



# Creating My Family Health Tree

Write a list of all your family members, including:

- Parents
- Brothers and sisters (include half-siblings)
- Children
- Grandparents
- Aunts and uncles
- Cousins
- Nieces and nephews
- Yourself



Record the following information on each person:

- Age or date of birth (or best guess, e.g. 40's)
- Date of death for family members who have passed away
- Height and weight (optional)
- For those with medical conditions, write down how old the person was when they were diagnosed and record things like if they smoked, diet or exercise habits, etc.
- Where each side of your family comes from originally (e.g. England, Mexico, India, etc.)
- Medical conditions such as:
  - Cancer
  - Heart disease
  - Diabetes
  - Asthma
  - Mental illness
  - High blood pressure
  - Stroke
  - Kidney disease
  - Birth defects (e.g. spina bifida, cleft lip, heart defect)
  - Learning problems or mental retardation
  - Vision or hearing loss at a young age
  - Known genetic conditions, like cystic fibrosis, sickle cell disease, tooth decay, gum disease

If you don't live with or have access to information on your birth family, collect information on the family you live with.

If you are adopted, you can collect information on either or both your adopted and birth families. A pedigree of your adopted family will not give you much information about your own genetic make-up, but would tell you a lot about the family you are part of. A pedigree of your birth family will tell you more about your personal genetic history, but it may be more difficult to learn details.

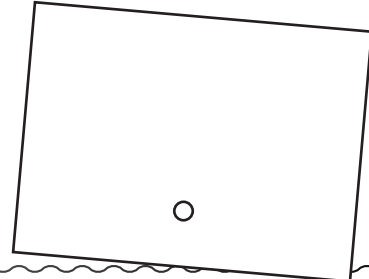


# Create Your Health Tree

**Remember!**  
Squares  represent males  
and circles  represent females.

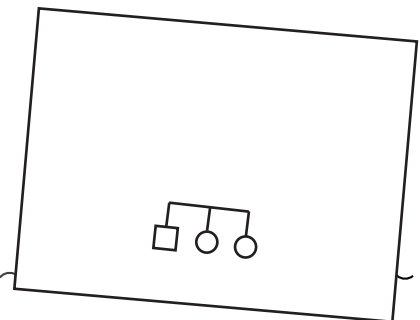
## Start with yourself.

- Place yourself towards the bottom or middle of the center of the page, because older generations will go above you
- Leave space underneath your symbol for your information: date of birth, any medical conditions, height and weight (optional)



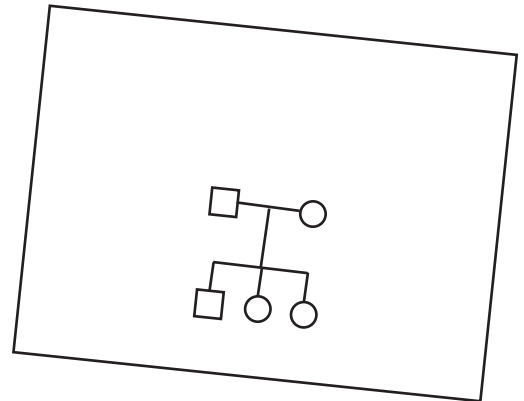
## Draw your brothers and sisters next to yourself.

- Older siblings go on your left, younger siblings on your right
- Then draw vertical lines up from each sibling and connect the vertical lines with a horizontal line. This is called a “sibship” line.
- Half-siblings should be added later.



## Draw your parents above yourself.

- Draw a horizontal line connecting your parents.
- Then draw a vertical line from the horizontal line to your symbol (if only child) or the sibship line.
- The horizontal line is a “relationship” line.
- If your biological parents are divorced or not together, draw a diagonal line through the horizontal line.
- If either of your parents have children with a different partner, draw a second relationship line to the other partner.
- Any half-siblings from this relationship should have a vertical line stemming from the new relationship line.



## Draw your maternal grandparents above your mother, or your mother’s sibship line.

- Connect them with a relationship line (if applicable) and draw a line of descent to your mother or mother’s sibship line.

## Draw your paternal grandparents above your father, or your father’s sibship line.

- Connect them with a relationship line (if applicable) and draw a line of descent to your father or father’s sibship line.

