



# Health Resources

From the Bergen County Health Promotion Resource Center

January/February 2004

## ***FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH***

The annual observance of children's dental health began as a one-day event on February 3, 1941. In 1981, the program was extended to a month-long celebration known today as National Children's Dental Health Month. A variety of resources are available through the Health Promotion Resource Center to include as a part of your Dental Health Month activities.

Videos: Most of these are accompanied by a teacher's guide.

- ***Brushing with Dudley and Dee Dee*** - 6 minutes, suitable for preK
- ***Dudley's Visit to the Dentist*** - 8 minutes, for use with preK-grade 1
- ***Adventures of Wiggly Tooth*** - 12 minutes, intended for grades K-1
- ***Dudley's Classroom Adventure*** - 9 minutes, intended for grades 2-3
- ***The Haunted Mouth*** - 12 minutes, best used with grades 3-6

Model: Mr. Gross Mouth illustrates the effects of tobacco products on the gums and teeth. Appropriate for students in middle and high school.

Fun activity sheets: Downloaded sheets from the American Dental Association's website at:  
<http://www.ada.org/public/news/ncdhm/index.asp>

## ***FEBRUARY IS ALSO AMERICAN HEART MONTH***

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. While not all risk factors for heart disease can be changed, some can, including smoking, physical inactivity, high blood cholesterol, high blood pressure and overweight. During American Heart Month, consider featuring activities that focus on reducing risk factors, such as food selection and label reading.

### ***Label-Ease***

This video reviews facts contained on food labels. It distinguishes between nutrients people need to eat in adequate quantities and those associated with chronic disease in excess. The video describes a simple procedure to compare products and select a nutritious food item. Ideas for using the video as part of a classroom supermarket tour are available. Produced in 1994 by the National Dairy Council.

*VHS, 12 minutes*

*Request: AV N27*

The Health Promotion Resource Center offers information and health promotion materials such as videos for loan and accompanying handouts on a wide range of health issues to residents of towns contracting with the Department of Health Services for health education. Residents are invited to call their health educator at (201) 634-2600, or the Resource Center at (201) 634-2703.

### **Policies for Borrowing Videos**

- Up to two videos may be borrowed at one time.
- Videos may be borrowed for a period of 5 business days.
- A \$50 personal or business check or voucher (school or other) is required as a deposit for each video that is borrowed.
- School personnel can call to inquire about courier delivery.

### **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) 634-2703 • [mdoremus@co.bergen.nj.us](mailto:mdoremus@co.bergen.nj.us)



Program conducted under the auspices of Bergen County Executive Dennis McNerney  
and the Board of Chosen Freeholders



## Health Publications

From the Bergen County Health Promotion Resource Center  
January/February 2004

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 a single copy.

***10 Tips for Buiding Self-Esteem*** - This one-page flyer includes 10 ways that families can help children develop a positive self-image and help them resist the temptations of drug and alcohol use. Intended for parents, family members and care givers.

***Is It a Cold or the Flu?*** - A one-page flyer developed by the National Institute of Allergy and Infectious Diseases. The symptoms of a cold and the flu are listed in side-by-side columns for easy comparison. Useful for all ages, especially adults. The English version is on one side and the Spanish version on the reverse.

***Lead Poisoning and Your Child*** - A full-color brochure produced by the US Environmental Protection Agency. Specific suggestions are included to protect the whole family against high levels of lead. The brochure unfolds to a small poster. Intended for parents and family members. Available in English and Spanish.

***Stop, Drop & Roll!*** - A one-page flyer emphasizing the correct safety procedure in the event clothing catches on fire. Intended for use with early elementary school students.

*Please send me the following brochure(s):*

- 10 Tips for Buiding Self-Esteem*
- Is It a Cold or the Flu?*
- Lead Poisoning and Your Child*  
Circle language(s):    English                  Spanish
- Stop, Drop & Roll!*

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*  
For information on multiple copies, call 201-634-2703.