

Reliable Sources for Health Information in Spanish

1. Cardiovascular Disease: Information on topics related to cardiovascular disease, including stroke, high blood pressure, cholesterol, physical activity, diet and smoking
 - a. American Heart Association
 - i. Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200025>
 - ii. Phone: AHA: 1-800-AHA-USA-1
 - iii. Spanish materials: Some patient education materials are available in Spanish
 - b. National Heart Lung and Blood Institute
 - i. Website: <http://www.nhlbi.nih.gov/health/index.htm>
 - ii. Phone: 301-592-8573
 - iii. Spanish materials: Some patient education materials are available in Spanish
2. Diabetes: Information on topics related to diabetes, including medications, diet and physical activity
 - a. American Diabetes Association
 - i. Website: http://professional.diabetes.org/PatientResources_Search.aspx
 - ii. Phone: **1-800-DIABETES**
 - iii. Spanish materials: Some patient education materials are available in Spanish, portions of the website are available in Spanish
 - b. National Diabetes Information Clearinghouse
 - i. Website: <http://diabetes.niddk.nih.gov/>
 - ii. Phone: 1-800-860-8747
 - iii. Spanish materials: the entire website is available in Spanish (http://diabetes.niddk.nih.gov/index_sp.htm), several patient education materials are available in Spanish
3. Nutrition: information on proper amounts and serving sizes of foods. Includes information on nutrition for children as well
 - a. US Department of Agriculture
 - i. Website: <http://www.mypyramid.gov/>
 - ii. Phone: 1-888-7-PYRAMID
 - iii. Spanish materials: the entire website is available in Spanish (<http://www.mypyramid.gov/sp-index.html>) and most materials are available in Spanish.

4. Cancer: Information about prevention and treatment of cancer, including information related to diet, smoking and physical activity
 - a. American Cancer Society
 - i. Website: http://www.cancer.org/docroot/HOME/pff/pff_0.asp
 - ii. Phone: 1-800-ACS-2345
 - iii. Spanish materials: Some patient education materials are available in Spanish
 - b. National Cancer Institute
 - i. Website: <http://www.cancer.gov/>
 - ii. Phone: **1-800-4-CANCER**
 - iii. Spanish materials: the entire website is available in Spanish (<http://www.cancer.gov/espanol>) as well as patient education materials
5. Immunizations: information on immunizations for different infectious diseases
 - a. Centers for Disease Control and Prevention
 - i. Website: <http://www.cdc.gov/vaccines/pubs/default.htm#flyers>
 - ii. Spanish materials: there is limited information available in Spanish on this website.
 - b. Kansas Department of Health and the Environment
 - i. Website: http://www.kdheks.gov/immunize/em_orders.htm
 - ii. Phone: 785-296-1500
 - iii. Spanish materials: there are multiple publications available in Spanish
6. Occupational Health: Information on strategies for avoid injuries and staying healthy at work
 - a. Occupational Safety & Health Administration
 - i. Website: <http://www.osha.gov/OshDoc/quickcards.html>
 - ii. Phone: 1-800-321-OSHA
 - iii. Spanish materials: the entire website is available in Spanish (<http://www.osha.gov/as/opa/spanish/index.html>) and most materials are also available in Spanish