

# Changing with the Times: Utah's Health Family Tree Yesterday and Today

Authors  
Jenny Johnson, CHES and Rebecca Giles, MPH, CHES

For more information contact the Utah Department of Health,  
Chronic Disease Genomics Program, [www.health.utah.gov/genomics](http://www.health.utah.gov/genomics)

## YESTERDAY

### Yesterday's Health Family Tree, 1983-1999

- >> Paper-based tool
- >> Implemented in required high school health education courses
- >> 4 day curriculum for teachers
- >> Families received personalized risk assessment
- >> Public health nurses provided in-home visits, education, and screenings to 8,546 high-risk families
- >> Behavior change seen in high and average risk families
- >> 151,188 Utah families participated



### Societal Changes Yesterday to Today

- Family dynamics
- School policy
- Technology advances
- Nursing practices

## TODAY

### Today's Health Family Tree, 2005

- >> Internet-based tool
- >> Will be implemented in clinical, worksite, and school settings
- >> New curriculum based on national and state curriculum standards
- >> User receives personalized disease risk and lifestyle report with links to online education pages
- >> Questions still unanswered:
  - How do we engage different populations in identifying family risk?
  - What is the role of public health in interventions?
  - How will we evaluate process and outcome measures?

