How to Use the Families SHARE Risk Algorithm

The Family Health History Tree below is about a woman named Jane and her family. All of the information is made up. Follow her steps to see how she finds her risk of heart disease.

- The people in blue are Jane’s first-degree relatives.
- The people in green are Jane’s second-degree relatives.

Having heart disease and type 2 diabetes in her family can affect Jane’s risk of heart disease. Let’s see how she would use her Family Health History Tree to find her risk.

**How many of your first-degree relatives listed to the right have been diagnosed with heart disease OR type 2 diabetes?**

- Mother
  - Father
  - Sister(s)
  - Brother(s)
  - Daughter(s)
  - Son(s)

Enter total number 1

Is the answer 1 or more? (Circle yes or no)

- yes
- no

**How many of your second-degree relatives listed to the right have been diagnosed with heart disease OR type 2 diabetes?**

- Grandmother(s)
  - Grandfather(s)
  - Aunt(s)
  - Uncle(s)
  - Niece(s)
  - Nephew(s)

Enter total number 2

Is the answer 2 or more? (Circle yes or no)

- yes
- no

If the answer is yes to either of these questions, you have an increased risk of heart disease.