



# Family History and Improving Health: Evidence ReportTechnology Assessment Number 186

By U. S. Department of Health and Human Services

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 330 pages. Dimensions: 11.0in. x 8.5in. x 0.8in. According to the Centers for Disease Control and Prevention, almost half of Americans live with at least one chronic condition, and chronic diseases account for 70 of all deaths in the U. S. , 13 of potential years of life lost before 65, and 34 of medical care costs. Although the role of important risk factors such tobacco, nutrition, and physical activity are well known, there are many unknown factors that contribute to risk and which prevent completely accurate individualized risk assessment across a range of diseases. Nevertheless, it is possible that a traditional, low tech approach to risk assessmentfamily historymight be practical and useful for widespread application, to assist in identifying particular risks carried by individuals, in order to target interventions and efforts on disease prevention. Family history (FH) represents the integration of shared genomic and environmental risk factors. First degree relatives (1DRs) share half their genomic information, and so their disease experience may offer a clue to shared susceptibilities, even in the absence of a complete understanding of the molecular etiology of a given condition. While FH assessment is...



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