



Health Resources

From the Bergen County Health Promotion Resource Center
July/August 2003

PLAN NOW FOR FALL EDUCATIONAL PROGRAMS

Many community organizations take a summer break from a busy schedule. Now is the time to plan fall and winter programs! The Health Promotion Resource Center can provide a variety of videos and other educational materials to appeal to people throughout the lifespan. The following videos would be appropriate for a variety of community groups.

Act in Time to Heart Attack Signs

When in doubt...Check it out! Treatment for heart attacks work best if started early, ideally in the first hour. Produced by the National Heart, Lung and Blood Institute, this 2001 video stresses early symptoms of a heart attack and the need to get medical attention promptly. A lesson plan for small group sessions provides suggestions for discussions.

VHS, 10 minutes

Request: AV MCH32

Diabetes Prevention & Control: A Guide for African Americans

Not only is the risk of diabetes higher in the African American community, but so is the risk of premature death. Interviews personalize the thorough discussion of known risk factors, symptoms and basic strategies for care presented in this 2001 video produced by Aventis with the Congress of National Black Churches. A booklet that summarizes the factual information is also available.

VHS, 30 minutes

Request: AV MCH40

Sharing Help, Sharing Hope: New Jersey's Minority HIV/AIDS Sharing Network

Produced by the New Jersey Department of Health and Senior Services, this 2002 video discusses the role of community-based outreach programs, particularly those addressing HIV/AIDS in minority communities. Four organizations in New Jersey's Minority HIV/AIDS Sharing Network are highlighted.

VHS, 12 minutes

Request: AV A28

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 • (201) 634-2703 • mdoremus@co.bergen.nj.us



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



Health Publications

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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.

As the weather warms, outside activities increase. Don't let accidents and illnesses prevent everyone from enjoying these activities. These brochures offer a wealth of information for a healthy and safe summer.

Recreational Water Illnesses - For many people, drowning, slipping or lightning may be their first thoughts on the subject of water safety. However, germs can live in swimming water and have caused many people to become sick in the past. This brochure presents some simple "Plea's" to help prevent recreational water illnesses.

Playing It Safe is Cool: Water Helps Beat the Heat - Whether at work or at play, the body uses water to maintain temperature and cool working muscles. This one-page flyer includes tips to keep cool, warning signs of heat-related illness and strategies for cooling down while exercising.

Selecting Sunglasses for Children - Selecting sunglasses for children is especially important since children often don't complain about their vision even when there is a problem. This one-page flyer includes practical guidelines for selecting sunglasses for children.

Is Your Home Playground a Safe Place to Play? - Most injuries associated with playground equipment happen when a child falls from equipment onto the ground. A ten-point check list simplifies checking home playgrounds for safety.

Please send me the following brochure(s):

- Recreational Water Illnesses*
- Playing It Safe is Cool: Water Helps Beat the Heat*
- Selecting Sunglasses for Children*
- Is Your Home Playground a Safe Place to Play?*

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.