



Medi-Cal Managed Care Health Plans

Pediatric Obesity
&
Patient Education Resource Guide

February 2010

This patient education resource guide, compiled by Medi-Cal Managed Care Health Plans, contains information about multilingual patient education materials that may be used to supplement the **California Medical Association Foundation's Child and Adolescent Obesity Provider Tool Kit**. Please contact the listed health plan representative for instructions, guidance and approval to use or to modifying health-plan-developed materials.

This resource guide will be updated on a regular basis. Please contact Irene Reveles-Chase, MPH for information on obtaining the most current version of the guide at: ireveles@dhcs.ca.gov.

Health Plan	<ul style="list-style-type: none"> Title of Material Material Type Resource Topic - Nutrition, Physical Activity, or Both 	<ul style="list-style-type: none"> Target Audience Reading Level Date material developed or last updated 	Languages Available	<ul style="list-style-type: none"> Brief Description & Format Full Color or Black & White Link to website or other ordering information 	For information or approval to use this materials please contact:
Alameda Alliance for Health	<ul style="list-style-type: none"> Healthy Weight and your Child Brochure Nutrition & Physical Activity 	<ul style="list-style-type: none"> Pediatric 6th grade Developed by HEW subcommittee - 2004 	English Spanish Chinese Vietnamese	8 ½" x 11" 4-color tri-fold brochure with parent information regarding good food choices and exercise options for children and families.	Elizabeth Edwards, MPH, CHES Phone: 510-747-6178 eedwards@alamedaalliance.org
Alameda Alliance for Health	<ul style="list-style-type: none"> One Small Change Flyer Nutrition & Physical Activity 	<ul style="list-style-type: none"> Pediatric - a child version and a teen version 6th grade Developed by Alameda Co. CHDP/E-file -2000 	English Spanish Chinese	8 ½" x 11" flyer with colored pictures. For use by medical providers to reinforce a change in either diet or exercise.	
Alameda Alliance for Health	<ul style="list-style-type: none"> Health Eating-Active Living: BMI Age Growth Chart Flyer Nutrition & Physical Activity 	<ul style="list-style-type: none"> Pediatric - male and female versions 6th grade Developed by HEAC grant/Alameda Co/E-file-2007 	English Spanish	8 ½" x 11" 2-sided, colored flyer depicting a growth chart with age and BMI, using red, yellow, green and white for underweight. Additional information about risks associated with the red/yellow areas and suggestions for lifestyle changes on the reverse.	
Anthem Blue Cross	<ul style="list-style-type: none"> Are You Concerned about Your Child's Weight? Brochure Nutrition & Physical Activity 	<ul style="list-style-type: none"> Parents 6th grade 2009 	English Spanish,	Explains the importance of measuring BMI and provides parents with healthy diet and exercise tips for their children. 3 ½" x 8" folded, full color tri-fold flyer.	Anthem Blue Cross Childhood Obesity Initiative: Phone: 1-866-638-1865 or e-mail ChildhoodObesity@WellPoint.com
Anthem Blue Cross	<ul style="list-style-type: none"> KICK Brochure Poster, brochure Nutrition and Physical Activity 	<ul style="list-style-type: none"> Children 6-12 and their families 6th grade 2008/2009 	English Spanish	22" wall poster and brochure Tips for healthy eating and physical activity. Full Color	
Anthem Blue Cross	<ul style="list-style-type: none"> Healthy Habits Help Your Family for Life Cooking for Good Health Healthy Food to Go Healthy Foods for Pregnant Women 	<ul style="list-style-type: none"> Families 6th grade 2008/2009 	English Spanish	8 ½" x 11" double-sided health topic brochures Full Color	

