

# NUTR 1020 Assignment 1

## Health Report Assignment

### **IMPORTANT INFO:**

Family history is considered to be one of the important factors in the development of many diseases. Having a family history of certain diseases raises your risk of developing those diseases. By recognizing your potential for developing a particular disease you can avoid behavior that contributes to it.

### **INSTRUCTIONS:**

**PART A:** Turn this paper over and complete the family tree (also called a genogram), using a pen or pencil. You can also make up your own genogram if the one in this packet does not provide enough room to complete your family history. For each family member fill out DATE OF BIRTH, DATE OF DEATH (if needed), and TYPE OF DISEASE they have (if any).

### **PART B:**

Answer questions 1-7 using complete and clear sentences. **TYPE OUT ALL ANSWERS ON A SEPARATE SHEET OF PAPER.**

- Write clearly and in paragraph form
- Type should be double-spaced and in 12-point font
- Should be no longer than 3 pages in length

### **STAPLE a cover sheet to your assignment with your name and student ID!**

This is to protect your privacy.

### **POINT DISTRIBUTION:**

Completed genogram: 15 points

Completed questions: 35 points (point breakdown included with each question)

### **Part B Questions: TYPE ON A SEPARATE SHEET OF PAPER**

1. Based on your genogram, what types of diseases might you be at risk of developing? (2 pts.)
  - 2a. List 3 things that you can do right now to change your diet and/or lifestyle to reduce your risk of developing the diseases listed in question #1. (3 pts.)
  - 2b. If you don't think you are at risk for developing any diseases, state why this is so.
3. List 3 factors that put a person at risk for developing diabetes. (3 pts.)
4. List 3 **DIETARY** factors that might lower the risk of developing cancer and explain why they would lower the risk. (6 pts.)
5. If you had the opportunity to be tested for a disease-causing gene (i.e. the colon cancer gene, the breast cancer gene), would you? Why or why not? If so, which gene(s) would be of interest to you? (5 pts.)
6. In paragraph form, briefly discuss the social AND ethical issues surrounding genetic testing and express your opinions on those issues. (6 pts.)
7. Medical insurance becomes a key issue when discussing genetic testing. If you test positive for a chronic disease an insurance company will charge you higher premiums or may choose not to insure you. Briefly discuss this issue and state what your opinion is on this matter. (5 pts.)