



# *Take Charge! Live Well!*

*Healthy history lessons everyone should know*



# Real Health History

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**Between  
1776-  
1974...**

18 U.S. Presidents suffered from a mental disorder

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24% of the Presidents suffered from depression

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8% had an anxiety disorder

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8% had alcohol dependence

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# Outline

- What is family health history?
- Why does family health history matter?
- What are you at increase risk for based off of your family health history?
- Health risks you can control
- Healthy resources



# Family Health History

## Family health history...

- Is a written or graphic record of the diseases and health conditions present in your family.
- Is a useful tool for understanding health risks and preventing disease in individuals and their close relatives.
- May be known a lot by some people, or only a little.



Talk with family members about your health history, write this information down, and update it from time to time.

# Family Health History



- You can use family health history to see if you, your children, or your grandchildren might face an increased risk of developing serious health problems.
- A family health history might help explain why someone developed certain health conditions.
- Common diseases can result from the combined effects of multiple genetic and environmental factors.

# Increased Risks

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**What  
can  
increase  
risk?**

Having one or more close relatives with a medical condition.

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Having a relative diagnosed with a condition at an early age.

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Having a relative with a disease that is less common in a certain gender.

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Having a combination of diseases that run in your family.

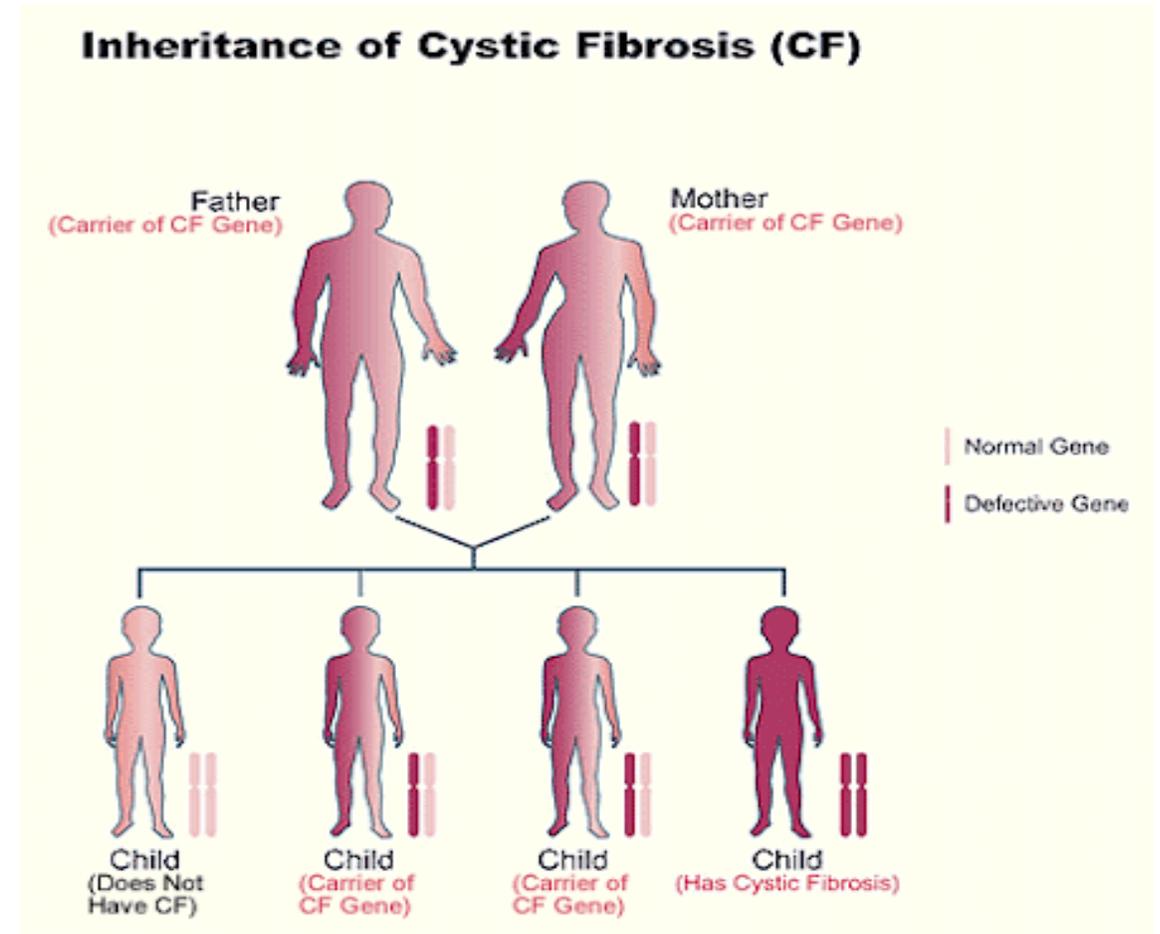
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# Common Familial Health Problems

