

# Know Your Family's Health History



Family history refers to health information about you and your close relatives.



[www.health.mo.gov/familyhistory](http://www.health.mo.gov/familyhistory)

Family history is one of the most important factors for health problems like heart disease, stroke, diabetes and cancer.



## genes + family + environment + lifestyle

Knowing the risk factors of certain diseases that run in your family can help you plan for a healthier life.

Missouri Department of Health and Senior Services • Bureau of Genetics and Healthy Childhood