The “Roots” of a Successful Family History Intervention in Utah

Family High Risk Program (FHRP) background
- Implemented from 1983-1999 in 10th grade health education classes
- Identified families at high risk for chronic diseases that could be prevented, delayed, or treated effectively with early interventions
- Health Family Tree (HFT) tool used to collect three generations of family medical history from students
- HFT analyzed by researchers and a computerized report was sent to consenting students and families describing any risk they may have for a particular disease
- 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

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

Three consent options were given to students and families
- **Option 1** – full participation in program; HFT analyzed, computer report sent to families, received interventions, names and contact info kept at UCVG
- **Option 2** – partial participation in program; HFT analyzed but no computer report sent to family, no interventions, names and contact info kept at UCVG
- **Option 3** – non participation in program; students completed alternate assignments

FHRP 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 usable HFTs collected
- 151,188 Utah families participated
- 8,546 families identified as high risk
- 90% of high risk families received interventions

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