

Oregon 2003 – 2009 Genomics Surveillance Conclusions

Background

Since 2003, the Oregon Genetics Program¹ has monitored the use of genetic testing and family history in Oregon supported by two grants from the CDC.² Parts of these projects involved collecting and analyzing population-based data about family history³ of adult-onset chronic diseases, Oregonians' health behaviors and risk factors associated with chronic disease, and health care providers' practices related to family history and the prevention of chronic diseases. So far, conclusions have been drawn about diabetes, cardiovascular disease, and colorectal cancer. Overall, the results are quite consistent across these three conditions. Analogous data about breast and ovarian cancer are currently being analyzed.

Conclusions

- I. Oregonians understand that family history impacts health.
- II. Family history is an independent risk factor for developing diabetes, cardiovascular disease and colorectal cancer.
- III. Family history makes a difference in Oregonians' lifestyles and health screening.
- IV. A patient's family history makes a difference in Oregon health care providers' practices.
- V. Health care providers and patients can do more to decrease risk for those with a family history of chronic disease.
- VI. Health care providers' recommendations related to family history make a difference in Oregonian's lifestyle and healthcare.
- VII. Oregonians, regardless of family history status, are making lifestyle changes to decrease their chances of getting these chronic conditions, but for most people the changes are not enough to significantly decrease their risks.

¹ The Oregon Genetics Program, www.oregongenetics.org, is a collaboration between the Office of Family Health, Oregon Public Health Division and the Oregon Center for Children and Youth with Special Health Needs, Child Development and Rehabilitation Center, Oregon Health & Science University.

² Centers for Disease Control and Prevention (CDC) Cooperative agreement # CDC-RFAGD08- 801 (grant # 1U38GD000061) Genomic Applications in Practice and Prevention: Translation Programs in Education, Surveillance, and Policy, and CDC (U58/CCU022779-04), Health Promotion Programs, Component 7, Genomics and Chronic Disease Prevention.

³ "Family history" is defined as having at least one first degree relative with the condition unless specified otherwise.