



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

## NNLM *All of Us*

# Sharing Health Stories



[nnlm.gov/all-of-us](http://nnlm.gov/all-of-us)

**All of Us**  
RESEARCH PROGRAM

The  
Future of  
Health Begins  
With You

# Activate!

## Program Summary

The goal of this program is to provide a space for people to share their own personal health story and explore health stories of their family & community. The program shows how libraries can use resources like My Family Health Portrait and Genetic Home Reference to dive deeper into family health histories. Libraries can also choose to conduct a storytelling/family interview component that collects oral histories and allows for people to preserve family history while teaching them interviewing, audio recording, and editing skills. Additionally, the program can be framed as a community story sharing program to reduce stigma around certain health topics and create more community connections & support around health.

## National Library of Medicine Resources

**My Family Health Portrait**, <https://phgkb.cdc.gov/FHH/html/index.html>, is a great resource for extensive consumer health information in both English and Spanish. MedlinePlus features hundreds of health topics, easy-to-read materials, drug information, interactive tutorials with audio, news, videos, and more.

**Genetics Home Reference**, <https://ghr.nlm.nih.gov/>, is a website for the public which contains information about genetic conditions and the genes or chromosomes associated with those conditions.

**MedlinePlus**, <https://medlineplus.gov/>, offers easy access to quality health information in many languages

## Outside Resources

**Audacity**, <https://www.audacityteam.org/>, is a free, open source, cross-platform audio software Audacity is an easy-to-use, multi-track audio editor and recorder. There is also a great online website called Audacity Awesome: Learn the basics of audio editing with Audacity, <http://razorwinged.com/audacityawesome.html>, (which is independent of the official Audacity website) that provides some great training information for the software.

**StoryCorps @ Your Library: A Toolkit for Success**, [http://www.programminglibrarian.org/storycorps/files/SCL\\_DIY\\_Guide\\_2014.pdf](http://www.programminglibrarian.org/storycorps/files/SCL_DIY_Guide_2014.pdf), is a project that provides libraries with the resources and training to implement StoryCorps' interview methods within a framework of high-quality library programming. The StoryCorps website provides free resources and toolkits for people looking to plan storytelling programs. They also have Training and Resources, <https://storycorps.org/discover/education/>, for Educators which are lesson plans that can be used to shape storytelling programs.

**Groundswell: Oral History for Social Change**, <http://www.oralhistoryforsocialchange.org/>, is a dynamic network of oral historians, activists, cultural workers, community organizers, and documentary artists. They believe that our stories and our histories are sources of power and strength in our struggles for justice. The Groundswell website has resources from building tech skills to recording oral histories.

# Collaborate!

## Possible Partnerships

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

- Collaborate with local writing, public speaking, performance, and other storytelling groups that could also partner in providing programs and training about telling powerful personal or informational stories.
- Conduct storytelling programs in conjunction with one of the National Health Observances like National Family Health History Day or in collaboration with genealogy programs where patrons are already being encouraged to explore their family history.
- Think about interesting ways to share and present health stories. Look at examples like Carnegie Mellon University's CREATE Lab Hear Me Project, <http://www.hear-me.net/about>, and National Alliance on Mental Illness, <https://www.nami.org/Get-Involved/Share-Your-Story>, for possible ideas.
- Organize a Family Health History Book Club that encourages further conversations about health.
- Present audio recordings (with consent of the participants) at a listening party to spark conversation. Can also organize listening party for a specific group (for regular outreach or patrons who sign up for an ongoing program).
- If audio recording isn't working for your library, do a writing workshop and/or live storytelling events. Get inspiration in storytelling programs from Mid-Continent Public Library, <http://www.programminglibrarian.org/blog/libraries-celebrate-storytelling-taking-storytime-young-and-old>, Northland Public Library, <http://www.programminglibrarian.org/articles/bring-generations-together-through-storytelling-how-guide>, and the New York Public Library, <http://oralhistory.nypl.org/>.

