RESPONSE TO THE REFLECTION QUESTIONS IS PROOF OF COMPLETING THIS ASSIGNMENT.

REFLECTION QUESTIONS

1. Why is it important for me to know my family health history?

2. What can I do with the information I learned to enhance my health?
