

To order any of the items below please contact Denise Attard Sacco at:

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 Fax: (515) 242-6384

Mailing Address: Iowa Department of Public Health
 Iowa *Care for Yourself* Program
 Lucas State Office Building
 321 East 12th Street, 4th Floor
 Des Moines, IA 50319

Mailing Information

Program/County:	Full Name:	<input type="text"/>		
Street Address:	City:	State:	Zip:	

Quantity Item Description

WISEWOMAN Materials

	Form: WISEWOMAN Informed Consent and Release (English)
	Form: WISEWOMAN Informed Consent and Release – (Spanish)
	Brochure: WISEWOMAN Program Brochures (English)
	Brochure: WISEWOMAN Program Brochures (Spanish)
	Wallet Card: Screening Results (English)
	Wallet Card: Screening Results (Spanish)

General Cardiovascular Health

	Brochure: Women and Heart Disease (English)
	Brochure: Women and Heart Disease (Spanish)
	Booklet: Get Pumped about Heart Health (English)
	Brochure: Stress and You (English)
	Brochure: Stress and You (Spanish)

Nutrition Activity Materials

	Managing Your Weight (English)
	Managing Your Weight (Spanish)
	Booklet: Heart Healthy Recipes (English)
	Booklet: Heart Healthy Recipes (Spanish)
	Info sheet: Aim for a Healthy Weight: Portion Distortion Quiz (English)
	Wallet card: Heart-Healthy Guide To Fast Food - pocket pal (English)

	Brochure: How to Eat Healthy, FastGuide (Spanish)
	Info sheet: Choose foods low in Sodium (English)
	Brochure: Choose foods low in Sodium (Spanish)
Physical Activity Materials	
	Book: Everyday Fitness Handbook (English)
	Brochure: Walking for a Healthy Heart - (English)
	Brochure: Walking For Better Health - (Spanish)
	Info Sheet: Stretching Activities (English)
	Info sheet: Walking Program (English)
	Booklet: Activity and Food Tracker (English)
	Booklet: Activity and Food Tracker (Spanish)
Blood Pressure Materials	
	Brochure: Managing High Blood Pressure (English)
	Brochure: Managing High Blood Pressure (Spanish)
Prediabetes and Diabetes Materials	
	Info sheet: Prediabetes (Bilingual)
	Brochure: Diabetes and Heart Disease (English)
	Brochure: Diabetes and Heart Disease (Spanish)
Cholesterol Materials	
	Managing High Blood cholesterol and other lipids (English)
	Managing High Blood cholesterol and other lipids (Spanish)

Healthy Lifestyle Tools

Date Requested:

Information sheets

English

Spanish

Diabetes

Prediabetes

Nutrition - Fruit

Nutrition - Grains

Nutrition - Proteins

Nutrition - Veggies

Physical Activity

Salt

Sugar

**Email form to: Denise Attard Sacco at *denise.attard-sacco@idph.iowa.gov*
Updated 11.8.21**

Office Use Only

Date form received: _____

Date items mailed: _____