

FAMILY HEALTH HISTORY



Banking DNA is a major step to securing a healthy future for your family. The other important step is to keep a record of each family member's health, especially previous generations.

The United State Surgeon General has declared each Thanksgiving Day as National Family Health History Day, and suggests that families talk about diseases that run in your family when you get together at Thanksgiving or any family gathering. The following website will help you complete your family health history on your personal computer at home and then share this information with other family members.

<http://www.hhs.gov/familyhistory/index.html>



The **GENES IN LIFE** website also offers free booklets to help you get started keeping a record of your family health history. PreventionGenetics encourages you to also take advantage of this informative website.



<http://www.genesinlife.org/healthy-start-begins-family-health-history>