

Family History — Health Promotion Ideas for Your Community

1. Use information from the enclosed resource packet to develop family health history materials, such as fact sheets, videos, and PowerPoint presentations, specific to your community.
2. Distribute enclosed, reproducible materials to local doctor's offices, hospitals and clinics.
3. Convene community presentations and discussions at churches, libraries, schools, hospitals, health fairs, worksites, etc.
4. Create an exhibit and distribute materials at conferences, sporting events, and health-related activities.
5. Partner with local photography studios to include family health history in their promotional materials.
6. Sponsor a poster contest for students.
7. Develop continuing education modules for health department personnel.
8. Partner with ongoing national health promotion campaigns such as CDC's 5 a Day and VERB campaigns, or local campaigns in your community.
9. Write articles for local newspapers and include personal stories about people in your community who have used knowledge about family history to protect their health.
10. Identify a local champion that can help you promote family health history.
11. Bundle the "learn about your family health history" message with other national messages to eat healthy, increase physical activity, and avoid smoking.
12. Add the following links to your website:
 - U.S. Surgeon General's Family History Initiative
<http://www.hhs.gov/familyhistory>
 - CDC's Family History for the General Public
<http://www.cdc.gov/genomics/public/famhistMain.htm>

