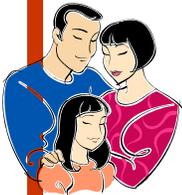


Family History and Your Health



“My Family Health Portrait” Learning Your Family Health History is as easy as 1, 2, 3!



1. Collect health information on close family members by talking at family gatherings.
2. Write down your family health history and discuss it with your doctor.
3. Update your family health history regularly and share it with family members.

This November the U.S. Surgeon General is launching the second annual Family Health History day on Thanksgiving. This initiative encourages all American families to learn more about their family health history. A new and updated version of the tool, “**My Family Health Portrait**”, makes it fun and easy to create a portrait of your family’s health. It can be downloaded free and installed on your own computer. For more information, visit www.hhs.gov/familyhistory/.

A MESSAGE FROM MICHIGAN SURGEON GENERAL, DR. KIMBERLYDAWN WISDOM

While you gather with family to celebrate the holiday season, please make it a point to talk to one or more of your relatives about the health conditions that run in your family (such as diabetes, cancer, mental illness). Also talk to your doctor about your risk of developing certain conditions. Don’t leave your health or the health of your loved ones to chance. Many conditions can be prevented entirely or identified early if you know that you are at risk.



For more information, please contact the Public Health Genomics Program by e-mail: genetics@michigan.gov or call toll-free: 1-866-852-1247

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director

November is Diabetes Awareness Month!

Diabetes is the sixth leading cause of death in Michigan. This chronic disease caused 2,620 deaths to Michigan residents in 2003. The burden of diabetes on the health care system increases every year. Approximately 590,000 Michigan adults (18+) have been diagnosed with diabetes. Approximately 8,700 youth under the age of 18 have also been diagnosed (2002 data, Michigan Behavioral Risk Factor Surveillance System).



So what is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to convert sugar and starches into energy for the body. There are two common types of diabetes. Genetic factors play a role in both.

Type 1 is also known as juvenile diabetes. This is characterized by very low or no insulin production. It is an autoimmune disorder in which a person's own antibodies destroy the cells that make insulin.

Type 2 diabetes accounts for the majority of diabetes cases. It is traditionally known as an "adult" disease but is becoming increasingly common in children. Type 2 progresses slowly whereby the body does not make the required amounts of insulin or it is not used effectively.

You could be at risk for Diabetes if you.....

- * Have a parent or sibling diagnosed with diabetes
- * Are overweight
- * Get too little physical activity
- * Have high blood pressure or high cholesterol
- * Are of Native American, Hispanic or African American descent
- * Have previously been diagnosed with gestational diabetes or had a baby that weighed 9 pounds or more at birth

What can you do to lower your risk?

- * **Know your family history**— Most recent studies note that someone with a family history is at least twice as likely to develop diabetes as someone without a family history. Some studies show a four times greater risk.
- * **Move more**— Visit www.Michiganstepsup.org to find some tips on how.
- * **Lose Weight**— If you are overweight or obese, losing just 5-7% of your body weight decreases your risk of diabetes by more than 50%!
- * **Choose a healthy diet**— with 2 1/2 cups of brightly colored vegetables and 2 cups of fruit a day.
- * **Become your family's advocate**— If you are currently living with diabetes, share your health history with others in your family and encourage them to make the necessary lifestyle changes to prevent or delay diabetes.

"New evidence shows that 1 in 3 Americans born in 2000 will develop diabetes sometime during their lifetime."

-Julie Louise Gerberding, Director,
Centers for Disease Control and
Prevention

On the Web.....

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org

American Diabetes Association

www.diabetes.org/home.jsp

National Diabetes Education Program

www.ndep.nih.gov/

National Kidney Foundation of Michigan

www.nkfm.org/

Genetics Resource Center

www.MIGeneticsConnection.org

