

February 12, 2007

Dear Librarians:

The Utah Department of Health believes that your library is the key to helping promote family health history and better health in your community – and we'd like your help!

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 heart disease, stroke, asthma, cancer, and diabetes.

In November 2004, the U.S. Surgeon General, Dr. Richard H. Carmona, issued a Family Health History Initiative, in which he encouraged all Americans to learn about their family health history. Dr. Carmona stated, **“Knowing your family health history can save your life. The earlier you know which health conditions run in your family, the easier it is to develop prevention plans with your doctor.”**

Utah is fortunate to have many resources to help individuals and families learn about their family health history – including public libraries across the state. We have developed educational materials on family health history. These materials are available at no-cost and can be ordered from our Web Site, [www.health.utah.gov/genomics](http://www.health.utah.gov/genomics) or by contacting our program. The enclosed packet highlights these materials and includes:

- What Your Library Can Do
- Materials to Highlight in Your Library
- Family Health History Toolkit
- Tell Us Your Story! flyer, release form, and sample story
- “Knowing your Family Health History” PowerPoint presentation
- Poster
- Example of a newsletter article

We hope that you and your library patrons will find this information useful. If you have questions about how your library can promote family health history, contact Jenny Johnson at 801-538-9416 or [jennyjohnson@utah.gov](mailto:jennyjohnson@utah.gov).

Sincerely,

Utah Department of Health, Chronic Disease Genomics Program