

-NOVEMBER 26TH -

NATIONAL FAMILY HEALTH HISTORY DAY!

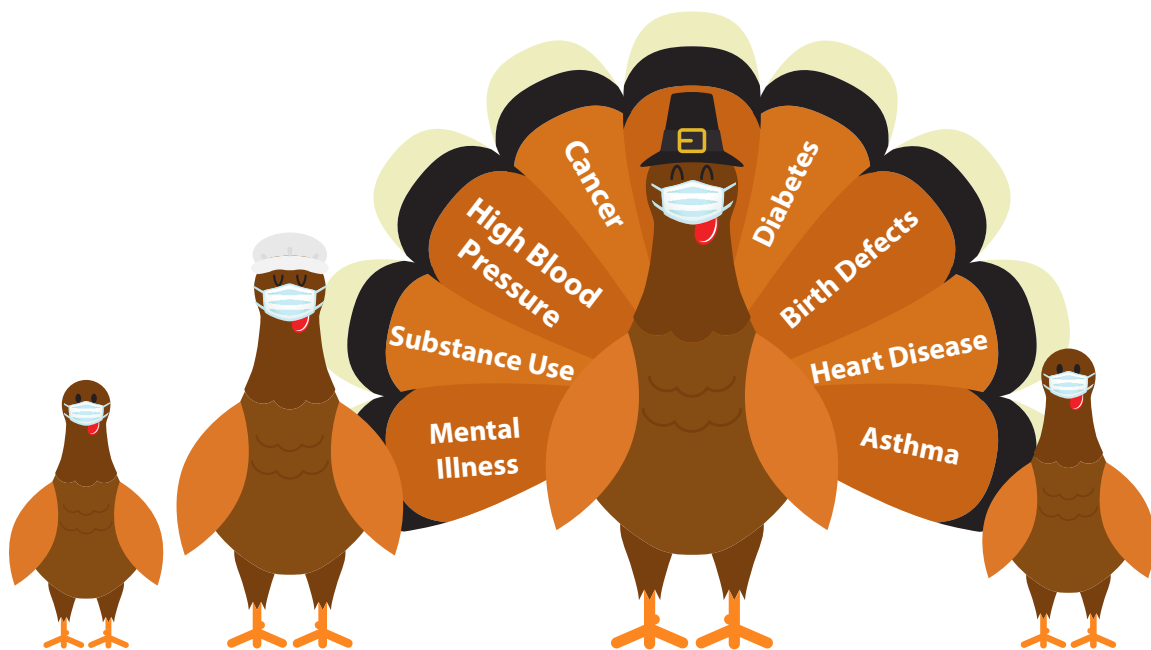
In 2004, the Surgeon General declared Thanksgiving as **Family Health History Day**. On a day when families are generally together to share a meal, it's a great time to discuss:

- **Health risks for illness known to run in families** — *especially around mental health disorders, high blood pressure, diabetes and cancer*
- **Your family's health history** — *this can help you and your health care providers better assess your risk for illness and schedule early screening tests to keep you and your family healthy!*

Thinking about having a baby? Your family health history such as previous birth defects, developmental disability, newborn screening disorder or genetic disease, infertility, repeated miscarriages, postpartum depression, gestational diabetes, stillbirth or infant death are important to know and consider!

However families choose to connect and celebrate this Thanksgiving, spend time discussing your family health history. Learning this information before or while planning for pregnancy can give you time to talk with your provider about any concerns.

Visit the Surgeon General's [MY Family Health Portrait](#) to create your own family health history!



FOR MORE INFORMATION:

[U.S. National Library of Medicine – Family History](#) | [CDC – Family Health History](#) | [My Family Health History Fillable PDF](#)