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CalOptima	<ul style="list-style-type: none"> • ABC's To Being Healthy • Fact Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 4th-5th grade • CalOptima, Revised 2009 	English Spanish Vietnamese Farsi	One-page handout/Color Healthy Eating Tips for Parents to; Be Patient, Be A Planner, Be a Good Role Model, Try New Things, Be Creative	Lynne Saccoman Provider Office Education Manager Phone: 714-246-8623 healthpromotions@caloptima.org
CalOptima	<ul style="list-style-type: none"> • Fun Fitness Tips for You to Help Your Children • Fact Sheet • Physical Activity 	<ul style="list-style-type: none"> • Pediatric • 4th-5th grade • CalOptima, Revised 2009 	English Spanish Vietnamese Farsi	One-page handout/Color Fun Fitness Tips; A) Activities for Children and Families, B) Activities for the Children Alone or with Friends, C) Tips to get started, D) Tips to Remember.	
CalOptima	<ul style="list-style-type: none"> • Establish Good Eating Habits for Children • Fact Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 4th-5th grade • CalOptima, Revised 2009 	English Spanish Vietnamese	One-page handout/Color Tips to establish good eating habits in children	
CalOptima	<ul style="list-style-type: none"> • Tips for Getting Active • Fact Sheet • Physical Activity 	<ul style="list-style-type: none"> • Pediatric • 4th-5th grade • CalOptima, Revised 2009 	English Spanish Vietnamese	One-page handout/Color Tips to get Active at School and Home	
CenCal Health	<ul style="list-style-type: none"> • Make a Change Tool • Handout • Both Nutrition and Physical Activity 	<ul style="list-style-type: none"> • Children and Parents • 4th-5th grade • CenCal Health, 2008 	English Spanish	8 ½ x 11 handout for use by providers and parents to help families choose healthy changes Full color Posted at: www.cencalhealth.org For providers/health Education	Suzanne Michaud, MPH Senior Health Promotion Educator Phone: 805-562-1662 or 1-800-421-2560, ext 1662 smichaud@cencalhealth.org
CenCal Health	<ul style="list-style-type: none"> • Track Your Activity • Handout • Physical Activity 	<ul style="list-style-type: none"> • Children and Parents • 4th-5th grade • CenCal Health, 2008 	English Spanish	5 ½ x 8 ½ record card for keeping track of minutes of physical activity for 12 weeks. For Live Better, Make a Change program. Full color	
CenCal Health	<ul style="list-style-type: none"> • Healthy Weight for Children and Families • Handout • Both Nutrition and Physical Activity 	<ul style="list-style-type: none"> • Children and Parents • 4th-5th grade • CenCal Health, 2008 	English Spanish	7 x 4 ¼ tip sheet reminder for refrigerator Full color	

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Contra Costa Health Plan	<ul style="list-style-type: none"> • Family Healthy Goals • Tip Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	Patricia B Sanchez. MPH Senior Health Education Specialist Phone: 925-313-6019 psanchez@hsd.cccounty.us
Contra Costa Health Plan	<ul style="list-style-type: none"> • Family Meals • Tip Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	
Contra Costa Health Plan	<ul style="list-style-type: none"> • Get The Family Moving • Tip Sheet • Physical Activity 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	
Contra Costa Health Plan	<ul style="list-style-type: none"> • Sugar in our Foods • Tip Sheet • Physical Activity 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	
Contra Costa Health Plan	<ul style="list-style-type: none"> • Grocery Shopping • Tip Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	
Contra Costa Health Plan	<ul style="list-style-type: none"> • Healthy Snacks • Tip Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	
Contra Costa Health Plan	<ul style="list-style-type: none"> • Picky Eaters • Tip Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	
Contra Costa Health Plan	<ul style="list-style-type: none"> • Reducing TV Time • Tip Sheet • Physical Activity 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	
Contra Costa Health Plan	<ul style="list-style-type: none"> • Health Food Vs. Junk Food • Tip Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	

