



State of Utah

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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
- Utah Health Story Bank bookmark

If you have questions on how to use this packet, contact the UDOH Chronic Disease Genomics Program by e-mail genomics@utah.gov. Or visit our Web site at www.health.utah.gov/genomics.

We wish you the best!

UDOH Chronic Disease Genomics Program



Promote Prevent Protect

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