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**Kaiser Permanente Southern California**

**Health Education Materials Request Form for Community Benefits Partners**

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 by faxing it to 626-381-7870.

*Please fill out the form completely. If any fields are left blank your request may not be processed.*

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

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| **Diabetes** | **Available Languages** | **Quantity Requested** |
| What You Need to Do to Manage Your Diabetes | English & Spanish (MH1236) |  |
| NK: How to Eat If You Have Diabetes | English (MH0294) |  |
| Spanish (MH0299) |  |
| Pre-diabetes: What Is It and What Can I Do? | English & Spanish (599906) |  |

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| **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 to 2 Years Old | English (MH1456) |  |
| Spanish (MH1518) |  |
| Healthy Eating for Young Children 3 to 5 Years Old | 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) |  |

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| **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) |  |

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| **Hypertension** | **Available Languages** | **Quantity Requested** |
| Managing High Blood Pressure | English (6\_82044en) |  |
| Spanish (6\_82045sp) |  |
| NK: High Sodium Foods | English & Spanish (MH0296) |  |

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| **Oral Health** | **Available Languages** | **Quantity Requested** |
| Healthy Smiles for Adults | English (LA0280 English) |  |
| Spanish (LA0280 Spanish) |  |
| Tips for Healthy Smiles: Birth to 18 Months | English & Spanish (MH1151) |  |
| Tips for Healthy Smiles: 2 to 12 Years Old | English & Spanish (MH1196) |  |
| Tips for Healthy Smiles: 13 to 18 Years Old | English & Spanish (MH1197) |  |

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

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| **Tobacco** | **Available Languages** | **Quantity Requested** |
| What You Need to Know About e-cigarettes and Vaping | English (MH1573) |  |
| Spanish (MH1575) |  |
| Independence from Tobacco | English (MH0092) |  |
| Spanish (MH0344) |  |

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| **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) |  |

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