Changing with the Times:
Utah’s Health Family Tree Project Yesterday and Today

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Yesterday’s Health Family Tree, 1983-1999

- Paper-based tool
- Implemented in 10th grade health education curriculum
- Identified families at risk for chronic diseases that could be prevented, delayed, or treated effectively with early interventions
- Paper-based Health Family Tree (HFT) tool used to collect three generations of family medical history from students
- HFT analyzed by researchers and personalized disease risk report sent to consenting families
- If family was considered "high risk" public health nurses from local health departments provided follow up interventions
- Interventions included in-home visits, medical screenings, referral to health care providers, and education on lifestyle behaviors

Yesterday’s Partners

- Utah Department of Health Cardiovascular Disease Program
- University of Utah School of Medicine Cardiovascular Genetics Research Clinic
- Baylor College of Medicine
- Local health departments and school districts

Yesterday’s Statistics

- Cost for each student was less than $10 (doesn't include interventions)
- Cost for each high risk family was $27 (includes interventions)
- 80,611 useable HFTs collected
- 151,188 Utah families participated
- 8,546 high risk families offered interventions
- Behavior changes seen in both high and average risk families

Today’s Health Family Tree, 2005

- Will be implemented in 2005 in clinical, worksite, and school settings
- Internet-based Health Family Tree (HFT) tool will collect the same information as the original HFT
- New curriculum will address state and national science curriculum standards
- Users will receive a personalized disease risk report with lifestyle recommendations and links to online educational pages

Today’s Partners

- Utah Department of Health Chronic Disease Genomics Program
- University of Utah School of Medicine Cardiovascular Genetics Research Clinic
- University of Utah Genetic Science Learning Center
- DigOp
- Healthy Utah
- Michigan Department of Community Health and Michigan State University