



Health Resources

From the Bergen County Health Promotion Resource Center

March/April 2004

NATIONAL NUTRITION MONTH® 2004: EAT SMART TO STAY HEALTHY, FOR A LIFETIME

Eating Smart to Stay Healthy means being smart about the foods you eat - knowing what you are eating and making wise food choices. The following is a sample of resources available through the Health Promotion Resource Center to include as a part of your National Nutrition Month activities.

The Real Scoop about Diet and Exercise

Produced by the Center for Science in the Public Interest, this video uses the Food Guide Pyramid as a guide for selection, emphasizing personal choice. Foods are described as "Anytime," "Sometimes," and "Seldom." Nutrition and physical fitness are related to a sense of well being. Intended for preteens.

VHS, 13 minutes

Request: AV N30

Recipe Analyzer

Everyone from high school students through adults can utilize the database on this CD to calculate nutritive values for recipes. Easy to use options allow for customizing the output.

Request: AV CD N1

The New American Plate

Produced by the American Institute for Cancer Research, this CD includes a 48-slide presentation and a separate script. Both are presented as pdf documents. Easy instructions for full screen viewing are included.

Request: AV CD N2

SAVE THE DATE! KICK BUTTS DAY MARCH 31, 2004

Kick Butts Day is the Campaign for Tobacco Free Kids' annual celebration of youth leadership and activism. Call the Health Promotion Resource Center to learn about the other resources available.

MediaSharp. Analyzing Tobacco & Alcohol Messages

Part I of this 1998 video explores health hazards of alcohol and tobacco use. Media messages and their impact are included. Part II discusses how youth can discourage tobacco and alcohol use. Discussion questions and pauses are incorporated into the video. Most appropriate for student in grades 5 - 8.

VHS, 7 minutes

Request: AV S34

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

From the Bergen County Health Promotion Resource Center
March/April 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. For information on multiple copies, call 201-634-2703

National Nutrition Month® Resources - The following three one-page flyers were produced by the American Dietetic Association and can be used in a variety of classroom or community settings.

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.

Discover Pyramid Park - On this activity sheet, students move across the page by reporting good nutrition and physical fitness actions. A student who “names 2 fruits” moves ahead 3 spaces, but one who “ate NO vegetables today” goes back 3 spaces.

Connect the Dots - Younger students can find great tasting foods by connecting the dots on this activity sheet. The completed pictures can also be colored.

Lowering Your Blood Pressure - This full-color brochure, produced by the Bergen County Department of Health Services, includes information about high blood pressure in addition to simple steps for controlling or preventing it. Useful for high school health classes or adults.

Please send me the following brochure(s):

Please check here if your mailing label was incorrect.

- Size It Up: A Guide to Portion Sizes*
- Discover Pyramid Park*
- Connect the Dots*
- Lowering Your Blood Pressure*

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.