**Family Medical/Health History & Stress Evaluation Project**

**Directions:**

* You will begin by doing a Family Health History Assessment of the last three (3) generations of your family – ie. *Parents, Grandparents, & Great-grandparents*.
  + - Please include all Aunts, Uncles, Cousins and your own Siblings that are blood-relatives
    - Distinguish them as either “Maternal” or “Paternal” relatives – ie. *Maternal Great-grandmother or Paternal Uncle*
* You will include their current age and any Medical/Health conditions they may currently have or have had throughout their life to the best of your knowledge.
* If they are deceased then you will include their age at death and the cause of death.
* The more detailed and extensive your descriptions and evaluations the better your health assessment and personal evaluation will – however, you do not have to divulge any information that you feel would be a violation of your family’s privacy. (No one will be seeing these projects except for me)
* Please try and include ailments and conditions that someone is born with, such as: allergies, asthma, diabetes, etc. And conditions which are acquired throughout a lifetime, such as: cancer, hypertension, HIV/AIDS, etc. (In some case there may be both a genetic and environmental connection (genetic predisposition) such as lung cancer or heart disease.
* EX: Maternal Grandfather, deceased

Age at Death – 81

Cause of Death – Liver Cancer

Other known health conditions/health history – hypertension, epilepsy

* Once you have done a COMPLETE health history of your family print out and take the stress evaluations found on the website
* Based upon the results of the individual stress evaluations, including the Type A or B personality analysis you did in class, and the overall assessment of your family health history you MUST WRITE A 2-3 PARAGRAPH OVERVIEW of your current health status and future personal health prospects, including susceptibility to diseases, debilitating health conditions, and life expectancy.