

Dear Family Reunion Organizer,

As you plan your family reunion, the Utah Department of Health (UDOH) urges you to take time to talk about your family health history.

Family health history (a family's combination of shared genes, environment, and behaviors) has been recognized for years as a risk factor for many health problems including asthma, cancer, diabetes, and heart disease. This is because families share their genetics, environment, and habits. These can be passed down in families and affect your health. But the good news is that, by learning about your past, you can make healthy choices to reduce your chance of getting the problem. Knowing you are at risk enables you to take steps to protect yourself and your family.

Family reunions are the perfect time to learn about and share not only your genealogy but your family health history, too. And, for some families, knowing this information could save their lives.

This packet is designed to help you talk about your health history at your next family reunion. It will help your family learn what information to collect and why it is important to have it. Included in the Family Reunion Packet you will find:

- Fun Ideas to Get Your Family Talking
- Family Health History Toolkit
- Health Family Tree box
- Ten Questions to Ask Your Family handout
- Family Traits Trivia game
- Handy Family Tree activity
- Tree of Genetic Traits activity
- Tell Us Your Story! handout and release form

If you have questions on how to use this packet, contact the UDOH Chronic Disease Genomics Program at 801-538-9416 or by e-mail [genomics@utah.gov](mailto:genomics@utah.gov). Or visit our Web site at [www.health.utah.gov/genomics](http://www.health.utah.gov/genomics).

We wish you the best!

UDOH Chronic Disease Genomics Program

# Fun Ideas To Get Your Family Talking

As the organizer of your family reunion, it's up to you to get your family talking about their health history. Be creative and let your family know how easy, fun, and important this is! Here are some ideas to get you started.

- Play *Family Traits Trivia* (enclosed in your packet). This game will show your family how much you have in common. Afterward, explain that as a family you also share your health history and that healthy lifestyle choices may reduce genetic risk.

- Instead of using a tablecloth at meal time, use sheets of butcher paper to cover the table and put out crayons for everyone to color with. Draw a family tree and write down what you know about your ancestors' family health history on the paper.



- Make a *Tree of Genetic Traits* (enclosed in your packet) and hang it on a wall for everyone to see. You will need PTC paper for this activity. PTC paper is inexpensive and can be purchased from Sargent Welch ([www.sargentwelch.com](http://www.sargentwelch.com)), Carolina Math and Science ([www.carolina.com](http://www.carolina.com)) or Ward's Natural Science ([www.wardsci.com](http://www.wardsci.com)).

- Mail a copy of the *Health Family Tree* box (enclosed in your packet) to each family member before your reunion. Ask them to fill out as much of the information as they can and bring it with them to your reunion.



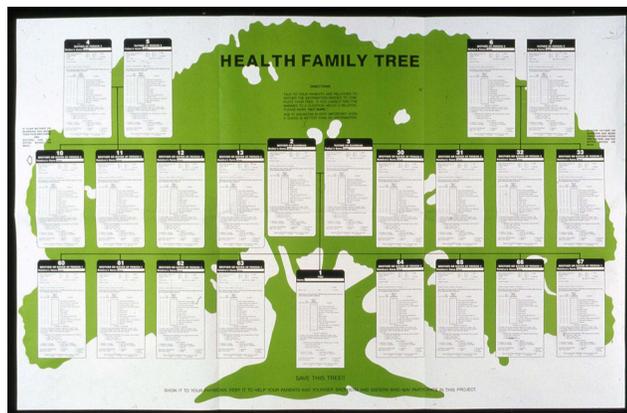
- Help younger family members make a *Handy Family Tree* (enclosed in your packet) and display them on tables or a wall.

- Use the *10 Questions to Ask Your Family* handout (enclosed in your packet) to get a conversation started at your reunion.

- Teach a class on family health history. Use the "Family Health History: Knowing your past can protect your future" PowerPoint presentation developed by the Utah Department of Health. You can request a free CD-Rom of the presentation by calling 801-538-9416 or by e-mail [genomics@utah.gov](mailto:genomics@utah.gov).

- Give each family a copy of the *Health Family Tree* and ask them to fill it out together. Share what you wrote down with other family members.

- Organize a family cookbook using healthy ingredients. Test out the recipes at the reunion.



Name

Year of birth \_\_\_\_\_ Age \_\_\_\_\_  Male  
 Female

Has he/she ever been told BY A DOCTOR that he/she suffers from any of the following health problems?