- Alzheimer's disease/dementia
- Arthritis
- Asthma
- Blood clots
- Cancer
- Depression
- Diabetes
- Heart disease
- High cholesterol
- High blood pressure
- Pregnancy losses and birth defects
- Stroke

# In-Depth Look: Cystic Fibrosis

- Cystic Fibrosis is one of the most widespread inherited genetic disorders
- It most often affects Caucasians
- Symptoms include difficulty breathing, recurrent lung infections, digestive, and reproductive issues.



# In-Depth Look: Sickle Cell Disease

- Sickle cell disease is the most common inherited blood disorder in the United States.
- Approximately 100,000 Americans have the disease.
- In the United States, sickle cell disease is most prevalent among African Americans



# Not Just The Genes

## One recent study indicates...

- Shared lifestyles and surroundings may play as strong a role as genes in diseases that run in families
  - This study included medical histories of more than 500,000 people and their families in the United Kingdom.
- Factors include the same living space and similar eating habits.



# Risk Factors

## Things you cannot change

- Genes
- Age
- Gender
- Race

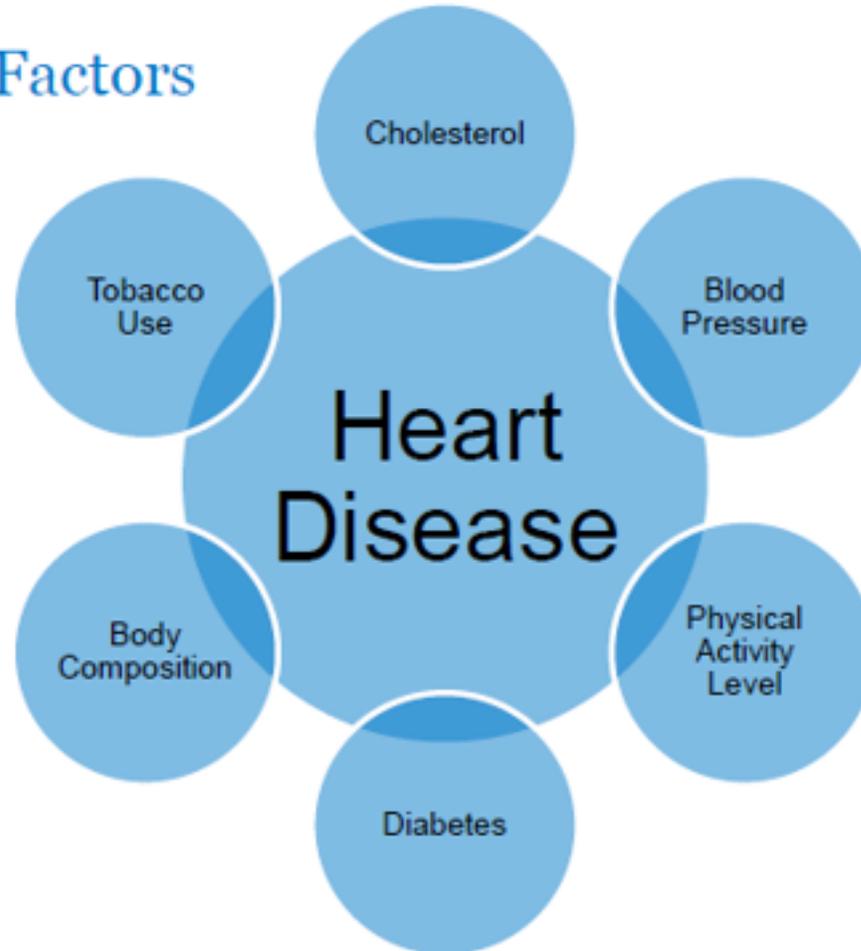
## Things you can change

- Diet
- Environment
- Activity level
- Lifestyle



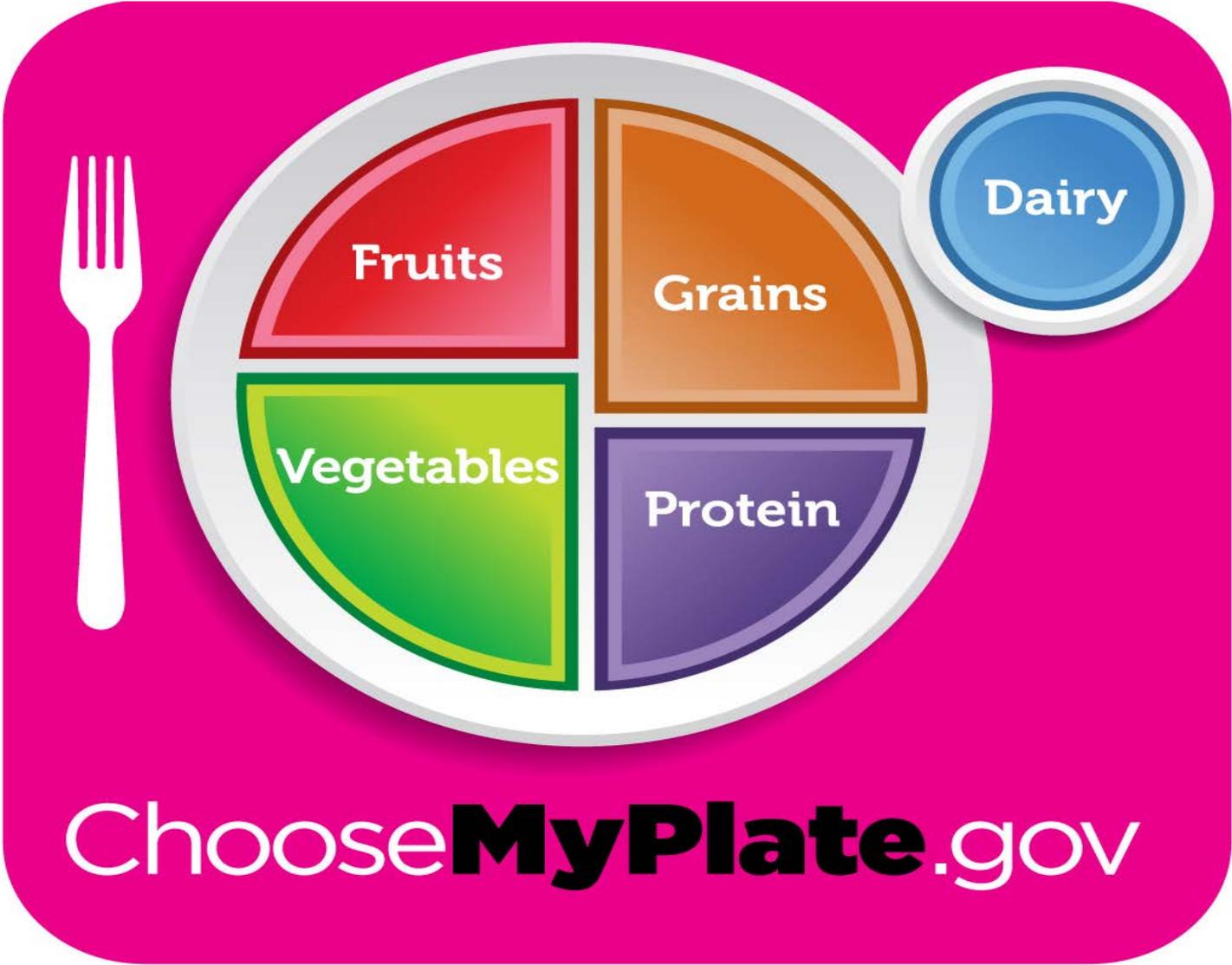
# Heart Disease Risk Factors YOU CAN Control