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

# Educate!

## Relevant NNLM Trainings

Information about NNLM Trainings, <https://nnlm.gov/training>, and full course descriptions can be found online. Many of the courses are offered throughout the year online; however, feel free to reach out to your local NNLM representative to discuss the possibility of in-person training for your library. NNLM course offerings include:

- Stand Up for Health: Health and Wellness Services for Your Community
- Beyond an Apple a Day: Providing Consumer Health Information at Your Library
- Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community
- ABCs of DNA: Unraveling the Mystery of Genetics Information for Consumers
- Genealogy to Genetics: Library Programming to Explore Your Roots

# Program Plan

## Health Stories

### Resources

- Portable audio recorder
- Computer with audacity software
- Headphones
- Paper
- Pencils
- List of potential interview questions

### Audiences

- Adaptable to various ages

### Planning

*This program can be adapted to different forms. You can choose to record audio stories, encourage participants to create written stories, encourage the presentation of live storytelling events, or a combination of all three.*

Train library staff on any technology that will be used in the program. If providing audio storytelling, Audacity, <https://www.audacityteam.org/>, as well as a supplemental online training website called Audacity Awesome, <http://razorwinged.com/audacityawesome.html>, are free and easy resources for editing. Trained library staff members (or community collaborators) will in turn train patrons who participate in the program. StoryCorps, <https://storycorps.org/>, and Groundswell Oral History, <http://www.oralhistoryforsocialchange.org/>, also have some great resources that can be used in training. Obtain other resources (writing materials, etc) that will be useful in the program. Programming will most likely need to be completed in a series of program events. Note: interviews don't need to be focused solely on family but can also be a space for people to share their own personal health stories or to share/preserve the stories of their community.

### Marketing

A health storytelling program can be conducted in conjunction with National Health Observances. Target the program to certain patron populations (teens, adults, in outreach, etc) to provide a focus marketing strategy if necessary. Highlight the program in the library's program newsletter and/or website. It may be necessary for participants to sign up ahead of time to make sure there are enough computers and recording devices or to make recording equipment available for borrowing with a library card.

## Implementation

This program idea can be split into several sessions or a single session with people completing interviews on their own. Topics for individual programs can include:

- Interview Skills - active listening and crafting health interview questions
- Audio Software Training - if performing a audio recording program, provide training in Audacity software
- Open Time for Interviewing, Editing, and Creation - create a space in a computer lab for people to come and edit audio, working on writing, or preparing their live presentation. When space allows, libraries can also be a space for people to do the interviewing of family and/or community members
- Showcase of Work - schedule a way to showcase the work of participants. Whether a private event or open community forum, schedule in a way that will be fit the audience and intent of your library's program.

At program sessions, provide trainings and information about relevant National Library of Medicine resources. Resources like MedlinePlus and Genetics Home Reference can be used to find additional information on conditions and health topics that may come up during interviews. Also, the My Family Health Portrait can be used to health participants keep track of family members and create a visual family tree representation of health conditions of relatives.

## Evaluation and Reporting

For evaluation of this program if you receive NNLM funding -- The NNLM National Evaluation Office, <https://nnlm.gov/neo/members/evalmaterials>, has a list of evaluation methods that should be used when completed this project. For any questions, please feel free to contact NNLM MAR Coordinator. Library staff involved in the project will fill out the All of Us Partner Staff Questionnaire as well as any additional follow-up surveys for staff.

# Example Budget

Summary budget is presented as an example. You can edit and modify budget to fit the needs of your library, your individual library program plan, and prices of your library's approved vendors for materials.

Item	Price	Quantity	Total
Books to support issues of health history to be used in conjunction with programming and library displays. Some suggested titles include:			
• The Family Tree Problem Solver	\$19.00	3	\$57.00
• Finding Family: My Search for Roots and the Secrets in my DNA	\$19.00	3	\$57.00
• The Gene: An Intimate History	\$15.00	3	\$45.00
Listening is an Act of Love: A Celebration of American Life from the StoryCorps Project (StoryCorps also has online animations of some of these stories available on their website, <a href="https://storycorps.org/animation/listening-is-an-act-of-love/">https://storycorps.org/animation/listening-is-an-act-of-love/</a> )	\$12.00	3	\$36.00
Laptops or desktop computers (with USB and SD card ports and can support Audacity)	\$350.00	8	\$2,800.00
8 pairs of headphones (LyxPro HAS-10 Closed Back Over-Ear Professional Studio Monitor & Mixing Headphones)	\$45.00	8	\$360.00
Portable Audio Recorder (there are many types and prices available, use what will work best for your program and participants)	\$150.00	8	\$1,200.00
Staff Time - to plan and conduct program (per hour)	\$30.00	80	\$2,400.00
Marketing and Promotion, printing and copying	\$100.00	1	\$100.00
Audacity Audio Editing Software (free)	\$0.00	1	\$0.00
Event Planning Program Supplies (if conducting a listening party or live storytelling event)	\$500.00	1	\$500.00
Writing Supplies (notebooks, paper, pencils, and pens)	\$100.00	1	\$100.00
<b>Total</b>			<b>\$7,655.00</b>

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