YES	NO	NOT SURE	AGE AT FIRST DIAGNOSIS	Condition
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Heart Attack (hospitalized)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Coronary bypass surgery
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Rheumatic or other heart disease
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Stroke
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Breast cancer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Colon cancer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Hip fracture
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Asthma
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Alzheimer's disease
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	High blood pressure (on medication)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	High blood cholesterol
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	Diabetes

**CIGARETTE SMOKING**

- Smoker: Has smoked cigarettes regularly for at least 1 year
- Ex-smoker: Stopped for at least 1 year after smoking regularly
- Non-smoker: Never smoked cigarettes regularly
- Not Sure

IF SMOKER OR EX-SMOKER mark average amount smoked

- Less than 1 pack a day
- About 1 pack a day
- More than 1 pack a day

**USUAL WEIGHT**

- Slender or average
- 50-99 lbs. overweight
- 10-49 lbs. overweight
- Over 100 lbs. overweight
- Not Sure

**ALCHOLIC BEVERAGES**  
(beer, wine, liquor)?

- Regularly
- Sometimes
- Never
- Former
- Not Sure

Vigorous ROUTINE EXERCISE at least 3 times per week?  
 Yes  No  Not Sure

**Your Health Family Tree**

You can make copies of this box for each member of your family to keep a record of their health history.



# 10 Questions to Ask Your Family

**1 | What traits seem to run in our family?**

(You don't have to ask only about health – start with anything from your family's blue eyes or curly hair to your height and personality – just get your family talking.)

**2 | Did my family members have any health problems?**

**3 | How old were my family members when their health problem started or was diagnosed?**

**4 | How old were my family members when they died?**

(If you don't know exact dates, ask about the approximate age at death.)

**5 | What were the reasons they died?**

(Note if the cause of death was unknown.)

**6 | Were there any pregnancy losses or babies born with birth defects?**

**7 | Where were my family members born?**

(Ethnicity can be a risk factor for some health problems.)

**8 | Did any of my family members smoke? If yes, how much and for how long?**

**9 | What other lifestyle habits did my family members have?**

(For example: Did they exercise regularly? Were any overweight or extremely thin? Did any have addictive behaviors?)

**10 | What types of allergies did my family members have?**

(For example: hay fever, food or medication allergies)



Name \_\_\_\_\_

Date \_\_\_\_\_

## Family Traits Trivia

We all have inherited traits that we share in common with others. Families share many traits in common because parents pass down inherited traits to their children. Yet, every person has a combination of traits that is unique to them.

What traits do you share in common with others in your family? What traits are unique to you? Do this activity with your family to find out!

\*\* Individuals in your family do not need to be related to participate in this activity.

### Note to Families

We have been learning about inherited “traits” at school. These are physical characteristics that can be passed down from parent to child. This family activity can help your child learn to identify inherited traits.

## Preparation

- Cut out the game cards. You may wish to glue or tape them on heavy paper first.

## Instructions

- Invite your family to sit in a circle. Hold up one game card at a time to show the picture of a trait. All family members that have this trait should stand or raise their hand. Continue with each game card to find similarities and differences among family members.
  - » Did you have a trait in common with a parent?
  - » Did you have a trait that a parent does not have?
  - » Did each person in your family have a different combination of the traits described?
- Shuffle the game cards and place the deck face down. Invite your family to stand up and form a circle. Draw a card and hold it up to display the picture of the trait.
- All family members who have this trait should stay standing. Those who do not have the trait should sit down. Once a person sits down, they should not get up again. Continue with each game card until only one person is left standing.
  - » How many cards did it take to find one person with a unique combination of traits?
- Shuffle the cards and play again as many times as you would like.

## Challenge

- Try this activity at a larger gathering of extended family or friends. Do you think more or less cards will be needed before only one person is left standing?

This project is supported by grant U33MC00157 from the Health Resources and Services Administration, Maternal and Child Health Bureau, Genetic Services Branch and the March of Dimes.

Name \_\_\_\_\_

Date \_\_\_\_\_



Attached earlobes



Can roll tongue



Dimples



Right-handed



Freckles



Naturally curly hair



Cleft chin



Allergies



Cross left thumb over right



Can see red & green

Name \_\_\_\_\_

Date \_\_\_\_\_

# La Trivialidad de los Rasgos Familiares

Todos nosotros hemos heredado rasgos que tenemos en común con otros. Las Familias comparten muchos rasgos en común porque los padres pasan sus rasgos hereditarios a sus hijos. Sin embargo, cada persona tiene una combinación de rasgos que es única para ella.