## Modifiable Risk Factors



High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About **half of Americans (49%)** have at least one of these three risk factors.

# Create Your Healthy Plate



Source: ChooseMyPlate.gov

# Before Your Next Check-Up...

## Review your family history.

- Are there any new conditions that you need to report?
- Family history is very important in assessing your risks.

## Find out if you are due for any screenings or vaccinations.

- Have you had your recommended screenings?
- Keep an immunization history.

## Write down the list of issues and questions to take with you.

- Be honest and open with your Primary Care Provider.

## Consider your future.

- Are there specific health issues that you need to discuss?
  - Do you plan to quit smoking, lose weight, or start a family?
  - Discuss early rather than later.
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# Suggested Resource: Track Your Family Health History

[familyhistory.hhs.gov/](http://familyhistory.hhs.gov/)

- *My Family Health Portrait* is a free website to help make it easy for anyone to create a portrait of their family's health.
- After completing the questions, the website creates a personalized “Family Health Tree” that can be saved to a home computer.
- Families may update the information at any time.
- The tool can be shared with other family members, who can add their health information to the portrait.
- All information remains private.

Delete all Data and Restart Save Family History for Later Re-use Add Another Family Member View Diagram and Table

Name	Relationship to me:	Add History	Update History	Remove Relative
<b>My Family</b>				
Jane Doe	Self			
	Father			
	Mother			
	Brother			
	Brother			
	Sister			
	Son			
	Daughter			
<b>My Father's Side of the Family</b>				
	Paternal Grandfather			
	Paternal Grandmother			
	Paternal Uncle			
<b>My Mother's Side of the Family</b>				
	Maternal Grandfather			
	Maternal Grandmother			
	Maternal Uncle			
	Maternal Uncle			
	Maternal Aunt			
<b>Recently Added Family Members</b>				

# Suggested Resource: What's Hanging From Your Tree

## KNOW YOUR FAMILY HEALTH TREE.

Fill in this worksheet with the health conditions affecting your relatives. Underneath, check out some healthy actions you can take to reduce your risk for common conditions.

The diagram shows a stylized tree with a central trunk and several branches. The trunk is labeled 'Me'. The main branches are labeled 'Dad' and 'Mom'. There are four smaller branches extending from the main ones, each labeled 'Sibling:'. The top of the tree has several smaller branches, each with a box for recording health conditions. The labels for these boxes are: Grandpa, Grandma, Uncle, Aunt, Uncle, Aunt, Uncle, Aunt, Uncle, Aunt. The boxes are arranged in a grid-like pattern, with 'Grandpa' and 'Grandma' at the top, followed by 'Uncle' and 'Aunt' in two rows, and 'Uncle' and 'Aunt' in two more rows. The 'Dad' and 'Mom' boxes are in the middle, and the 'Sibling:' boxes are at the bottom.

## COMMIT TO HEALTHY HABITS.

Reduce your risk for common conditions with the healthy behaviors listed below. Note that the behaviors are similar across the board.

### DIABETES

- Stay physically active (at least 150 minutes each week).
- Maintain a healthy weight.

### STROKE

- Eat a heart-healthy diet (whole grains, lean meats, fruits and veggies).
- Stay physically active.