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Contra Costa Health Plan	<ul style="list-style-type: none"> • Stocking a Healthy Kitchen • Tip Sheet • Physical Activity 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	Patricia B Sanchez. MPH Senior Health Education Specialist Phone: 925-313-6019 psanchez@hsd.cccounty.us
Contra Costa Health Plan	<ul style="list-style-type: none"> • Fit Families for Life/Familias Sanas Viven Mejor • Tip Sheet • Nutrition 	<ul style="list-style-type: none"> • Pediatric • 6th grade • progress/CCHP 	English Spanish	Full color or black & white, one-page sheets	
Health Net	<ul style="list-style-type: none"> • Fit Families for Life/Familias Sanas Viven Mejor • Workbook • Nutrition & Physical Activity 	<ul style="list-style-type: none"> • Family • 6th grade • Health Net, 2009 	English Spanish	Healthy eating and physical activity workbook. Weekly goals and tips to help families make sound food and exercise choices. Sample topics include nutrition labels, adding fruits and vegetables to meals, good fats vs. bad fats, and proper exercise. Workbook is in color. Available through Health Net.	Hoang Su, MPH Manager, Health Education State Health Programs Phone: 626-683-6340 Hoang.C.Su@healthnet.com
Health Net	<ul style="list-style-type: none"> • Fit Families for Life/Familias Sanas Viven Mejor • DVD • Nutrition & Physical Activity 	<ul style="list-style-type: none"> • Family • 6th grade • Health Net, 2009 	English Spanish	DVD guides viewer through how to read a food label and good nutrition. Also, three 10-minute exercise segments are included (standing, sitting, and floor exercises). All segments are in English and Spanish. Available through Health Net.	
Health Net	<ul style="list-style-type: none"> • Healthy Eating for Healthy Living. Get Started Now! • Brochure • Nutrition 	<ul style="list-style-type: none"> • Adults • 6th grade • Health Net, 2006 	English Spanish	5-pane color brochure; Provides readers with healthy shopping tips and a guide for healthy eating habits. Available through Health Net.	
Health Net	<ul style="list-style-type: none"> • The Basics of Exercise. A little effort goes a long way • Brochure • Physical Activity 	<ul style="list-style-type: none"> • Adults • 6th grade • Health Net, 2006 	English Spanish	5-pane color brochure; Provides tips on how to exercise safely, determining target heart rates, and recommendations for exercise duration & frequency. Available through Health Net.	
Health Net	<ul style="list-style-type: none"> • 20 Tips for Weight Control • 8 ½" x 11" Handout • Nutrition 	<ul style="list-style-type: none"> • Adults • 6th grade • Health Net, 2007 	English Spanish	Mainly B&W Handout; lists brief weight control tips that serve as healthy habit reminders. Available through Health Net.	

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Health Net	<ul style="list-style-type: none"> • A Healthy Breakfast • 8 ½" x 11" Handout • Nutrition 	<ul style="list-style-type: none"> • Adults • 6th grade • Health Net, 2008 	English Spanish	Mainly B&W Handout; Provides the benefits of eating a healthy breakfast, and ideas for preparing quick breakfast foods. Available through Health Net.	
Kern Health System/ Kern Family Health Care	<ul style="list-style-type: none"> • Eat Healthy • Brochure (PDF) • Nutrition 	<ul style="list-style-type: none"> • Children and adults • 6th grade • Kern Health System/Kern Family Healthcare 2002 	English Spanish	Bilingual tri-fold brochure (8 ½" x 11") on how to eat, cook and shop healthy. Full color www.kernhealthsystems.com	Isabel C. Silva, MPH, CHES Member Health Educator Phone: 661-664-5117 isabelc@khs-net.com
Kern Health System/ Kern Family Health Care	<ul style="list-style-type: none"> • Exercise • Brochure (PDF) • Nutrition and Physical Activity 	<ul style="list-style-type: none"> • Children and adults • 6th grade • Kern Health System/Kern Family Healthcare 2002 	English Spanish	Bilingual tri-fold brochure (8 ½" x 11") on how to lose weight by incorporating healthy foods and exercise into daily activities. Full color www.kernhealthsystems.com	
Kern Health System/ Kern Family Health Care	<ul style="list-style-type: none"> • Lose Weight • Brochure (PDF) • Physical Activity 	<ul style="list-style-type: none"> • Children and adults • 6th grade • Kern Health System/Kern Family Healthcare 2002 	English Spanish	Bilingual tri-fold brochure (8 ½" x 11") on incorporating exercise into daily activities. Full color www.kernhealthsystems.com	
Kern Health System/ Kern Family Health Care	<ul style="list-style-type: none"> • High Blood Pressure • Brochure (PDF) • Nutrition 	<ul style="list-style-type: none"> • Children and adults • 6th grade • Kern Health System/Kern Family Healthcare 2009 	English Spanish	Bilingual tri-fold brochure (8 ½" x 11") on how to control high blood pressure through healthy eating and physical activity. Full color www.kernhealthsystems.com	
Kern Health System/ Kern Family Health Care	<ul style="list-style-type: none"> • High Cholesterol • Brochure (PDF) • Nutrition 	<ul style="list-style-type: none"> • Children and adults • 6th grade • Kern Health System/Kern Family Healthcare 2009 	English Spanish	Bilingual tri-fold brochure (8 ½" x 11") on how to control high cholesterol through healthy eating and physical activity. Full color www.kernhealthsystems.com	
L.A. Care Health Plan	<ul style="list-style-type: none"> • My Easy Steps to a Healthy Weight • Brochure • Nutrition & Physical Activity 	<ul style="list-style-type: none"> • Pediatric • 6th grade • L.A. Care, 2008 	English Spanish	8 ½" x 11", 4 color tri-fold brochure that offers easy tips for healthy weight. Available at www.lacare.org , "Providers", "Resources", Health Education".	Paula Williams-Valencia, MPH, CHES Health Education, Cultural and Linguistic Services Phone: 213-694-1250, ext 4364 pwilliams-valencia@lacare.org

