

# COMMUNITY NEWSLETTER!



## IN THIS ISSUE:

## FAMILY HEALTH HISTORY DURING PREGNANCY

Thanksgiving Day is not only a time to come together with friends and family to enjoy a delicious homemade meal. It is also National Family Health History Day!

This special day encourages everyone to come together as a family and have open conversations about their health histories. Family health histories are a record of any diseases and health conditions experienced by you, your partner (the other parent), or both of your families that could potentially affect the health of your pregnancy or your baby.

Learning about both parents' family health history will give your baby the best start possible. It can help you learn about the health of your baby even before they're born. For these reasons, it is important to know how to record your family's health histories and what to look for. Turn to **Page 2** to learn **How to Prepare Your Health History for Your OB Visit!**

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Family Health  
History During  
Pregnancy

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How to Prepare Your  
Health History for  
Your OB Visit

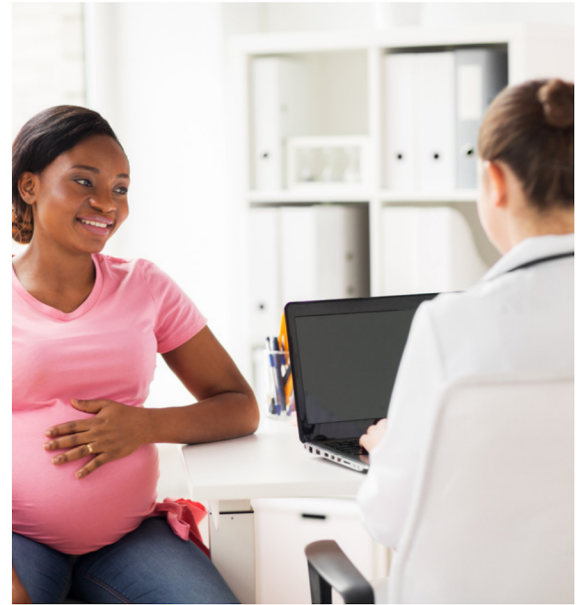
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Family Health  
History Checklist  
for Pregnancy

# How to Prepare Your Family Health History for Your OB Visit

Expecting a baby? You might be wondering whether your baby will have mommy's eyes or daddy's dimples. But your baby will inherit much more than that. Knowing your family health history can help you and your healthcare provider better understand your unique risk factors and make important health decisions.

Many health conditions can be passed down to other family members. For example, if your mom had a pregnancy-related condition like gestational diabetes, preeclampsia, or prenatal depression, you're more likely to experience it too. Consequently, here are **5 tips for preparing your family health history for your prenatal visits:**



## 1) Which Family Members Should I Get Family Health Histories From?

Focus only on family members who are related to you by blood. This includes your brothers, sisters, parents, and grandparents. You don't need to include step-parents or step-brothers, step-sisters, or other step-family members. But please remember, keeping track of your family's health history never stops. You may need to add to your family health history as your family grows and changes.

## 2) What Does Your Doctor Need to Know?

You should tell them about any ongoing conditions (like diabetes or asthma) or serious illnesses (like cancer or a stroke) your parents, grandparents, and siblings have or had and how old they were when the health problem started. If any of them have passed away, let your doctor know their cause of death and how old they were when they died. They also may ask about things like your family's lifestyle or diet, because relatives often have these in common.

## 3) What If My Family Doesn't Want to Share Their Medical History?

Some members of your family may feel that health conditions are private or talking about them may bring memories of a negative experience. Don't be upset if people don't want to share. Try having a one-on-one conversation with family members and tell them why you're asking about their health history. If they know why it's important to you, they may be more willing to share health information.

## 4) What If I'm Adopted or My Partner is Adopted?

If you or your partner is adopted, you may not know much about your birth family's health history. This is OK. Start collecting your own medical information and add what you do know about your birth family.

## 5) How Do You Find Health Information About Family Members Who Have Died?

You may be able to find health information about a family member who's died by asking other family members what they know about the person's health and death or requesting a copy of the person's death certificate or of the person's medical records from providers and hospitals

# Family Health History Checklist

This checklist contains some of the most common health conditions that may negatively affect your pregnancy and your baby. To complete this family health history form, write down the relationship of the family member(s) who have or had any of the conditions noted. Bring this list with you to your first doctor's visit.

## Common Genetic Health Conditions

## You or Your Family

## Your Baby's Other Parent & Their Family

### Have you, your partner or anyone in your families had:

- High Blood Pressure
- Diabetes
- Heart Disease
- Autoimmune Disorder (Rheumatoid Arthritis, Lupus, etc.)
- Kidney Disease
- Epilepsy
- Psychiatric Disorders
- Hepatitis
- Depression
- Thyroid Disease
- Preeclampsia
- Repeat pregnancy losses (Miscarriage, Stillbirth)

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### Are there any genetic conditions in your families, such as:

- Down Syndrome
- Birth Defects (Spina Bifida, Anencephaly, etc.)
- Hemophilia
- Stroke
- Sickle Cell Disease
- Blood Clots or Deep Vein Thrombosis
- Cancer (Breast, Ovarian, or Colon)
- Cystic Fibrosis
- Hearing Loss (At Birth or Before Age 40)
- Blindness (At Birth or Before Age 40)
- Autism
- Cystic Fibrosis
- Tay-Sachs
- Huntington Disease

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## CAHSC 2023-2024 Board of Directors

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# Upcoming Events

## TEAM DAD BOOK CLUB

Join our TEAM Dad Book Club and receive a FREE copy of The Fatherhood Principle by Myles Munroe! If you are a dad looking to connect with other fathers and learn from shared experiences, then our Fatherhood Book Club is for you!



**Date:** 1st Monday of Every Month (November 6th)

**Time:** 6:30 PM to 8:00 PM

**To Register:** Call Kenyatta Colvin, TEAM Dad Coordinator at **(850) 567-2084**

**\*FREE Food & Drinks included\***

# What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education,



breastfeeding education, women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.

For more info, scan QR Code or visit our website at [www.capitalareahealthystart.org/connect-program/](http://www.capitalareahealthystart.org/connect-program/)

