

Anna Darelli

Elisa Noel

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Family Health History

Your family's health history can be a determining factor in your wellbeing. As a result of researching different aspects from various members in your family you may assess the risks that you may have of developing certain health conditions and/or behaviors. Looking at your history can be of assistance when making significant decisions mainly for the reason that it can help educate you on what behaviors you would most likely be more prone to and how your body would possibly react to different environments, actions, and habits.

Each family is comprised of many different relatives coming together and essentially, integrating their genetics with one another. By completing my personal family health history I discovered that there is quite a tendency to certain habits and hazards that seem to be prominent in my family because of this. Although, environment and routines also have a lot to do with several health conditions as well.

I've discerned that the major diseases in my family are cancer, with both my grandfathers having two separate forms of it, blood pressure issues from either grandmother, both high and low, but, most of all, concerns with weight. The majority of my family is overweight, some to the point of obesity. On top of that, my father's side of the family has a history of mental

instability such as bipolar disorder and depression, which fuels the addiction to behaviors such as drinking and smoking.

However, preventative measures can be taken to delay or avoid bringing these concerns into my personal life. After my parents divorced I was depressed, and that eventually led me to smoking. Because of my mental status at the time and the history of addiction in my family I just could not stop. Now that I have become conscious of what factors led me to this behavior I avoid being around others who smoke, I try to keep my hands busy, and most importantly, I am physically active. This not only helps me with my battle to quit for life by expanding my lung capacity and improving my cardiorespiratory endurance but it helps in keeping the additional health concerns that I may be genetically inclined towards at bay.

Lastly, nutrition plays a chief role in this whole speculation. Your body needs a very specific amount of nutrients to provide itself the energy to perform the functions it needs to. Without proper nutrition I would likely be overweight, with additional medical problems that are tied to being unwholesome. The combination of suitable nutrition, physical health, and mental steadiness is what will facilitate the balance of wellbeing in my life, along with the consciousness of my family history.

Myself
 1992
 GERD
 Smoker
 Normal weight

<u>Paternal Grandfather</u> 1932-1984 (Heart Attack) 52 years old Cancer- Colon Bipolar Disorder Normal weight	<u>Paternal Grandmother</u> 1930 Low Blood Pressure Alzheimer's Disease Normal weight
<u>Maternal Grandfather</u> 1940 Cancer- Prostate Diabetes Arthritis Normal weight	<u>Maternal Grandmother</u> 1942 Cardiomegaly (Enlarged Heart) High Blood Pressure Aneurysm Over weight
<u>Father</u> 1961 Bipolar Disorder Meniere's Disease Legally Blind Legally Deaf Over weight	<u>Mother</u> 1971 Over weight
<u>Uncle</u> 1958 Social Drinker Normal weight	<u>Uncle</u> 1967-1987 (Industrial Accident) 20 years old No health issues Normal weight
<u>Uncle</u> 1960 Obesity Asthma	<u>Uncle</u> 1968 Social Drinker Normal weight
<u>Uncle</u> 1963 Smoker Bipolar Disorder Normal weight	<u>Aunt</u> 1967 Depression Over weight
<u>Brother</u> 1991 Loss of hearing Social Drinker Social Smoker	<u>Sister</u> 1995 Depression Over weight