



American Heart Association.

EmPOWERED to Serve™

# Know Your Family Health History

## **Call to Action:**

*To get a clear picture of your risk of heart disease, it's important to know your family's health history. Create a family tree of at least the last three generations. When you know your inherited factors, you can make lifestyle changes to reduce them.*

## RESOURCES LIST

The lesson includes American Heart Association resources. You can tailor the lesson to your community's needs by adding or substituting different resources.

### ***Is the program for adults?***

Yes. Keep participants interested by breaking them up into small groups to review a resource. Ask each group to share what they learned with the full group.

### ***No audiovisual equipment?***

No worries. Copy handouts. Ask participants to read key messages aloud.

### ***Have a projector?***

Great. Use the slides to guide your talk. And download an AHA video for one of your interactive activities.

### ***Have a good internet connection?***

Show an AHA video, break participants up into groups to take an online quiz or demo an online tool.

### ***Think about which formats best teach the health messages to your community members.***

Consider what type of information is most motivating for your community.



## KNOW YOUR FAMILY HEALTH HISTORY | RESOURCE LIST

The icon in front of each resource indicates the format of that activity. Below are tips on how to incorporate each activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

### Additional Family History Resources

#### My Family Health Tree

The handout can help you find out which cardiovascular conditions are in your family.  
[bit.ly/3t3aFfb](http://bit.ly/3t3aFfb)

#### Life's Simple 7 Eat Better Infographic

The infographic provides tips for how to eat better.  
[bit.ly/39QSJgL](http://bit.ly/39QSJgL)

#### African Americans & Cardiovascular Diseases

The statistical fact sheet includes information about cardiovascular diseases among African Americans.  
[bit.ly/3rvoXoJ](http://bit.ly/3rvoXoJ)

#### Hispanics and Heart Disease, Stroke

The statistical fact sheet is about cardiovascular diseases among Hispanics.  
[bit.ly/2OfeVcQ](http://bit.ly/2OfeVcQ)



**Point 1: Knowing your family’s health history is important to your heart health.**



**Family History and Heart Disease, Stroke**

The American Heart Association explains the importance of knowing family history to understand cardiovascular disease risks.

[bit.ly/3ehYIOK](https://bit.ly/3ehYIOK)



**Genetic testing a tool for families dealing with certain heart diseases**

Investigating the hereditary roots of some cardiovascular diseases could help patients and their doctors make decisions, identify risks and manage treatment.

[bit.ly/3bw4RFb](https://bit.ly/3bw4RFb)



**What is Cardiomyopathy in Adults?**

Cardiomyopathy, which are heart muscle diseases, is explained.

[bit.ly/2OiLoz1](https://bit.ly/2OiLoz1)



**Your Aorta: The Pulse of Life**

Learn about the aorta as well as aortic aneurysm and dissection.

[bit.ly/3l03mSJ](https://bit.ly/3l03mSJ)



**About Arrhythmia**

It describes different types of arrhythmias and how they’re caused.

[bit.ly/2OFyv1y](https://bit.ly/2OFyv1y)

**Point 2: You can learn more about your risk of heart disease from your family’s health history.**



**Cholesterol Myths vs Facts**

Learn the facts about cholesterol and how to manage it.

[bit.ly/3uvusoj](https://bit.ly/3uvusoj)



## KNOW YOUR FAMILY HEALTH HISTORY | RESOURCE LIST



### **Familial Hypercholesterolemia (FH)**

Familial hypercholesterolemia, or FH, is an inherited defect in which the body recycles LDL (bad) cholesterol. Learn more about the condition, including how it's diagnosed and treated.

[bit.ly/3l0hknR](https://bit.ly/3l0hknR)



### **Genetic testing helps family uncover inherited heart condition**

Read about Kristen Criss' experience with genetic testing for hypertrophic cardiomyopathy (HCM).

[bit.ly/3qsXe6B](https://bit.ly/3qsXe6B)



### **Hypertrophic Cardiomyopathy (HCM)**

Hypertrophic cardiomyopathy (HCM) is caused by abnormal genes in the heart muscle. Learn how HCM is diagnosed and treated.

[bit.ly/3sZWgAz](https://bit.ly/3sZWgAz)



### **Understand Your Risks to Prevent a Heart Attack**

This resource describes risk factors for heart attack and how you can help prevent them.

[bit.ly/2Ofo8Su](https://bit.ly/2Ofo8Su)



### **Family History and Heart Disease, Stroke**

Learn about the importance of knowing family history to understand cardiovascular disease risks.

[bit.ly/3bv1Y7t](https://bit.ly/3bv1Y7t)



### **African Americans & Cardiovascular Diseases**

The statistical fact sheet includes information about cardiovascular diseases in African Americans.

[bit.ly/3sVEq1A](https://bit.ly/3sVEq1A)



### **Hispanics and Heart Disease, Stroke**

The statistical fact sheet includes facts about cardiovascular diseases among Hispanics.

[bit.ly/2O7EgWf](https://bit.ly/2O7EgWf)



### Point 3: A healthy lifestyle can reduce your risk of heart disease.



#### **Family History and Heart Disease, Stroke**

Learn about the importance of knowing family history to understand cardiovascular disease risks.

[bit.ly/3cefmw6](https://bit.ly/3cefmw6)



#### **My Life Check | Life's Simple 7**

The interactive online tool helps you assess and track heart health information and better understand risk of heart disease and stroke.

[bit.ly/30r59a3](https://bit.ly/30r59a3)



#### **The Facts About High Blood Pressure**

It includes information on diagnosing and treating high blood pressure.

[bit.ly/3elYCWn](https://bit.ly/3elYCWn)



#### **Fitness**

It includes tips on how to get more active to improve heart health.

[bit.ly/3v9gXMo](https://bit.ly/3v9gXMo)



#### **Life's Simple 7 Eat Better Infographic**

It includes information on how to make smart choices and swaps to build a healthy eating style.

[bit.ly/39QSJgL](https://bit.ly/39QSJgL)