



U.S. National Library of Medicine
National Network of Libraries of Medicine



National Health Observances Toolkit: **November - Family Health History Month**

nnlm.gov/all-of-us

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You

Activate!

Program Summary

One of American's most popular pastimes is genealogical research and made more so with readily available and affordable direct-to-consumer genetic testing kits and popular TV shows such as "Finding Your Roots". **Family Health History Month** is a great opportunity to engage and educate your patrons about their health and health history.

National Library of Medicine Resources

MedlinePlus, <https://medlineplus.gov/>, MedlinePlus a rich source of health information on a variety of health conditions, drug information, and health tools. MedlinePlus provides a health topic page specifically focusing on Family History which includes links to a variety of tools and information regarding this topic. Additionally, the Wellness and Lifestyle, <https://medlineplus.gov/wellnessandlifestyle.html>, category includes topics about diets and exercise, social and family issues, and safety issues. No matter what your health history may include, taking care of yourself and others is still important.

Genetics Home Reference, <https://ghr.nlm.nih.gov/>, provides information about health conditions which have a genetic component. Visitors to the website can find information about specific genes and chromosomes as well as educational materials for the classroom. The "Help Me Understand Genetics" is the gem of this resource for those seeking to understand biology basics such as what a gene is, become informed about direct to consumer genetic testing, and how a health condition is inherited and why knowing family health history is important.

National Human Genome Research Institute (NHGRI), <https://www.genome.gov/>, includes information specifically for patients and families with links to family health history, a list of genetic diseases, and information to engage communities. Educational resources are also available for use in the About Genomics tab. Keep in mind that when looking for information about genetics or a genetic health condition to consider other NIH institutes and centers such as the Eunice Kennedy Shriver National Institute of Child Health or the National Institute of Neurological Disorders and Stroke. Here is the linked list of all the **NIH institutes and centers**.
<https://www.nih.gov/institutes-nih/list-nih-institutes-centers-offices>

Outside Resources

CDC May Family Health Portrait, <https://phgkb.cdc.gov/FHH/html/index.html>, is the tool from the U.S. Surgeon General and now located on the Centers for Disease Control and Prevention (CDC) website. It provides an online form that can be saved and updated. It can be printed and shared with the family and healthcare providers. Additional information is provided about encouraging other family members to share information and other frequently asked questions.

**BECAUSE
YOUR FAMILY
HEALTH HISTORY
MATTERS.**

LIBRARIES
TRANSFORM
AN INITIATIVE OF THE AMERICAN
LIBRARY ASSOCIATION

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

LIBRARIES TRANSFORM.ORG

Genetic Alliance, <http://www.geneticalliance.org/>, provides a toolkit called “**Does It Run in the Family?**” <http://www.geneticalliance.org/publications/fhhtoolkit>. The toolkit is available in English and Spanish with an additional guide called, “**A Guide to Genetics and Health**” which is also available in English and Spanish. The booklets can be customized, and templates are available to use. The Genetic Alliance also provides a wealth of information on advocacy, health information, and research.

Collaborate!

Possible Partnerships

This program could take on many community partnerships and extension activities. Some examples include:

- Contact local genealogy organization or local genealogist in your community who can expertly address family history.
- Contact a local educational institution such as universities, community colleges, specifically their library or historical department who may be available to provide resources or tools to offer or displays or exhibits to view.
- Does your community have a hospital or clinic? Do they offer educational events to the public? Collaborate on a session regarding relevancy of family health history for clinical purposes. Host a health professional to speak at your library.

For help connecting with potential partners in your community, contact your **NNLM Regional Medical Library**, <https://nnlm.gov/regions>.

Educate!

Relevant NNLM Trainings

- **ABCs of DNA: Unraveling the Mystery of Genetics Information for Consumers**
<https://nnlm.gov/classes/abcs-dna>
- **Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community**
<https://nnlm.gov/classes/program>
- **Healthy Aging at Your Library: Connecting Older Adults to Health Information**
<https://nnlm.gov/classes/healthy-aging-your-library-connecting-older-adults-health-information>
- **Owning Your Health: Wellness Resources for Young Adults Ages 18-24**
<https://nnlm.gov/classes/owning-your-health-wellness-resources-young-adults-ages-18-24>

Evaluation and Reporting

The **NNLM National Evaluation Office**, <https://nnlm.gov/neo/>, has a list of **evaluation methods**, <https://nnlm.gov/neo/members/evalmaterials>, which can be used to evaluate your program or project. For question, please contact the **NNLM National Evaluation Office** at nnlmneo@uw.edu

Program Plan

Collecting Family Health History

Resources

- Genetic Alliance booklet, *A Guide to Family Health History*
<http://www.geneticalliance.org/sites/default/files/GuideToFHH/GuidetoFHH.pdf>
- CDC Family Health History tools and resources
https://www.cdc.gov/genomics/famhistory/famhist_tools_resources.htm
- Heartland and Regional Genetics Network, *Family Health History Toolkit*
<http://www.heartlandcollaborative.org/files/2014/07/HeartlandFamilyToolkit-9-28-07.pdf>

Audience

Adults of all ages

Planning

Invite a clinician or genetic counselor who can address the importance of family health history and who will provide suggestions about collecting that family health history.

When working with a speaker be clear about the information needed for this program and its goal and that it isn't a time to self-advertise their services.