¿Que rasgos tiene en común con sus familiares? ¿Cuales rasgos son únicos para usted? ¡Haga esta actividad con su familia para descubrir las respuestas!

## Nota para la Familia

En la escuela hemos aprendido sobre los rasgos hereditarios. Estos son características físicas que los padres pueden pasar a sus hijos. Esta actividad familiar puede ayudar a sus niños a identificar los rasgos hereditarios.

## Preparación

- En la escuela hemos aprendido sobre los rasgos hereditarios. Estos son características físicas que los padres pueden pasar a sus hijos. Esta actividad familiar puede ayudar a sus niños a identificar los rasgos hereditarios.

## Instrucciones

- Invite a su familia a sentarse en círculo. Tenga una tarjeta del juego a tiempo para mostrar la foto con el rasgo. Todos los miembros de la familia que tengan el rasgo mostrado en la foto deben pararse o levantar la mano. Continúe con el juego hasta descubrir los rasgos semejantes o diferentes que se tengan entre la familia.
  - » ¿Tuvo algún rasgo en común con sus padres?
  - » ¿Tuvo algún rasgo que sus padres no lo tuvieron?
  - » ¿Tuvo cada miembro de su familia diferente combinación de los rasgos descritos?
- Baraje las tarjetas del juego y póngalas boca abajo. Invite a la familia que se paren y que formen un círculo. Escoja una tarjeta y muestre a todos la foto con el rasgo.
- Todos los miembros de la familia que tengan el rasgo mostrado en la foto deben quedarse parados. Los que no tengan el rasgo deberán permanecer sentados. Una vez que una persona se sienta, no deberá pararse otra vez. Continúen escogiendo una tarjeta de juego hasta que solamente quede una persona parada.
  - » ¿Cuántas tarjetas tomó para encontraran algún miembro de la familia que tuviera rasgos únicos?
- Baraje las tarjetas del juego otra vez y sigan jugando tantas veces como guste.

## Desafío

- Hagan esta actividad en una gran reunión de la familia o amigos. ¿Piensas que son necesarias más tarjetas de juego, o talvez menos, antes de que una sola persona quede parada?

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Name \_\_\_\_\_

Date \_\_\_\_\_



Lóbulos de la oreja unidas / *Attached earlobes*



Puede enrollar la lengua / *Can roll tongue*



Puede ver el color rojo y verde / *Can see red & green*



Cruza el dedo pulgar izquierdo encima del derecho / *Cross left thumb over right*



Pecas / *Freckles*



Alergias / *Allergies*



Hoyuelos / *Dimples*



Barbilla partida / *Cleft chin*



Pelo rizado natural / *Naturally curly hair*



Diestro / *Right-handed*

Name \_\_\_\_\_

Date \_\_\_\_\_

## Handy Family Tree

A family tree is a picture that shows members of your family. It can include information about each person. Do this activity to create your own family tree!

### Note to Families

We have been learning about “traits” at school. Inherited traits are physical characteristics that can be passed down from parent to child. This family activity can help your child distinguish between inherited and learned traits.

### Materials needed

- One large piece of paper or poster board
- Colored paper (one for each member of your family)
- Scissors
- Pens or markers
- Tape or glue



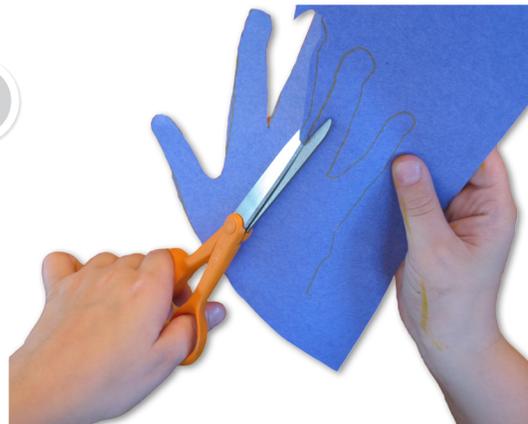
### Instructions

1



Trace the right and left hand of each family member onto a piece of colored paper

