

# Using Family History to Improve Your Health

## Web Quest

### Abstract

Students explore the *Using Family History to Improve Your Health* module on the Genetic Science Learning Center website to complete a web quest.

### Learning Objectives

- Chronic diseases such as heart disease, cancer and diabetes, run in families.
- An individual's environment, personal choices and genetic make-up all contribute to their risk of developing a chronic disease.
- Family health histories can provide important information about an individual's risk of developing a chronic disease.
- Lifestyle modifications that improve health can reduce an individual's risk of developing a chronic disease.

### Estimated time

- Class time 50-80 minutes
- Prep time 10 minutes

### Materials

- Student pages
- computers with Internet access

### Instructions

1. Have students log on to the Using Family History to Improve Your Health module at <http://gslc.genetics.utah.edu/units/health>.
2. Instruct students to navigate their way through the module to complete the web quest (pages 1-6).

### Additional Resources

Visit the Genetic Science Learning Center website to get links to great resources like this one! Just click on Using Family History to Improve Your Health, then scroll down each page to find relevant Additional Resources.

- Centers for Disease Control and Prevention (CDC): learn more about preventing chronic disease and public health research.

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