Then provide family health history tools and guides on collecting family health history to attendees.

Sign up for a free account to have access to the **Libraries Transform Health Literacy Toolkit** <http://www.ilovelibraries.org/librariestransform/health-literacy-toolkit-intro> to have access to the templates for posters to hang in the room.

Provide a drawing to win a copy of the **NNLM Game of Health**
<https://nnlm.gov/scr/initiatives/gameofhealth>

OR one of the books from the

NNLM Reading Club kit for National Family Health History Day
<https://nnlm.gov/all-of-us/book-selections-and-health-resources/family-health>

Marketing

Highlight the program in the library's newsletter, website, social media a month or two before the event as well as highlighting Family Health History Month. Indicate there will be a drawing for the NNLM Game of Health or book (see in the Planning section).

Suggested hashtags: #familyhealthhistory #familyhealthhistoryday #familyhealthhistorymonth #familyhealthhistorymatters #familyhealthhistoryisimportant

Contact community organizations such as places of worship, museums, historical societies, social services, senior services, clinics, coffee shops and other local businesses.

Implementation

Create a welcoming environment that is inclusive for a diverse group, e.g. room for a wheel chair to maneuver.

Work with speaker to provide the set-up they need for their presentation. Hang **Libraries Transform** <http://www.ilovelibraries.org/librariestransform/health-literacy-toolkit-intro> posters in the room such as:

- **Because Your Family Health History Matters**
- **Because Your DNA Doesn't Have to be Your Destiny**
- **Because Libraries are Partners in a Healthy Community**

Allow time for questions and a microphone that will be passed around so everyone can hear OR make sure the speaker repeats the questions.

Allow time for librarian to talk briefly about MedlinePlus and Genetics Home Reference as resources to find health information.

Provide copies of health history tools for attendees to take with them.

Provide NLM brochures featuring MedlinePlus and Genetics Home Reference.

Evaluation and Reporting

The **NNLM National Evaluation Office**, <https://nnlm.gov/neo/>, has a list of **evaluation methods**, <https://nnlm.gov/neo/members/evalmaterials>, which can be used to evaluate your program or project. For question, please contact the **NNLM National Evaluation Office** at nnlmneo@uw.edu

Program Plan

Book Discussion

Resources

- **NNLM Reading Club kit for National Family Health History Day**
<https://nnlm.gov/all-of-us/book-selections-and-health-resources/family-health>
- **Genetic Alliance booklet, *A Guide to Family Health History***
<http://www.geneticalliance.org/sites/default/files/GuideToFHH/GuidetoFHH.pdf>
- **CDC Family Health History tools and resources**
https://www.cdc.gov/genomics/famhistory/famhist_tools_resources.htm
- **Heartland and Regional Genetics Network, *Family Health History Toolkit***
<http://www.heartlandcollaborative.org/files/2014/07/HeartlandFamilyToolkit-9-28-07.pdf>

Audience

Adults of all ages

Planning

Apply https://uiowa.qualtrics.com/jfe/form/SV_06WNH2NRorHNWap for the free NNLM Reading Club kit which includes:

- 8 books, regular print
- 8 bookmarks
- 8 discussion guides
- 8 NIH MedlinePlus Magazines
- 8 NIH All of Us Research Program brochures 8 reading club book bags 1 library book bag

Sign up for a free account to have access to the **Libraries Transform Health Literacy Toolkit** <http://www.ilovelibraries.org/librariestransform/health-literacy-toolkit-intro> to have access to the templates for posters to hang in the room.

Marketing

Highlight the program in the library's newsletter, website, social media a month or two before the event as well as highlighting Family Health History Month. Indicate the first 6-8 (depending on the number of books you want to offer) people to sign up get a free copy of the book to keep.

Suggested hashtags: #familyhealthhistory #familyhealthhistoryday #familyhealthhistorymonth #familyhealthhistorymatters #familyhealthhistoryisimportant

Contact community organizations such as places of worship, museums, historical societies, social services, senior services, clinics, coffee shops and other local businesses.

Implementation

Host the book discussion in the library's community room, a café, or at an educational institution.

If more sign up than free books, consider either purchasing additional copies or pull the library's copies for attendees.

Create a welcoming environment that is inclusive for a diverse group, e.g. room for a wheel chair to maneuver.

Provide copies of discussion questions for participants.

Hang **Libraries Transform**

<http://www.ilovelibraries.org/librariestransform/health-literacy-toolkit-intro> posters in the room such as:

- **Because Your Family Health History Matters**
- **Because Your DNA Doesn't Have to be Your Destiny**
- **Because Libraries are Partners in a Healthy Community**

Provide a brief background of Family Health History Day/Month and why knowing our family can help us be more informed and engaged in our health.

Provide a family health history tool from the CDC and/or the Genetic Alliance as well as information about Genetics Home Reference.

Evaluation and Reporting

The **NNLM National Evaluation Office**, <https://nnlm.gov/neo/>, has a list of **evaluation methods**, <https://nnlm.gov/neo/members/evalmaterials>, which can be used to evaluate your program or project. For question, please contact the **NNLM National Evaluation Office** at nnlmneo@uw.edu

nnlm.gov/all-of-us



U.S. National Library of Medicine
National Network of Libraries of Medicine

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You