

## Our family health portrait:

### An activity for the whole family

Gathering with other family members to collect and record your family's health history is one of the most effective ways to compile this information. It can also be a fun activity for everyone in the family!

Use these materials to create a unique, artistic family health portrait at your next family gathering.

#### Preparation:

1. On a piece of scratch paper, list every member of your family. Work together as a family and try to remember as many people as possible.
2. Choose the type of apples you would like to use (there are two versions to choose from in this kit)
3. Make sure you have enough apples for everyone on your list. To print out additional apples, visit [geisinger.org/familyhistory](http://geisinger.org/familyhistory).
4. Cut out all of the apples.
5. For each family member's apple, write the following information down:
  - Name & gender
  - Date of birth and age (and date of death, if applicable)

#### What you'll need:

- Scissors
- Glue
- A large piece of poster board or poster paper
- Crayons, markers, colored pencils, stickers, glitter or other materials for decorating your apples
- Tinsel, strings of beads or other fun strands
- Pens for everyone to write with
- You and your family members (of all ages!)



#### Activity time

Have everyone take one apple and do one of the following activities.

**Kids:** Color in and decorate an apple for each family member. Use red apples for girls and green apples for boys.

**Adults:** Write down as much health information as you can remember for each family member. Be sure to look at each apple to verify that everything you know about each relative's health history has been recorded.

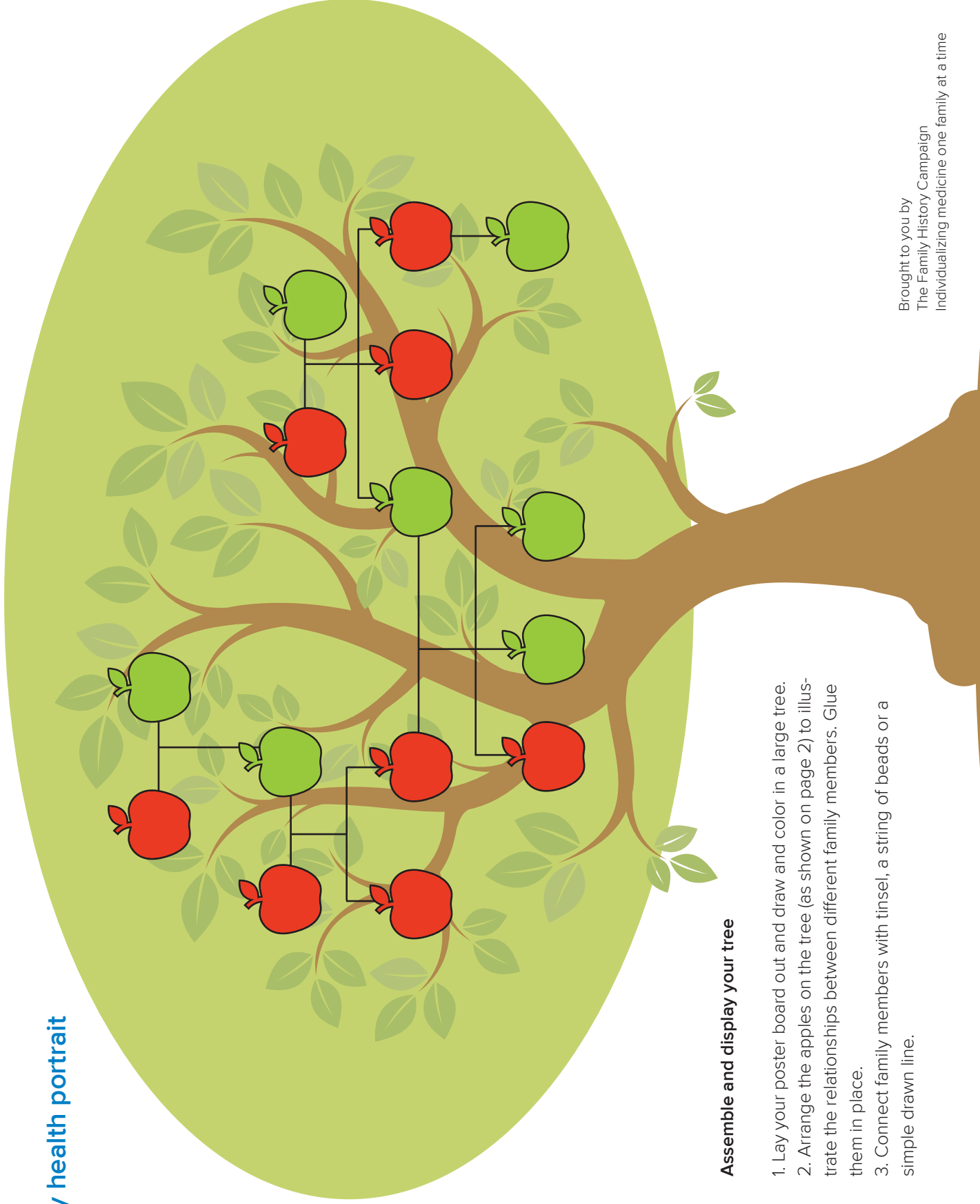
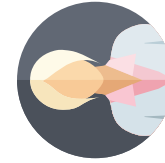
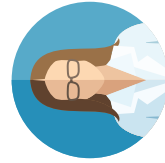
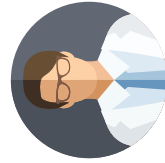
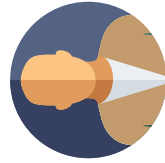
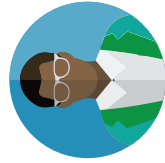
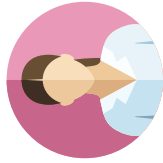
#### Important health information to Include:

- Aortic aneurysm (at what age?)
- Asthma
- Any cancers (specific type & age of diagnosis)
- Deafness
- Diabetes (at what age?)
- High cholesterol
- Heart attack (at what age?)
- Hypertension
- Vision loss
- Obesity
- Stroke (at what age?)

Everyone: Record interesting facts, character traits or trivia about your relatives. Favorite animal? Profession? Favorite hobbies? Favorite sports teams? Do they tell good jokes?

See page 2 for directions on how to assemble and display your tree.

## Our family health portrait



### Assemble and display your tree

1. Lay your poster board and draw and color in a large tree.
2. Arrange the apples on the tree (as shown on page 2) to illustrate the relationships between different family members. Glue them in place.
3. Connect family members with tinsel, a string of beads or a simple drawn line.

Color an apple for each member of your family

The Family History Campaign

\_\_\_\_\_  
DOB \_\_\_\_\_ (DOD) \_\_\_\_\_

Male  Female

Health conditions	Age

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The Family History Campaign

\_\_\_\_\_  
DOB \_\_\_\_\_ (DOD) \_\_\_\_\_

Male  Female

Health conditions	Age

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Use red for girls and green for boys.

Color an apple for each member of your family

The Family History Campaign

\_\_\_\_\_

DOB \_\_\_\_\_ (DOD) \_\_\_\_\_

Male  Female

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