



Bergen County Health Promotion Resource Center

The Health Resource Letter

January/February 2005

Health Fact Corner

Some Mexican Candy May Contain Lead

Mexican candies such as chili-coated lollipops and snack packets that contain salt, lemon flavor, and chili powder may have high amounts of lead. Too much lead can cause serious health problems in kids.

Another popular Mexican candy, tamarind, also may have too much lead if it is kept in jars coated with lead paint. FDA is working with the Mexican government to keep lead out of these candies. But, for now, it's best not to eat them.

- Food and Drug Administration, 2/05



It's cold and flu season! To prevent getting sick and getting others sick **wash your hands** and **stay home** when you are sick .

NEW HEALTH PROMOTION RESOURCE CENTER COORDINATOR

It is a pleasure to introduce Concetta Caporrino as the new Health Promotion Resource Center Coordinator. Concetta, known as Connie, began her career with the Bergen County Department of Health Services in 1999 coordinating outreach services for the Cancer Education and Early Detection Program.

Connie served as President of the New Jersey Society for Public Health Education, Inc. promoting standards of excellence of professional preparation, research and practice, and public health outreach.

She received her B.S. in Public Health at Rutgers University and is a Certified Health Education Specialist. Connie will build upon the efforts of the former Coordinator, Marge Doremus to inform, educate, and empower Bergen County residents and health professionals about health issues.

HEALTHY HEART CURRICULUMS AVAILABLE FOR HEART MONTH

Obesity, high cholesterol, high blood pressure, and little physical activity are risk factors for heart disease. Encouraging healthy eating and lifestyle behaviors can reduce a child's risk of heart disease. The following is a sample of resources available through the Health Promotion Resource Center to include as a part of your National Heart Health Month activities.

The *Hearty Heart Home Team, GO for Health: Taking Off! & GO for Health: Braking through Barriers* are curriculums emphasizing cardiovascular health for grades 3-5 respectively. The curriculums were adapted for the Child and Adolescent Trial for Cardiovascular Health. They introduce a group of cartoon characters teaching about eating and physical activity habits necessary to promote heart health. Each contain 10-15 sessions/lesson plans for the classroom accompanied by learning objectives, activity sheets, handouts, and transparencies as well as a family component. Sessions focus on various topics such as describing the circulatory system, snack ideas, and learning that "everyday foods" are more heart healthy than "sometime foods" which are higher in salts and fats.

Hearty Heart Home Team - Grade 3

Request: CG N14

GO for Health: Taking Off! - Grade 4

Request: CG P3

GO for Health: Braking through Barriers - Grade 5

Request: CG P2

The Real Scoop About Diet and Exercise is a video that uses the Food Guide Pyramid as a guide for selection, emphasizing personal choice. This video also divides foods into "anytime," "sometimes," and "seldom" foods. Video is intended for teenagers. Dated 1994.

Request : AV N30

VHS, 13 Minutes

Health Promotion Resource Center

Bergen County Department of Health Services

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

www.bergenhealth.org • (201) 634-2703 • ccaporrino@co.bergen.nj.us

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



Health Publications

January/February 2005

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

Size It Up: A Guide to Portion Sizes - Learning to judge portion sizes can take a little practice. This flyer includes a chart of common, visual examples such as 2 Tablespoons of peanut butter is approximately the size of a golf ball.

10 TIPS for Packing a Healthy Lunch for Kids gives practical suggestions for practicing good nutrition daily. Suggestions are targeted specifically to students in grades K - 8, but all ages will find them a useful tool for making lunches healthy and enjoyable.

You Are What You Eat - Produced by the Egg Nutrition Center, and reproduced by the Bergen County Department of Health Services this information sheet explains the specific importance of several vitamins and nutrients, i.e., Lutein protects human eye lens cells from exposure to ultraviolet light.

Healthy Pizza Word Search - Pizza is a common favorite food for children. This fun activity sheet names healthy pizza ingredients and toppings such as whole wheat flour, garlic and pineapple.

I am interested in receiving the following materials:

Brochures

Curriculum/Video

- Size It Up: A Guide to Portion Sizes*
- 10 TIPS for Packing a Healthy Lunch for Kids*
- You Are What You Eat*
- Healthy Pizza Word Search*

- Hearty Heart Home Team*
- GO for Health: Taking Off!*
- GO for Health: Braking through Barriers*
- Video: The Real Scoop About Diet and Exercise*

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.

- Please check here if your mailing address label was incorrect.

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.

Video Borrowing Policy

- Up to two videos may be borrowed at one time.
- Videos may be borrowed for a period of 10 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.