

**Kaiser Permanente – Southern California
Health Education Materials Request Form for Community Partner Organizations**

The Center for Healthy Living offers health education materials that focus on **health awareness and disease prevention**. Materials are designed for use at health fairs or community events to communicate health messages that encourage people to take action on their health. A list of titles of available materials is attached. Indicate the language (English or Spanish) and quantity of materials requested. We may contact you to understand your needs and determine whether we have resources to assist you, so please provide a contact that can be reached weekdays during normal business hours. Submit requests at least **4 weeks prior** to the date needed. If you have any questions, contact us at 626-381-7042 before submitting the form. Submit the form via email to Helen.x.loya@kp.org. *Please fill out the form completely. If any fields are left blank your request may not be processed.*

CONTACT INFORMATION		
Your Name & Title		
Organization		
Mailing Address <i>(please list shipping address)</i>		Kaiser Permanente Service Area <i>(leave blank if unsure)</i>
Phone #	Fax #	Email
Affiliation <i>(check one box only)</i> <input type="checkbox"/> Kaiser Permanente Grantee <input type="checkbox"/> Kaiser Permanente Physician <input type="checkbox"/> Other <i>(please specify)</i>		
Type of Organization <i>(check one box only)</i> <input type="checkbox"/> Community Based Organization <input type="checkbox"/> Public Hospital <input type="checkbox"/> School <input type="checkbox"/> Community Clinic <input type="checkbox"/> Other <i>(please specify)</i> :		
EVENT DESCRIPTION		
Purpose of materials <i>(briefly describe how requested materials will be used)</i> :		# of participants
Date materials needed <i>(please allow 4 weeks for delivery)</i> :		

Diabetes	Available Languages	Quantity Requested
What to Do to Manage your Type II Diabetes	English (MH1236)	
What to Do to Manage Your Type II Diabetes	Spanish (MH1691)	
NK – How to eat if you have diabetes	English (MH0294)	
	Spanish (MH0299)	
Pre-diabetes what is it and what can I do?	English & Spanish (5999-15)	



Healthy Eating	Available Languages	Quantity Requested
The Healthy Plate/The Plant Based Healthy Plate	English (MH1400)	
	Spanish (MH1582)	
What is a Healthy Plate?	English (RHE712)	
	Spanish (RHE713)	
Eat Well, Live Well	English (MH1133)	
	Spanish (MH1150)	
Healthy Eating for Older Adults	English (MH0589)	
	Spanish (MH0708)	
Healthy Eating for Babies	English (MH1455)	
	Spanish (MH1504)	
Healthy Eating for Toddlers - 1-2 years	English (MH1456)	
	Spanish (MH1518)	
Healthy Eating for Young Children 3 to 5	English (MH1437)	
	Spanish (MH1519)	
Healthy Eating for Children 6 to 12 Years Old	English (MH0749)	
	Spanish (MH0756)	
Healthy Eating for Teens	English (MH1438)	
	Spanish (MH1520)	
What's in Your Drink?	English (RHE636)	
	Spanish (RHE637)	
What's in Your Snack?	English (RHE 626)	
	Spanish (RHE 627)	
NK- Guidelines for Weight Management	English (MH0295)	
	Spanish (MH0300)	

Heart Health	Available Languages	Quantity Requested
NK: Dietary Guidelines for Managing Heart Related Conditions	English (MH0877)	
	Spanish (MH1030)	
NK: Dietary Guidelines to Reduce Risk of Heart Attack (Mediterranean Diet)	English & Spanish (MH0812)	

Hypertension	Available Languages	Quantity Requested
Managing High Blood Pressure	English (12151)	
	Spanish (12183)	
NK – High Sodium Foods	English & Spanish (MH0296)	

Oral Health for Children	Available Languages	Quantity Requested
Tips for Healthy Smiles: Birth to 18 months	English & Spanish (MH1151)	
Tips for Healthy Smiles: 2 to 12 year old	English & Spanish (MH1196)	
Tips for Healthy Smiles: 13 to 18 year old	English & Spanish (MH1197)	

Physical Activity	Available Languages	Quantity Requested
Get Active for Your Health	English (MH1282)	
	Spanish (MH1439)	

Tobacco	Available Languages	Quantity Requested
Let's Clear the Air -What Parents should know about ecigs and vaping	English (MH1573)	
	Spanish (MH1575)	
Independence from Tobacco	English (MH0092)	
	Spanish (MH0344)	

Violence Prevention	Available Languages	Quantity Requested
Are you being hurt by someone you love?	English & Spanish (MH0541)	
Being Hurt? We Can Help	English & Spanish (RHE508)	

Well-being/Mental Health	Available Languages	Quantity Requested
Stress Less	English (MH1497)	
	Spanish (MH1521)	
A Good Night's Sleep	English (MH1634)	
	Spanish (MH1638)	