

Family Health

“family tree”

Relationships to family members:

First (1st) degree relatives = One step away from you. They include parents, children or siblings.

Second (2nd) degree relatives = Two steps away from you. They include half-siblings, grandparents, aunts, uncles and grandchildren

Third (3rd) degree relatives = Three steps way from you and include first cousins.

Family Health

**What does your family have to do
with your health?**

Family members share

Genes

Behaviors

Lifestyles

Ethnicity

Traditions

Cultures

Religions

Social supports

Stress

Environment

Family Health

Genes ~ The basic unit of hereditary information that is the physical basis for transmitting characteristics from one living being to another

Genetics ~ The study of the way traits are passed down from one generation to another.

Genomics ~ The study of all the genes and how they interact with each other and the environment.

Chronic Disease ~ A disease that lasts a long time or recurs often.