2

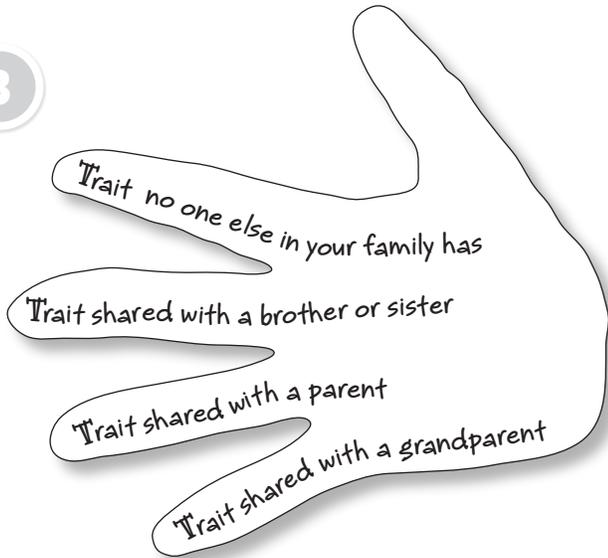


Cut out the handprints

Name \_\_\_\_\_

Date \_\_\_\_\_

3



On each finger of your left handprint list a trait (physical characteristic) that you have inherited such as:

- eye color
- hair color
- dimples
- freckles
- chin shape (smooth or cleft)
- ability to roll the tongue
- earlobe attachment (attached or free)
- hairline shape on the forehead (smooth or pointed)
- height

On each finger of your right handprint, list a trait that you have acquired or learned.

4

Draw a tree trunk onto a large piece of paper or poster board.

5

Glue or tape your family's handprints above the trunk to form a tree. Place the oldest person's pair of hands at the bottom. Work upward until you place the youngest person's pair of hands at the top.



## Optional

- Add a small picture of each family member to the palm of one handprint. Write their name, date of birth, and place of birth on the palm of the other handprint.
- Include handprint shapes for family members who were not available to draw their hands. See how your parents' or grandparents' favorites compare to yours!

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Name \_\_\_\_\_

Date \_\_\_\_\_

## El Práctico Árbol Familiar

Un árbol familiar es un dibujo que muestra a los miembros de tu familia. Puede incluir la información de cada persona. ¡Haga esta actividad para crear su propio árbol familiar!

### Nota para la Familia

En la escuela hemos aprendido sobre los rasgos hereditarios. Estos son características físicas que los padres pueden pasar a sus hijos. Esta actividad familiar puede ayudar a sus niños a distinguir entre rasgos heredados y aprendidos.

### Materiales necesarios

- Una hoja grande de papel o cartulina
- Papel de color (Un papel para cada miembro de tu familia)
- Tijeras
- Bolígrafos o marcadores
- Cita o pegamento



### Instrucciones

1



Haga un trazo alrededor de la mano derecha e izquierda en cada miembro de su familia sobre una hoja de papel de color.

2



Recorte siguiendo el trazo de las manos.

Name \_\_\_\_\_

Date \_\_\_\_\_

3



En cada dedo de la mano izquierda liste un rasgo que haya heredado (característica física) como:

- El color de los ojos
- El color del pelo
- Los hoyuelos
- Las pecas
- La forma de la barbilla (Lisa o con hendidura)
- La capacidad de enrollar la lengua
- La fijación de lóbulo de oreja (unido o libre)
- La forma de la línea del cabello en la frente (Lisa o en punta)
- La altura



En cada dedo de la mano derecha, liste un rasgo que haya adquirido o aprendido.

4

Dibuje el tronco de un árbol en una hoja de papel grande o en una cartulina.

5

Pegue sobre el tronco las manos recortadas de su familia para formar un árbol. Ponga abajo las manos recortadas de las personas mayores. Trabaje en forma ascendente hasta que las manos recortadas de la persona más joven esté en la punta del árbol.



## Opcional

- Peque una fotografía pequeña de cada miembro de su familia a la palma de una de las manos recortadas. Escriba sus nombres, fechas de nacimiento y los lugares de nacimiento en la palma de la otra mano.
- Incluya las manos recortadas de miembros de la familia que estuvieron ausentes o ya fallecieron. ¡Vea como son o fueron las preferencias de sus padres o abuelos y compárelas con las tuyas!

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# A Tree of Genetic Traits

## Abstract

Students mark their traits for tongue rolling, PTC tasting (a harmless, bitter chemical), and earlobe attachment on tree leaf cut-outs. They then place their leaves on a large tree whose branches each represent a different combination of traits. When completed, the tree forms a visual representation of the frequency of trait combinations within the class.

