

# 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

YESTERDAY

TODAY

