



Urban Indian Health Institute  
A Division of the Seattle Indian Health Board

# UIHI Communication Broadcast

## SEPTEMBER DATA EDITION

### Announcing the Customizable Family Health History Tool



#### Take Charge of Your Health

This tool helps you create personalized booklets to start conversations about health in your family and community.

The sooner we understand the **link** between our family's health and our own, the sooner we can make changes and take steps to live longer, **healthier lives**. A peek into the past can reveal a lot about your **future**.

##### Family health history:

- Leads to conversations about health
- Helps healthcare providers diagnose conditions
- Tells you about your risk for specific diseases



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**For more information, or to get started visit:**  
<http://www.doesitruninthefamily.com/>

Family health history is an important tool in diagnosing health conditions or assessing disease risk. Certain illnesses, such as heart disease, cancer, and diabetes often run in families. Knowing your family's health can help you and your health provider predict which disease you may be at risk for and take action to keep you and your family healthy. For American Indians and Alaska Natives, the tradition of storytelling provides an excellent opportunity for the communication of family health history. To encourage urban American Indians and Alaska Natives to collect and use family health history, the UIHI, in collaboration with Genetic Alliance, distributed copies of the adapted toolkits to all urban Indian health organizations.

Now, we are excited to announce the opportunity for individuals to create and personalize their own tool for using Genetic Alliance's new online family history guide, "Does It Run In the Family?" This tool will help people collect their family health history information and share it with relatives and healthcare providers. The tool has many parts that can be customized: personal stories about health, pictures of familiar faces, questions to ask relatives, disease information, local resources, quotes, and more. You can customize the tool then print or distribute electronically.

**If you would like to request additional information or have any questions, Please email [info@uihi.org](mailto:info@uihi.org).  
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