### HIGH BLOOD PRESSURE

- Maintain a healthy weight.
- Make nutritious food choices.
- Stay physically active.

### HEART DISEASE/HEART ATTACK

- Avoid tobacco.
- Make nutritious food choices.
- Maintain a healthy weight.

### HIGH CHOLESTEROL

- Reduce saturated and trans fats (red meat, full-fat dairy, fast food and many packaged foods).

# Well-Being Connect Resources: Resources & Tools

Focus Areas & Trackers

Biometric screening results

View your Snapshot report



Articles & Resources

Visit [ohio.gov/tclw](http://ohio.gov/tclw) and select "Well-Being Connect"

# Well-Being Connect Resources: Health Records

[Back to Resources & Tools](#)



## Health Records

Labs, Biometrics, and Screenings & Vaccinations

[Medications](#)

[Lifestyle Profile](#)

### Labs, Biometrics, and Screenings & Vaccinations

Here are the values provided by you or by your health care provider. [Print](#)

#### Wi-Fi Scale

A connected Wi-Fi scale will make updating your weight automatic. We support the Fitbit Aria and the Withings Wi-Fi scale. [Learn More](#)

#### Blood Pressure Monitor

A connected Blood Pressure monitor will make tracking your values automatic within your health record. [Learn More](#)

**Biometrics** [Print](#) [Add New Biometric](#)

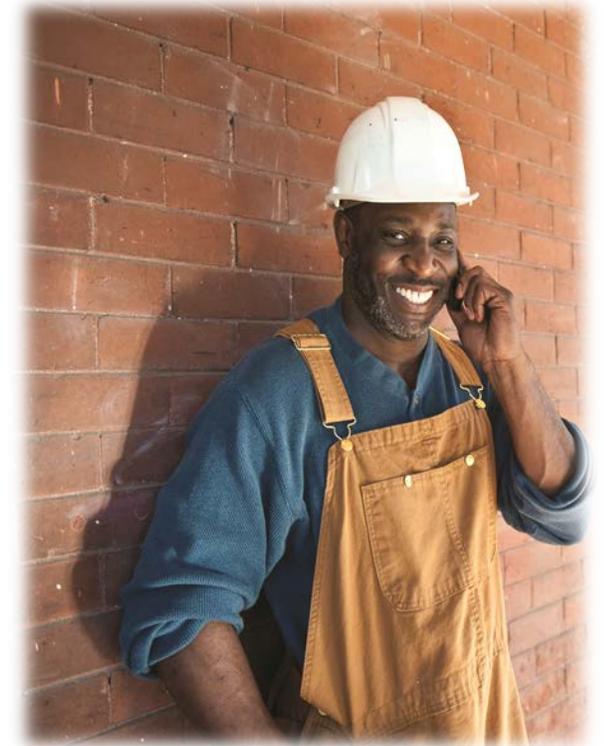
Most Recent | [View All](#)

Type	Value	Date	Source
Height (1)	6 feet 0.0 inches	07/03/2014	Self Reported

# Telephonic Health Coaching

## What is it?

- Working with a health coach provides personalized support to help lower your risks, manage your conditions, and change behaviors
- A health coach will help you set and keep you on track to achieve your health goals
- Each coaching program will be created and personalized to your unique needs and goals



To get started, call [1.866.556.2288](tel:1.866.556.2288) and select Option 2





# Learn More

## Helpful Resources

- *Surgeon General: Family Health Portrait*
- <https://familyhistory.hhs.gov/FHH/html/index.html>
- Mayo Clinic
  - <http://www.mayoclinic.com/health/medical-history/HQ01707>
- Centers for Disease Control and Prevention
  - <http://www.cdc.gov/>
- National Institutes of Health
  - <http://www.nih.gov/>
- *Take Charge! Live Well!*
  - [www.ohio.gov/tclw](http://www.ohio.gov/tclw)
  - 1.866.556.2288





***THANK YOU!***

1-866-556-2288

[ohio.gov/tclw](http://ohio.gov/tclw)

