

Family Health History Worksheet

For each family member, add the names of any medical conditions and the approximate age they were diagnosed. It's okay if you don't know the exact ages; your best guess is fine. And if you don't know the official medical term, it's okay to include a commonly used name or description.

Close Relatives (children, grandchildren, parents, full & half siblings)

Relationship	Age / Age at Death (estimate ok)	Health Conditions (e.g., cancer, heart disease, diabetes)	Age Diagnosed (estimate ok)	Notes (early diagnosis, multiple relatives, rare conditions?)

(add more rows if needed)

Family Health History Worksheet

Chronic health conditions

Examples: type 1 and type 2 diabetes, asthma, allergies, cancer, heart disease, stroke, high blood pressure, high cholesterol, obesity, lung disease, kidney disease, Crohn's disease, Alzheimer's disease.

Mental health conditions

Examples: depression, anxiety, alcohol and substance use disorders, schizophrenia, bipolar disorder, post-traumatic stress disorder, obsessive compulsive disorder, eating disorders.

Inherited or genetic conditions

Examples: sickle cell disease, cystic fibrosis, hemochromatosis, hemophilia, muscular dystrophy, alpha-1-antitrypsin deficiency, neurofibromatosis, Huntington disease.

Birth differences

Examples: cleft lip, cleft palate, spina bifida, congenital heart defects. Try asking yourself a few key questions: Does anyone in your family have any unique features? Or have anything you have ever wondered about, like having a small or short stature, or stretchy skin? Were there any early childhood deaths in your family?

Newborn and childhood conditions

Examples: epilepsy/seizures, childhood cancers, sudden infant death syndrome (SIDS), failure to thrive.

Developmental delays or differences, intellectual disabilities

Examples: autism spectrum disorder, developmental delays, attention-deficit hyperactivity disorder, Down syndrome, fragile X syndrome, cerebral palsy. Try asking yourself: Has anyone in your family needed special classes in school?

Vision and hearing loss, physical disabilities

Examples: blindness/vision loss, deafness/hearing loss at a young age, osteogenesis imperfecta, spinocerebellar ataxia

Infectious diseases

Examples: malaria, hepatitis, tuberculosis, Lyme disease, infectious mononucleosis (mono). Knowing whether a family member has been exposed to an infectious disease can be valuable information to include in your family health history. Healthcare professionals can use this information when trying to understand the role genetics may, or may not, be playing in a family member's health condition.

Reproductive and pregnancy complications

Examples: male or female infertility, miscarriage, stillbirth, polycystic ovary syndrome (PCOS), endometriosis, sperm disorders like abnormal sperm shape or mobility, testicular disorders, varicoceles, enlarged prostate.