## Logistics

### Time Required

▶ **Class Time:**  
30 minutes

▶ **Prep Time:**  
30 minutes to review activity, make copies of tree leaf cut-outs, and prepare traits tree

### Materials

PTC paper, hard candies, leaf cut-outs, tape, scissors, transparencies or large butcher paper

### Prior Knowledge Needed

None

### Appropriate For:

Ages: 10 - 13  
USA grades: 5 - 7

## Learning Objectives

- ▶ Traits are observable characteristics that are passed down from parent to child.
- ▶ An individual will have many traits they share in common with others.
- ▶ An individual's overall combination of traits makes them unique.
- ▶ Some traits are more common in a population than others.

# A Tree of Genetic Traits

## Classroom Implementation

### Activity Instructions:

- Copy the *Genetic Traits Tree* graphic provided on page 4 onto an overhead transparency. For Spanish speaking students, create a transparency of page 6. Use an overhead projector to project the transparency large onto a blank wall. For a mixed language classroom, swap out the page 4 and page 6 transparencies as needed during the activity. Alternatively, draw a large tree on butcher paper based page 4. Post it in an easily accessible and visible area of the room. Provide each student with a leaf and instruct them to cut it out.
- Explain that traits are observable characteristics we inherit from our parents. Demonstrate the tongue rolling and earlobe attachment traits. Have students mark “yes” or “no” on their leaf for these traits as appropriate.
- Hand out PTC paper. Instruct students to place a piece of PTC paper on the tip of their tongue to see if they can taste anything. The chemical tastes bitter to those who can taste it. For those who cannot taste PTC, the paper has no taste.
  - *Note:* PTC paper is inexpensive and can be purchased from Sargent Welch ([www.sargentwelch.com](http://www.sargentwelch.com)), Carolina Math and Science ([www.carolina.com](http://www.carolina.com)) or Ward’s Natural Science (<http://www.wardsci.com>).
- Instruct students to check “yes” or “no” on their leaves for PTC tasting. Hand out a hard candy to each student to neutralize the taste of the PTC.
- Demonstrate how to determine where to place the leaves on the Trait Tree starting at the base of the branches and working your way out toward the tips.
- Call students up in groups to place their leaves on the appropriate branches. The leaves will be clustered around the branch representing the most common combination of traits in the class. Some branches of the tree will remain relatively sparse.
- *Optional:* Make leaf cut-outs in two different colors, one for boys and one for girls, to track combinations of traits within the different genders.
- *Optional:* Increase your data pool by including other classes in the exercise, taping all leaves to one tree.

### Discussion Points:

- Some traits are more common in a population than others. What is the most common combination of traits in the class? What is the least common combination of traits in the class? How does this compare to the most and least common individual traits in the class?

## Quantities

### Per Student \_\_\_\_\_

- ▶ One leaf cut-out, hard candy

### Per Group of 2 \_\_\_\_\_

- ▶ PTC paper, scissors, tape

## Common Misconceptions

A widespread misconception is that all traits exhibit either a dominant or recessive pattern of inheritance. But these terms only apply to single gene traits. The traits included in this activity are part of the small number that may be due to only one or two genes. However, most human genetic traits are influenced by several genes as well as interactions with the environment. The inheritance of complex traits is difficult to predict, and does not follow typical dominant or recessive patterns.

# A Tree of Genetic Traits

- Every person has a unique combination of traits. If we were to look at more traits than three, we would eventually need a branch on the Trait Tree for each person in the class.

## Standards

### U.S. National Science Education Standards

#### Grades 5-8:

Content Standard C: Life Science - Reproduction and Heredity

- Every organism requires a set of instructions for specifying its traits. Heredity is the passage of these instructions from one generation to another.
- The characteristics of an organism can be described in terms of a combination of traits.

### AAAS Benchmarks for Science Literacy

#### Grades 3-5:

The Living Environment: Heredity - Some likenesses between children and parents, such as eye color in human beings, or fruit or flower color in plants, are inherited. Other likenesses, such as people's table manners or carpentry skills, are learned.

For offspring to resemble their parents, there must be a reliable way to transfer information from one generation to the next.

## Credits

Activity created by:

Molly Malone, Genetic Science Learning Center

April Mitchell, Genetic Science Learning Center

Harmony Starr, Genetic Science Learning Center (illustrations)

This activity was adapted from "State Your Traits - Genetic Traits Tree", The GENETICS Project, University of Washington (2001).

## Funding

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## Additional Resources

Visit the [Learn.Genetics](http://learn.genetics.utah.edu) website to get links to great resources like these! Just log-in as a teacher and click on *The Basics and Beyond*.

