



Health Resources

From the Health Promotion Resource Center

March/April 2002

Observe NATIONAL POISON PREVENTION WEEK this Year, March 17-23

Millions of poisoning exposures occur each year in the United States, resulting in nearly 900,000 visits to emergency departments. About 90% of poisonings happen in the home, and more than half of them involve children under age six. Many poisonings can be prevented if safety precautions are taken around the home.

Narrated by a pre-teen reporter, **Fatal Attraction: Poison Prevention in the Home** shows danger areas for poisons in the home and demonstrates specific procedures to poison-proof the home. Steps to take in the event of an accident are clearly explained. Intended for audiences from grade 7 through adult, the video was produced by the Regional Poison Center, University of California, San Diego.

The accompanying lesson plan can be tailored for use with students or adults.

VHS, 15 minutes

Request AV IC15

Other available videos include:

Big Bird stars in **Wash Your Hands**, a musical video about the importance of proper hand washing. Produced by the Children's Television Workshop and distributed by the National Safety Council, this classic video is recommended for children in preschool through grade 1.

A lesson plan and handout are available for use with this video.

VHS, 6 minutes

Request AV IC13

Last Call! The Sobering Truth about FAS/FAE

Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) are completely preventable if pregnant women don't use alcohol. Despite government warnings on alcoholic beverage containers and at drinking establishments, the incidence of children with FAS or related conditions has risen 600% in recent years. Many mothers-to-be are unaware of the potential effects of even low alcohol intake. Interviews with mothers and children with FAS highlight the symptoms, lifelong complications of living with these conditions. Produced by Crime Prevention Resources in 2001, this video is recommended for grade 9 through adults.

Instructor materials and audience handouts are available.

VHS, 26 minutes

Request AV AL22

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) 599-6100 or the Resource Center at (201) 599-4033.

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 • Paramus, New Jersey 07652-4895
www.bergenhealth.org • (201) 599-4033

Health Publications
From the Health Promotion Resource Center
March/April 2002

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.

March is National Nutrition Month®

For background on good nutrition combined with ideas on choices that will fit into a variety of lifestyles, read ***The Food Guide Pyramid...Your Personal Guide to Healthful Eating***. This brochure includes many topics such as defining serving sizes, choosing within serving ranges, balancing food choices to include favorite foods, selecting new food products and using the food labels to make informed choices. Specific suggestions are made for building a personal pyramid that includes exercise as well as good nutrition.

10 TIPS for Packing a Healthy Lunch for Kids also 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.

National Inhalants & Poisons Awareness Week is March 17-23

In just 10 years, the number of youth who have used inhalants has nearly doubled. Unlike many other harmful products, the ones used as inhalants are legal and easily available in homes, schools and offices. Common products such as markers, nail polish remover, rubber cement and glues can be sniffed, cutting off oxygen to the brain. Sniffing is potentially lethal. ***What's Up with Inhalants?*** is designed to increase awareness among students of the dangers of inhalants.

Please send me the following brochure(s):

- The Food Guide Pyramid...Your Personal Guide to Healthful Eating
- 10 TIPS for Packing a Healthy Lunch for Kids
- What's Up with Inhalants?

Name: _____

Street address: _____ Apt. No.: _____

City: _____ State: _____ Zip: _____

Mail your completed form to:

Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue
Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068 ATTN: Resource Center
For information on multiple copies, call 201-599-4033.