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L.A. Care Health Plan	<ul style="list-style-type: none"> Finding Your Balance: Balance What You Eat with Exercise Brochure Nutrition & Physical Activity 	<ul style="list-style-type: none"> Pediatric & Adult 6th grade L.A. Care, 2008 	English Spanish Khmer	8 ½" x 11", 4 color tri-fold brochure that explains the recommendations of the USDA Food Pyramid. Available at www.lacare.org . "Providers", "Resources", "Health Education."	Paula Williams-Valencia, MPH, CHES Health Education, Cultural and Linguistic Services Phone: 213-694-1250, ext 4364 pwilliams-valencia@lacare.org
L.A. Care Health Plan	<ul style="list-style-type: none"> What Is My Pyramid Brochure Nutrition & Physical Activity 	<ul style="list-style-type: none"> Pediatric & Adult 6th grade L.A. Care, 2007 	** E, Sp, Ch, Ar, Ko, Rus, Kh, Far, Tag, Viet.	"Unbranded" version of Finding Your Balance-- explains basics of USDA Food Pyramid. Order PDFs of threshold language copies via e-mail to pwilliams-valencia@lacare.org .	
Molina Healthcare	<ul style="list-style-type: none"> Family Fitness Fact Sheet Physical Activity 	<ul style="list-style-type: none"> Family 6th grade Molina, July 2004 	English Spanish	8 ½" x 11" one-page handout with parent information regarding game plan for family fitness and modeling behavior.	Amritha Roser, RD, MS Health Education and C.L.S. Phone: 562-435-3666 ext. 127524 Amritha.Roser@MolinaHealthCare.com
Molina Healthcare	<ul style="list-style-type: none"> Guide to Serving Sizes and Portions Fact sheet Nutrition 	<ul style="list-style-type: none"> Family 6th grade Molina, July 2004 	English Spanish	8 ½" x 11" one-page handout with sample portion sizes and portion estimates	
Molina Healthcare	<ul style="list-style-type: none"> Water... the forgotten nutrient Fact Sheet Nutrition 	<ul style="list-style-type: none"> Family 6th grade Molina, July 2004 	English Spanish	8 ½" x 11" one-page handout discussing water requirements and ways to fit water into the day	
Molina Healthcare	<ul style="list-style-type: none"> Healthy Snacks Ideas Fact Sheet Nutrition 	<ul style="list-style-type: none"> Family 6th grade Molina, July 2004 	English Spanish	8 ½" x 11" one-page handout with ideas for healthy snacks	
San Francisco Health Plan	<ul style="list-style-type: none"> Adult Meal Portions/Kid Meal Portions Placemats Nutrition 	<ul style="list-style-type: none"> Family 	English Spanish Chinese	Multiple-color placemat showing recommended food serving sizes. http://www.sfhp.org/files/PDF/healthed/Portion_Control.en.pdf http://www.sfhp.org/files/PDF/healthed/portioncontrol.sp.pdf http://www.sfhp.org/files/PDF/healthed/Portion_Control.ch.pdf	Megan Petrich Health Education and C.L.S. Coordinator Phone: 415-615-4420 mpetrich@sfhp.org

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Santa Clara Family Health Plan	<ul style="list-style-type: none"> • Healthy Weight & Your Child • Brochure • Nutrition & Physical Activity 	<ul style="list-style-type: none"> • Children • 6th grade • SCFHP 	English Spanish Vietnamese	Full color tri-fold-offers easy ways to help children get more active. Provides healthy eating tips and better eating habits. For more information, call 800-260-2055.	Victoria Phan, MPH Manager, Health Education and C.L.S. Phone: 408-874-1847 vphan@scfhp.com

**LA Care's "What is My Pyramid?" Languages: English, Spanish, Chinese, Armenian, Korean, Khmer (Cambodian), Vietnamese, Tagalog, Russian and Farsi.