Family Heritage and Medical Tree

Project

Lancer Health-Cindy Wilgus

Date Due: ______________

Although a healthy lifestyle is very important to a person’s well being, there are certain types of physical, mental/emotional and social problems or ailments that tend to run in families. Certain types of cancers, heart disease, high blood pressure, depression, vision and hearing problems, and alcoholism are just a few examples of diseases and disorders that run in families. We also see positive health habits that families live by. They include low fat diet, regular exercise, staying away from drugs, alcohol and tobacco products, getting adequate sleep and maintaining your recommended weight (the seven lifestyle factors). When students are more aware of the families health habits and risks, they can be better prepared to prevent or deal with those issues now and in their futures. Our job is to give them the tools to help them make better decisions and choices in their lives. This is the first step.

Your assignment is to explore and chart your family’s heritage and medical health history (both good and not so good).

1. Chart four generations (if possible) on both sides of your family. You and your siblings are the first, parents and their siblings are the second, grandparents are the third, and great grandparents are the fourth. Do not chart siblings above your parents nor do you chart your cousins. Names are optional, but you need to include date and place of birth and age and cause of death (if they have passed). You will also learn a lot about your heritage. Where your ancestors originated.

2. You must have a key to indicate gender, birthdates, birthplaces, healthy and unhealthy habits, the seven-lifestyle factors for each person, illnesses and diseases and medical or emotional conditions.
3. Be creative...use colors, shapes, or designs to decipher your key, and have a title at the top of your tree.

4. After turning in your trees, you will be asked four questions that you will answer in your journal. What did you learn? Did you find out about any problems that you did not know before? Is there a pattern of an illness or positive habit that you found that runs through your family? Was there anything that you learned that surprised you?

5. If you can only track one side of your family, you will need to write a 3-4 page paper about a health issue you revealed or would like to know more about. You must use and cite at least two references in researching your topic. (See paper requirements)

If you have most of your generation information but are missing some dates, maybe a grandparent or two, you can write a two-page paper on a medical issue. Again, follow the paper requirements.

Requirements of the Project

1. You may design your project anyway you wish and use any type of materials. So be creative. It MUST be legible, easy to read, and easy to follow the generations. Spelling counts!!!! Be creative, have fun, and most importantly learn from the wisdom of your ancestors.

2. If you write a paper, it must be typed, 12-point font, and double-spaced. NO EXCEPTIONS!!! See attached sheet for specifics.

If for any reason you are having difficulty, need some assistance or more direction, please do not hesitate to ask, call or email me.

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*****Think about some of the following: migraines, obesity, eating disorders, depression, schizophrenia, Alzheimer’s, respiratory diseases, asthma, emphysema, heart attack, strokes, eye problems, (glasses), cancers, allergies (food or seasonal), arthritis, skin problems, ulcers, dyslexia, ADD, ADHD, epilepsy, high or low blood pressure and cholesterol, smoker/non smoker, high or low fat diet, diabetes, alcoholism and exercise level.