- **Tour of the Basics:** An animated tutorial that contains background information on DNA, genes, patterns of inheritance and more!
- **Inherited Human Traits: A Quick Reference:** A pictorial reference and description of inheritance, and inheritance patterns (dominant, recessive, sex-linked, polygenic) for several human traits, including those described in this activity.

# A Tree of Genetic Traits

## Leaf Cut-outs

**Earlobes**  
Attached  Free

**PTC Tasting**  
Yes  No

**Tongue Rolling**  
Yes  No

**Earlobes**  
Attached  Free

**PTC Tasting**  
Yes  No

**Tongue Rolling**  
Yes  No

**Earlobes**  
Attached  Free

**PTC Tasting**  
Yes  No

**Tongue Rolling**  
Yes  No

**Earlobes**  
Attached  Free

**PTC Tasting**  
Yes  No

**Tongue Rolling**  
Yes  No

**Earlobes**  
Attached  Free

**PTC Tasting**  
Yes  No

**Tongue Rolling**  
Yes  No

**Earlobes**  
Attached  Free

**PTC Tasting**  
Yes  No

**Tongue Rolling**  
Yes  No

**Earlobes**  
Attached  Free

**PTC Tasting**  
Yes  No

**Tongue Rolling**  
Yes  No

**Earlobes**  
Attached  Free

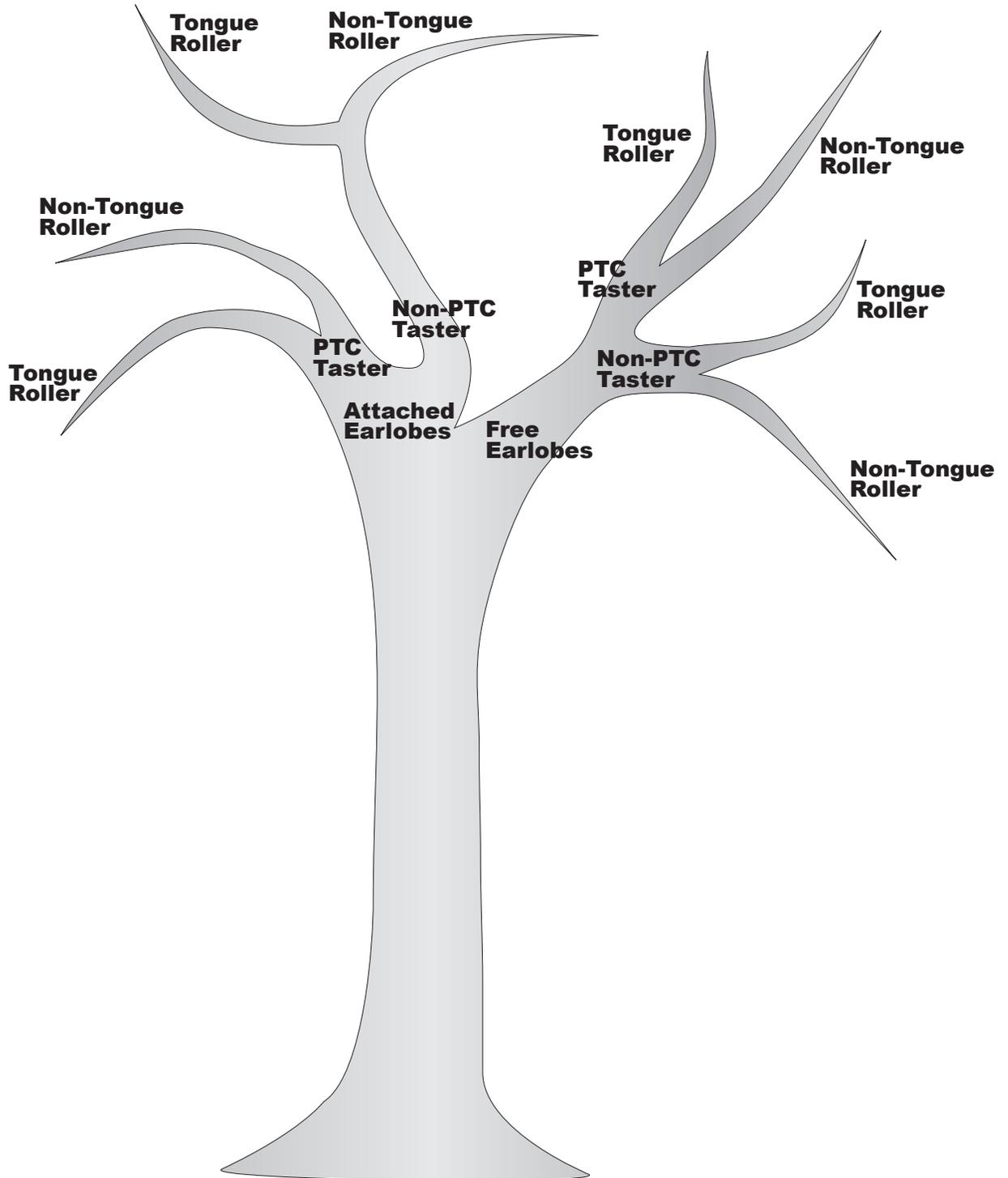
**PTC Tasting**  
Yes  No

**Tongue Rolling**  
Yes  No

Adapted from "State Your Traits - Genetic Traits Tree", the GENETICS Project, University of Washington (2001).

# A Tree of Genetic Traits

## Example Trait Tree



Adapted from "State Your Traits - Genetic Traits Tree", the GENETICS Project, University of Washington (2001).

# A Tree of Genetic Traits

## Leaf Cut-outs

Adapted from "State Your Traits - Genetic Traits Tree", the GENETICS Project, University of Washington (2001).

