

Welcome to More Than a Picnic

Letter to My Family Members

Sample Letter

Greetings Shaw Family Members,

We are excited about our upcoming 2012 Family Reunion which will take place in No Trees, Texas! Our family will be introducing a health and wellness reflections session at the reunion this year. Please take a moment and think about our family achievements, strengths, and weaknesses. Each of us should consider how we can encourage and promote wellness for each family member. This includes physical, social, emotional, vocational, and spiritual well-being.

Knowledge of your family health history is important! Sharing that history with our children, grandchildren, and great grandchildren is even more important. Please take some time and reflect on our loved ones—past, present, and future generations. What do you know about your family health history that can be used to help inform the health decisions that you and your family make today?

This year, our family will participate in More Than a Picnic to increase awareness of lifestyle behavior changes (eating more fresh fruits and vegetables, exercising regularly, not smoking, consuming moderate amounts of alcohol, and drinking more water and fewer sugary beverages) that reduce risk for cancer. We also want our family members to obtain recommended early detection screening for breast, cervical, and colorectal cancers.

Our family will celebrate healthier lifestyles and work together to reduce cancer, type 2 diabetes, and heart disease risk for future generations.

We will see you at the 2012 Reunion!

Mary Shaw

2102 Shaw Reunion Planner/Organizer

Questions to Ask Your Family

- 1. What traits seem to run in our family? (This includes health related questions)**
- 2. Where were my family members born?**
- 3. Where were my grandparents and/or great grandparents born?**
- 4. Did my family members (mother, father, grandparents, etc) have any health problems? What were they?**
- 5. Were there any pregnancy losses or babies born with birth defects?**
- 6. How old were they when the problems developed?**
- 7. What was the cause of death of my family members (What were the reasons they died? Indicate if unknown or try to determine through family records)**
- 8. Did any family members smoke? If so, who? Did they stop smoking?**
- 9. What other lifestyle habits did my family members have? (Did they exercise regularly? What did they eat regularly? How was the food prepared/cooked?)**
- 10. How often did they visit the doctor? What were their attitudes about doctors and hospitals?**
- 11. What types of allergies did my family members have?**

NOTE: You might want to create a family health history book to be shared with your children and other family. Family health conversations are important!