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Health 205

Family Interview Project

## Family Interview Sheet

### Disease and Risk Factor Chart

- Family members are identified as A, B, C, and D (no names!)
- Simply put an X in the box next to any that apply for each family member

Family Members	A	B	C	D
Cancer				X
Cardiovascular Disease (heart disease or stroke)		X		
Diabetes (type I or II)			X	
Respiratory Illness				
High cholesterol		X	X	X
Obesity			X	
High blood pressure (hypertension)			X	
Stress	X	X	X	X
Depression			X	
Other				

## **Lifestyle Questions**

I called each family member and compiled each of the questions below. For each question I put the answer for each family member A, B, C, and D.

### **Dietary Patterns Questions:**

1.) How often do you consume animal-based products (beef, chicken, milk, pork, eggs etc....anything that has a face or comes from a mother) per day and estimate per week as well?

Person A: Daily at least twice a day

Person B: Daily at least three times a day

Person C: Only about twice a week

Person D: At least once a day

2.) How often do you consume 5-7 servings of vegetables (about a cup per serving) per day and estimate per week as well? (If they are not consuming 5-7 servings of veggies each day, have them estimate how many servings per day they are consuming)

A- Everyday 7 servings

B- consumes 3 servings of veggies two times a week

C- Everyday 5 servings

D- consumes 4 servings of veggies four times a week

3.) How often do you go out to eat (breakfast, lunch, dinner or snacks) per day and estimate per week as well?

A- Eat out once a week and only for a dinner meal

B- Eats out once a day for lunch, two times a week for dinner

C- Eats out three times a week for lunch

D- Eats out 4 times a week for lunch and once for dinner

### **Physical Activity Questions:**

4.) If you had to rate your average activity level on a daily basis, which one do you best identify with: a.) not very active, b.) moderately active, c.) active, d.) very active?

A- very active

B- not very active

C- moderately active

D- moderately active

5.) On average, how many minutes are you engaged in vigorous activity (i.e. sweating) per day and estimate per week as well?

A- Everyday for an hour

B- twice a week for 30 minutes

C- Once a week for 30 minutes

D- Once a week for 20-30 minutes

6.) Rate how you feel about physical activity in general: a.) hate it, b.) not a big fan, c.) no feeling, d.) it is ok, e.) love it.

A- Love it

B-hate it

C-no feeling

D-not a big fan

**Toxin Consumption Questions:**

7.) Do you currently use tobacco products in any form? Yes or No

A- no

B-no

C- yes

D- yes

8.) Have you ever used tobacco products more than 10x total in your life? Yes or No

A- no

B- no

C- yes

D-yes

9.) Do you drink alcohol? Yes or No

A- yes

B- yes

C- yes

D- yes

10.) On average, how many drinks (Use one 12oz can of regular beer as a “drink” for reference and estimate from there if it is hard liquor, wine, or lite beer, etc.) do you have per week?

A- 12 oz margarita with liquor- three of them in a whole week

B- 12oz of beer, about 10 drinks

C-12 oz of wine- 2 glasses once a week. 12 oz margarita- two or three glasses every other weekend

D- 12oz of beer- four beers once a week

### **Synthesis of Compiled Data**

1. 4 out of 4 have stress
2. 1 out of 4 have cancer
3. 3 out of four have high cholesterol
4. 4 out of 4 all consume animal based products
5. 3 out of the four get the correct amount of servings of veggies at least once a week
6. 1 out of 4 gets physical or vigorous activity
7. 4 out of 4 drink alcohol
8. 2 out of 4 smoke tobacco
9. B, C and D all have high cholesterol but do not work out and eat out a lot
10. 1 out of the 4 genuinely like to work out

### **Summary**

I learned a couple things from doing this mini research project. One of them being the different health issues that my family may have and the lifestyle factors that are putting them

more at risk. Also I learned that my family members may not have the exact same health problems but the lifestyle choices that they make line up or have a lot in common. I can see their health issues and where the problem lies. The lifestyle choices in these health ailments is a major key. Family members B, C and D do not like to exercise, eat healthy, or try to get active and they are the ones with cancer, diabetes, high cholesterol or obesity. Family member A consumes a little bit more alcohol than them but the healthy lifestyle choices they chose, shows that they are trying in other aspects of their life to stay healthy. Picking the wrong lifestyle habits can lead you down an unhealthy road and cause health diseases. Prevention is a huge factor in these situations because if some of these family members controlled more and stayed away from some things then their health would be better. Cultural practices are being passed down generation to generation in my family but there is a strong divide between good and bad. For example, if you look at my grandma and her side of the family there are a ton of health diseases, obesity, and unhealthy eating. If you look at my dad's side, there are health problems but not to the very extreme. My mom broke the pattern and is very healthy and has great habits which have passed on to the people that I live with in my household so hopefully as me and my siblings grow up we can continue the pattern of a healthy lifestyle. I personally stay extremely active, eat more than the suggested amount of veggies, and have an average amount of alcohol because I see the past generation of my family and do not want to end up like them so I try my best to steer away.