**Lóbulos de Orejas**  
Unidos  Libres

**Sabor a la Feniltiocarbamida (PTC)**  
Si  No

**Enrolla la Lengua**  
Si  No

**Lóbulos de Orejas**  
Unidos  Libres

**Sabor a la Feniltiocarbamida (PTC)**  
Si  No

**Enrolla la Lengua**  
Si  No

**Lóbulos de Orejas**  
Unidos  Libres

**Sabor a la Feniltiocarbamida (PTC)**  
Si  No

**Enrolla la Lengua**  
Si  No

**Lóbulos de Orejas**  
Unidos  Libres

**Sabor a la Feniltiocarbamida (PTC)**  
Si  No

**Enrolla la Lengua**  
Si  No

**Lóbulos de Orejas**  
Unidos  Libres

**Sabor a la Feniltiocarbamida (PTC)**  
Si  No

**Enrolla la Lengua**  
Si  No

**Lóbulos de Orejas**  
Unidos  Libres

**Sabor a la Feniltiocarbamida (PTC)**  
Si  No

**Enrolla la Lengua**  
Si  No

**Lóbulos de Orejas**  
Unidos  Libres

**Sabor a la Feniltiocarbamida (PTC)**  
Si  No

**Enrolla la Lengua**  
Si  No

**Lóbulos de Orejas**  
Unidos  Libres

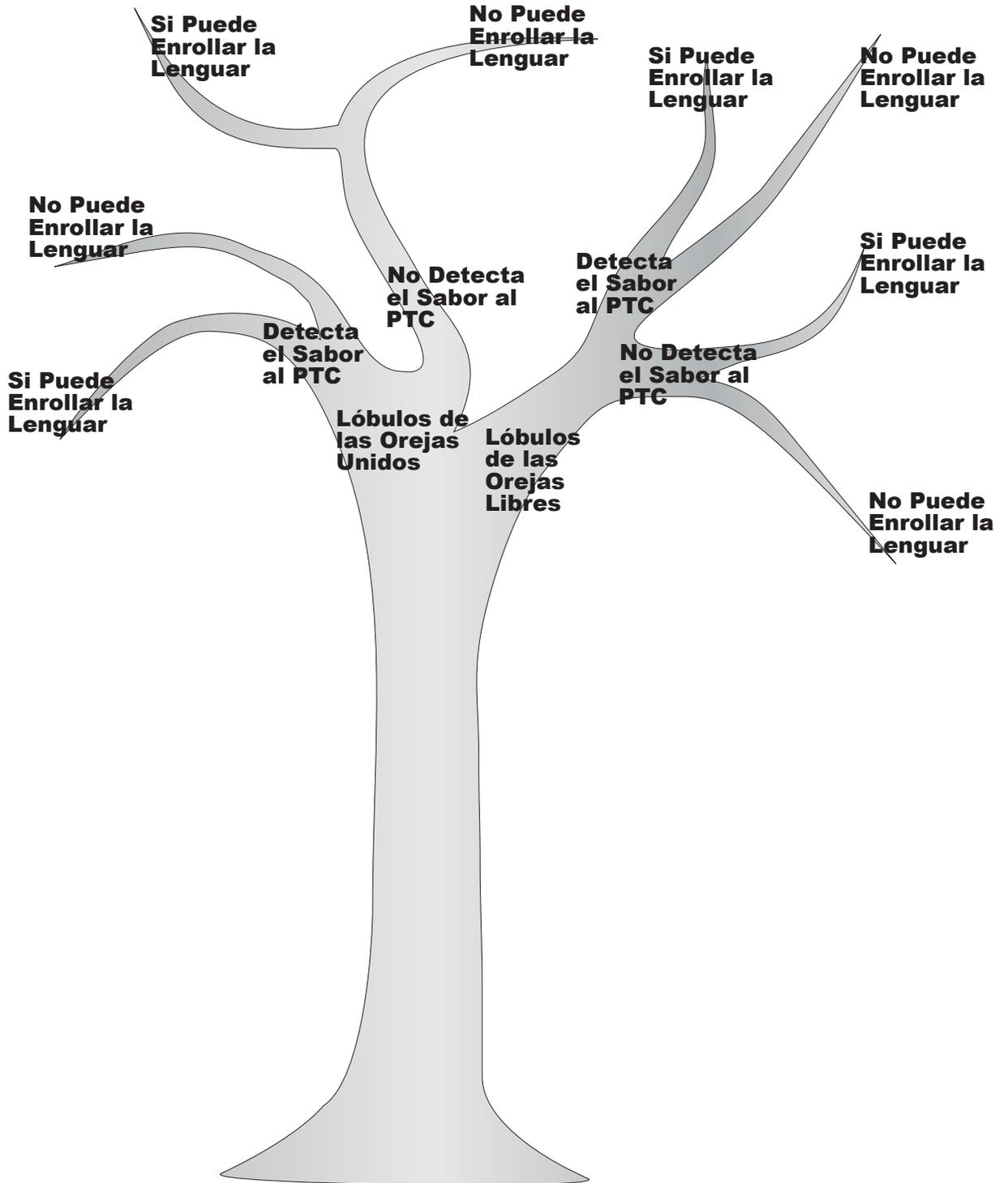
**Sabor a la Feniltiocarbamida (PTC)**  
Si  No

**Enrolla la Lengua**  
Si  No

# A Tree of Genetic Traits

## El Árbol de los Rasgos

Adapted from "State Your Traits - Genetic Traits Tree", the GENETICS Project, University of Washington (2001).



## Tell Us Your Story!

After using the Family Reunion Packet, tell us how things went. It will help us improve our materials and gives you a chance to inspire others by sharing your experience about collecting your family health history.

### Story Guidelines:

- A release form must accompany each story submission. Forms are available online at [www.health.utah.gov/genomics](http://www.health.utah.gov/genomics).
- Stories must describe:
  - What you did to learn about your family health history. (For example, did you use the Family Health History Toolkit? Make a *Handy Family Tree*?)
