

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

Phone: 515-371-1384  
 E-Mail: [denise.attard-sacco@idph.iowa.gov](mailto:denise.attard-sacco@idph.iowa.gov)  
 Fax: (515) 242-6384

Mailing Address: Iowa Department of Public Health  
 Iowa *Care for Yourself* Program  
 Lucas State Office Building  
 321 East 12<sup>th</sup> Street, 4<sup>th</sup> 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)
<b>Physical Activity Materials</b>	
	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)
<b>Blood Pressure Materials</b>	
	Brochure: Managing High Blood Pressure (English)
	Brochure: Managing High Blood Pressure (Spanish)
<b>Prediabetes and Diabetes Materials</b>	
	Info sheet: Prediabetes (Bilingual)
	Brochure: Diabetes and Heart Disease (English)
	Brochure: Diabetes and Heart Disease (Spanish)
<b>Cholesterol Materials</b>	
	Managing High Blood cholesterol and other lipids (English)
	Managing High Blood cholesterol and other lipids (Spanish)

**Healthy Lifestyle Tools**

**Date Requested:**

Information sheets

English

Quantity

Spanish

Quantity

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 06.16.22**

**Office Use Only**

**Date form received:** \_\_\_\_\_

**Date items mailed:** \_\_\_\_\_