

News

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Transamerica Center for Health Studies Launches *Health Notes* in Collaboration with UC Berkeley School of Public Health

New ongoing bilingual publication will highlight the latest information on how to care for health conditions

LOS ANGELES –October 16, 2018 – The national nonprofit [Transamerica Center for Health Studies](#)® (TCHS) in collaboration with the [UC Berkeley School of Public Health](#) today released the first edition of [Health Notes](#), a new bilingual publication covering consumer health topics. **Health Notes** is a free resource and is available on the TCHS website. The content in **Health Notes** is based on research compiled by the University of California, Berkeley School of Public Health.

Each publication will focus on a specific health condition or wellness topic – such as high blood pressure, heart disease, depression, anxiety, nutrition, vision, diabetes and more and will be available in English and Spanish. According to the 2018 TCHS Consumer Report, more than one in four Latinos (26 percent) say they are uninsured, and Latinos are currently less able to afford routine healthcare expenses and monthly health insurance premiums compared to others in America. These staggering numbers highlight the importance of ensuring the Latino community has access to up-to-date health information on the most pressing topics.

“We are excited to offer **Health Notes** as a free, bilingual resource for the public,” said Hector De La Torre, executive director of TCHS. “Because of our ongoing look into consumer and employer health trends, we are uniquely qualified to identify topics that need further attention. Our partnership with the UC Berkeley School of Public Health and its Health and Wellness Publications enables us to build on this knowledge by providing timely, evidence-based prevention techniques and treatments for common medical conditions we know are top-of-mind.”

The partnership between TCHS and the University of California, Berkeley School of Public Health is rooted in a mutual commitment to help improve health and wellness through expert advice on prevention, diagnosis and treatment for a wide range of ailments and disorders. To aid in these efforts, the school is able to tap into its network of leading physicians and researchers at top medical centers and hospitals across California.

“We pride ourselves on the fact that the material we prepare for the provider community and the general public is trustworthy, impeccably researched and current,” said Dr. John Swartzberg, Chair of the Board of Health and Wellness Publications at the UC Berkeley School of Public Health.

For more information on [*Health Notes*](#), please visit the Transamerica Center for Health Studies website at <https://www.transamericacenterforhealthstudies.org/>

ABOUT THE TRANSAMERICA CENTER FOR HEALTH STUDIES

[Transamerica Center for Health Studies](#)[®] (TCHS) – a division of [Transamerica Institute](#)[®], – is a national nonprofit focused on empowering consumers and employers to achieve the best value and protection from their health coverage, as well as the best outcomes in their personal health and wellness. TCHS engages with the American public through national surveys, its website, research findings and consumer guidance. TCHS also collaborates with healthcare experts and organizations that are equally focused on health coverage and personal health and wellness. Transamerica Institute[®] is a nonprofit, private foundation funded by contributions from Transamerica Life Insurance Company and its affiliates, as well as unaffiliated third parties. None of the contributors are major medical insurers.

ABOUT THE UC BERKELEY SCHOOL OF PUBLIC HEALTH

The first school of public health west of the Mississippi, the [University of California, Berkeley, School of Public Health](#) was founded in 1943 on the Berkeley campus. It is one of 50 schools accredited by the Council on Education for Public Health. The UC Berkeley School of Public Health improves population health, especially for the most vulnerable, through collaborations to meet health needs and achieve health equity, preeminent education that challenges convention and develops diverse leaders, and transformational research on the major public health threats and opportunities of today and tomorrow.