



Patient Health Education Handouts

Do you use patient handouts?

Here is a checklist of items to consider when you distribute handouts to help ensure they meet your patient's readability and cultural needs.

- Use 12 point or greater font size (this type is 12 point Ariel), 14 point font for seniors.
- Limit the number of concepts per page. Keep the sentences simple and in the active voice.
- Define technical terms and acronyms.
- Aim for 30% white space and layouts that guide the reader.
- Organize text with headings or subheadings; use bullets or numbers for lists.
- Keep visuals simple and relevant to the text.
- Ensure visuals represent your patients, culturally and otherwise. Do not reinforce stereotypes.
- Include topic-specific cultural references such as foods and exercise habits.
- Ensure content is up-to-date and passes medical review if needed.
- Review materials periodically to ensure accuracy and relevance.
- Provide translated materials to non-English speaking patients.

If you are looking for materials that follow these best practices, please visit the Alliance website for handout resources at www.alamedaalliance.org/live-healthy. Our handouts are in English, Spanish, Chinese and Vietnamese.

Topics include:

- Asthma
- Baby & Breastfeeding
- Diabetes
- Injury Prevention
- Healthy Weight
- Mental Health
- Parenting
- Pregnancy
- Quit Smoking
- Sexual Health
- Substance and Alcohol Addiction

Thank you for the quality care you provide to our members and your continued partnership.

Questions? Please contact Alliance Health Education
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