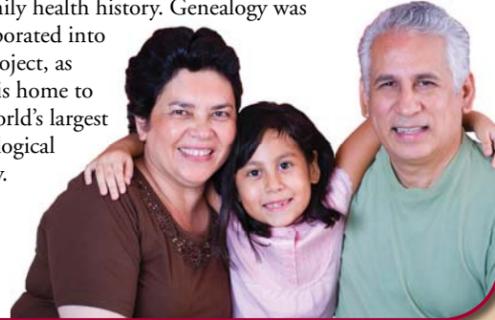


# Making Family Health History A Tradition For The Senior Population In Utah

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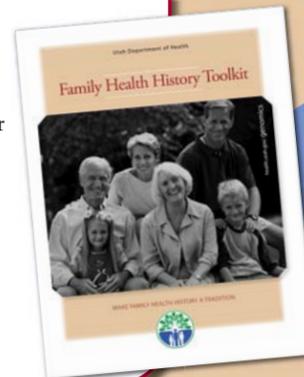
## Background

In 2004, the U.S. Surgeon General launched a Family History Initiative and encouraged Americans to collect their family health history. Building upon this national initiative, the Utah Department of Health customized the initiative to reach seniors. Utah seniors represent an untapped resource and have shown a growing interest in family health history. Genealogy was incorporated into the project, as Utah is home to the world's largest genealogical library.



## Project

The project was implemented in November 2005 and again in the spring of 2007. The target audience was seniors, ages 60 years and older, attending Salt Lake County senior centers. A booklet called the "Family Health History Toolkit" was developed to help Utahns learn about their family health history. This booklet was adapted for seniors in 2007. Feedback from 26 classes taught in November 2005 and four focus groups conducted in 2007 were used to revise the toolkit. The new senior-friendly toolkits were distributed via classes taught in senior centers.



## Goal

To increase awareness of the importance of family health history among Utah seniors.

## Key Message

Make family health history a tradition in three easy steps:

- ✓ Talk about it
- ✓ Write it down
- ✓ Share it

To get your FREE Family Health History Toolkit visit

[www.health.utah.gov/genomics](http://www.health.utah.gov/genomics)

## Partners

- Salt Lake County Aging Services
- Senior Centers
- Genealogists
- LDS Family History Library
- Genetic counselors

## Results

- Approximately **650** seniors attended 31 in-person classes to learn about their family health history
- More than **780** senior-friendly toolkits distributed to date
- A four-question survey was developed to evaluate the effectiveness of the project's key messages. Results showed:

