



Health Ministries Healthy Resources

From



Health Tips for Life

Find an idea to try this week!

From healthy cooking ideas, to ways to manage diabetes, take care of your heart & protect yourself from cancer, find what works for you.

The people of Kaiser Permanente wish you a long, healthy & joyful life.



Healthy Cooking

Find ideas for healthy meals, and ways to cook with more flavor and less salt. Take care of your heart with

short videos from Chef Nikki Shaw & Kaiser Permanente's Dr. Carl Gray: https://mydoctor.kp.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool_1268315.xml

Manage Your Diabetes

Hear from people with diabetes about what has helped them most: <https://mydoctor.kp.org/ncal/diabetes>



Protect Against Colon Cancer

If caught early, 9 out of 10 cases of colon cancer are curable. Protect yourself with an easy home test: https://mydoctor.kaiserpermanente.org/ncal/article/index.html?article_id=843711&co=regions/ncal/

Heart Health

Be there for your family for life. Think you're too young for heart disease? Don't guess – make sure! Know your numbers & take action.

Heart Health for Younger Adults

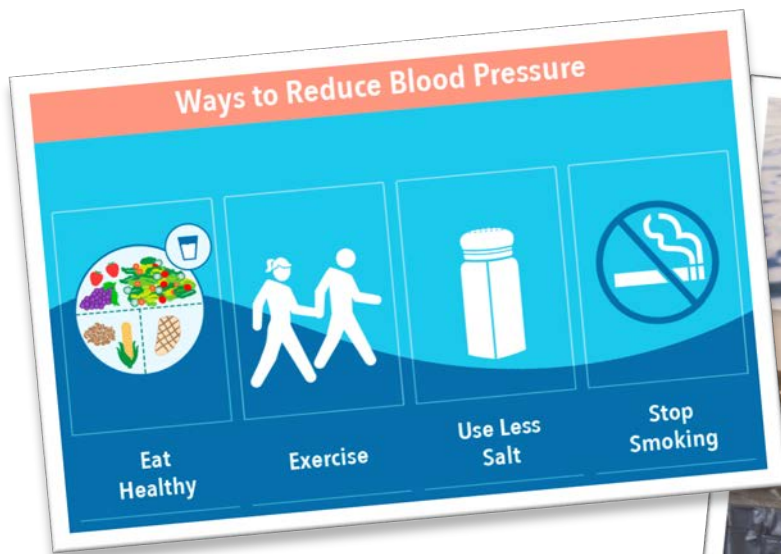
https://mydoctor.kaiserpermanente.org/ncal/article/index.html?article_id=1248934&co=regions/ncal/

Surprising Sources of Salt

https://mydoctor.kaiserpermanente.org/ncal/article/index.html?article_id=1248934&co=regions/ncal/



Hear how others found inspiration & practical ways to help their hearts: https://mydoctor.kaiserpermanente.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool_1281531.xml



Student Scholarships

Looking for scholarships for college?

The Kaiser Permanente African American Professional Association (KPAAPA) Scholarship Program is now accepting applications from high school students who are scheduled to graduate in spring 2018. Scholarships are also available for nursing and medical students attending schools in Northern California. KPAAPA provides scholarships to students who demonstrate academic achievement, commitment to community service, and leadership potential.

Online applications are available at <https://aim.applyists.net/KPAAPAssociation/> and must be submitted by **April 18, 2018**. Winners will be notified in June 2018. Please see the website for more information.

And More...

Flu Season

It's not over yet. Protect yourself and your family from the flu with a flu shot:

<https://twitter.com/KPbewelldoc/status/963228841308184576>

Even More Healthy Ideas...

For more healthy recipes and ideas to exercise and stay active, check out Champions for Change:

<https://cachampionsforchange.cdph.ca.gov>



Black History Month

Locally, we celebrated Black History Month with health fairs at Kaiser Permanente in Oakland and Richmond, including health resources, live music and food demonstrations. We hope you were able to join!



“We were thrilled to offer these educational events for families in our East Bay communities. All in attendance had the opportunity to learn more about key figures in our history and important facts about common health conditions and differences in these conditions in different groups. These fairs provided not only the opportunities to take care of healthcare needs such as flu shots, blood pressure checks and getting scheduled for needed cancer screenings, but also interactive opportunities to learn more about important healthy lifestyle choices. Those in attendance had the opportunity to actually taste foods cooked with low salt alternatives and practice gentle moving meditations making those lifestyle choices more realistic options for them in the future. The success of the fairs was evident to all by the engagement and smiles on the faces of those in attendance and those volunteering. We look forward to these becoming annual events.”

– Dr. Nailah Thompson

Care Beyond Our Walls

Kaiser Permanente takes great pride in our work to extend health care beyond the walls of our hospitals and medical offices, including sharing health talks from our doctors and bringing health fairs out into our communities.

