



Dennis McNerney  
County Executive

## Bergen County Health Promotion Resource Center

# The Health Resource Letter

January/February 2009

### Board of Chosen Freeholders

Tomas J. Padilla, *Chairman* • Elizabeth Calabrese, *Vice Chairwoman*

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### **Featured Resource**

#### ***2008 Physical Activity Guidelines for Americans***

Published by the U.S. Department of Health and Human Services (HHS), this guide provides information and guidance on the types and amounts of physical activity that provide substantial health benefits for Americans.

Key guidelines are included for children and adolescents (age 6-17), adults (age 18-64) and older adults (age 65 and older). Additional guidelines are presented for persons with special conditions. Health benefits of physical activity are highlighted.

Single copies can be ordered at no charge at: <http://www.health.gov/paguidelines/guidelines/default.aspx#toc>

The complete guide can be downloaded at that web address as a pdf file or you may also request a copy from the Health Promotion Resource Center at 201-634-2709

### ***American Heart Month***

**Heart disease** is the leading cause of death in the United States. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. High cholesterol, high blood pressure, obesity, diabetes, tobacco and secondhand smoke are risk factors associated with heart disease. Observe **American Heart Month** in your classroom with this audiovisuals - too new for the 2008-2009 catalog.

#### ***Obesity: Not Me!***

A young host helps viewers recognize the three things that cause obesity: eating too much, eating foods high in sugar and fat, and not being active enough. A teacher's guide with suggested activities and worksheets is available. Produced in 2006 by Sunburst Media and suggested for grades 3-5.

DVD or VHS, 19 minutes

Request: AV N43

### ***Children's Dental Health Month***

National Children's Dental Health Month (NCDHM) turns 60 this year. Each February, since 1949, National Children's Dental Health Month has aimed at raising awareness about the importance of oral health. Developing good habits at an early age helps children get a good start on a lifetime of healthy teeth and gums. Select from the following to bring the message to your classroom:

***Adventures of Wiggly Tooth***, K-1

***Brushing with Dudley & DeeDee***, PreK

***Dudley's Classroom Adventure***, 2-3

***Dudley's Visit to the Dentist***, PreK-1

***It's Dental Flossophy Charlie Brown***, 2-3

***Toothbrushing with Charlie Brown***, 2-3

### ***Winter Cold and Flu Season***

Flu is a serious contagious disease. Each year in the United States, on average more than 200,000 people are hospitalized from flu complications and 36,000 people die.

Include this audiovisual in your school activities to remind staff and students of the importance of protecting themselves .

#### ***Why Don't We Do It In Our Sleeves?***

Use this DVD to educate your school staff, and subsequently your students, on the importance of using your elbow to cover coughs and sneezes to prevent the spread of germs and illnesses like the flu. Produced in 2006, this visual is intended for high school students, adults and seniors.

DVD, 5 minutes

Request: AV DVD MC01

### **Health Promotion Resource Center**

### **Bergen County Department of Health Services**

327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895

[www.bergenhealth.org](http://www.bergenhealth.org) • 201-634-2709



The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive multiple copies. Feel free to make copies of the handouts as needed or to request multiple copies.

**Fitness. What's In It For Me?** - Intended for young teens, this brochure describes the benefits of being fit and active and includes examples of fun activities.

**Be Active!** - One of a series of Tips for Teens produced by the National Diabetes Education Program, this brochure focuses on the benefits of being active.

**No "Safe" Tobacco. Myths about Smoking** - Examines myths about tobacco and smoking: "lights" are safe; "social" smoking can't hurt you; and this stuff (spit tobacco, flavored cigarettes, cigars and pipes) isn't really dangerous. Designed to appeal to teens.

**Exercise Every Day!**- coloring page

**Find the Hidden Words** - classroom activity sheet on good sources of calcium

Name: \_\_\_\_\_

School/  
Organization: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ email: \_\_\_\_\_

**Mail your completed form to:**

Health Promotion Resource Center / Bergen County Department of Health Services  
327 E. Ridgewood Avenue, Room 301 ■ Paramus, NJ 07652-4895  
**Forms may also be faxed to 201-986-1068. ATTN: Resource Center**  
**Completed forms may also be emailed to: [mdoremus@co.bergen.nj.us](mailto:mdoremus@co.bergen.nj.us)**

<p style="text-align: center;"><b>Handouts</b></p> <p>Indicate the quantity of each that you would like:</p> <p>_____ Fitness. What's In It For Me? (limit 150 per school)</p> <p>_____ Be Active! (limit 30 per school)</p> <p>_____ No "Safe" Tobacco (limit 150 per school)</p> <p>_____ Exercise Every Day!</p> <p>_____ Find the Hidden Words</p> <p style="text-align: center;"><b>Resource Guide</b></p> <p>Check to receive a single copy of the:</p> <p>_____ 2008 Physical Activity Guidelines for Americans</p>	<p style="text-align: center;"><b>Videos</b></p> <p>Indicate your first choice for a date or call to ask about scheduling these visuals:</p> <p>_____ Obesity: Not Me! (AV MCH45)</p> <p>_____ DVD</p> <p>_____ VHS</p> <p>_____ Adventures of Wiggly Tooth</p> <p>_____ Brushing with Dudley &amp; DeeDee</p> <p>_____ Dudley's Classroom Adventure</p> <p>_____ Dudley's Visit to the Dentist</p> <p>_____ It's Dental Flossophy Charlie Brown</p> <p>_____ Toothbrushing with Charlie Brown</p> <p>_____ Why Don't We Do It In Our Sleeves? (AV DVD MCH01)</p>
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**Video Borrowing Policy**

Up to two videos may be borrowed at one time. • Videos may be borrowed for a period of 10 business days  
Courier delivery is available for school personnel.