  - How your family health history has impacted you and your family. (For example, did you learn about a health problem that runs in your family that you never knew about? Have you made healthy choices because of it? Could something have been prevented if you had known about your family health history sooner?)
- Stories may be submitted in any format. Submissions WILL NOT be returned, so make a copy for yourself!
  - Written essay
  - Video
  - Photos
  - Etc.
- Submit stories by mail, e-mail, or hand deliver them:
  - UDOH Genomics Program  
PO Box 142106  
Salt Lake City, UT 84114-2106
  - E-mail: [genomics@utah.gov](mailto:genomics@utah.gov)
  - Hand delivery:  
288 North 1460 West  
Salt Lake City, Utah



**Questions?** Contact the Utah Department of Health, Chronic Disease Genomics Program at 801-538-9416.

# RELEASE FORM

## Tell Us Your Story!

I give my permission to the Utah Department of Health (UDOH) to use all or a portion of my submitted story (written essay, video, photos, etc.) for media and educational purposes associated with Tell Us Your Story!. I understand that the UDOH may edit or modify the content and that I may be contacted by the UDOH to verify my submission, or to be asked to share my story with other Utah families to help promote the importance of knowing one's family health history.

Full Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/cell phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

If you are a legal guardian signing for a minor, please complete this form with your name and print the minor's name, age, and your relationship here:

Minor's Full Name \_\_\_\_\_

Relation \_\_\_\_\_ Minor's Age \_\_\_\_\_