



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

March/April 2007

WEB RESOURCES

National Federation of State
High School Associations
www.nfhs.org

National Youth Sports
Safety Foundation
www.nyssf.org

National Dairy Council
www.nutritionexplorations.org

USDA
Food and Nutrition Service
www.fns.usda.gov/fns/nutrition.htm

American Dietetic
Association
www.eatright.org

American Academy of
Pediatrics
www.aap.org

National Athletic Trainers'
Association
www.nata.org

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CELEBRATE NATIONAL NUTRITION® MONTH!

March is **National Nutrition Month®!** Created in 1973 by the American Dietetic Association (ADA), this observance promotes healthful eating habits. ADA provides practical nutrition guidance and focuses attention on making informed food choices and developing sound physical activity behaviors. National Nutrition Month® also reminds consumers that registered dietitians are their most valuable and credible source of timely, science-based information. Some key messages of National Nutrition Month are:

- ➔ Develop an eating plan for lifelong health. Use the new *Dietary Guidelines for Americans* and *MyPyramid* as your guide to healthy eating.
- ➔ Choose foods sensibly by looking at the overall picture. When consumed in moderation and in appropriate portions, all foods can fit into a healthful diet.
- ➔ Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness and it helps control body weight.

Celebrate National Nutrition Month® in your classrooms with the following videos. Request the videos by using the form on the reverse side or by calling the Health Promotion Resource line at 201-634-2705.

- NEW! To The Max : Understanding the New Diet and Exercise Guidelines**
VHS, 16 minutes, grades 3-6. Request: AV N42
- MVE-TV: The Channel for Moderation, Variety and Exercise**
VHS, 10 minutes, secondary grades. Request: AV N24
- Mysteries of the Food Pyramid**
VHS, 16 minutes, grades 4-6. Request: AV N35
- KidStrong: Inside & Out**
VHS, 20 minutes, grades 5-6. Request: AV N33
- The Food Groupie Adventures**
VHS, 15 minutes, Pre-K-grade 1. Request: AV N34

April is National Youth Sports Safety Month

Millions of children are injured each year due to their participation in sports and fitness activities. Many of these injuries could be prevented with the utilization of safety resources. National Youth Sports Safety Month "focuses on keeping informed about the most current safety resources," according to the National Youth Sports Foundation. The video, **Bicycle Safety Camp**, features five kids at bike safety camp who must demonstrate rules of safe biking to pass the course. VHS, 25 minutes, grades K-4. Request: AV IC12



Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895
www.bergenhealth.org • 201-634-2705

The materials 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 request materials. Please encourage residents to contact the Health Promotion Resource Center at 201-634-2705 to inquire about available resources and initiatives.

Time to Take Five - Eat 5 Fruits and Vegetables a Day - A brochure from the National Institutes of Health.(All ages)

Healthy Lunches - 10 Tips for Packing a Healthy Lunch for Kids or Adults.(Black/white copy; all ages)

Shop by Color - Coloring/activity sheet featuring a variety of fruits and vegetables.(Black/white copy; elementary grades)

Fabulous Fruits and Versatile Vegetables - Handout that encourages consumption of fruits and vegetables.(Black/white copy; grades 6-12, adult).

Sports Injury Prevention Guide - Handout lists ways to prevent sports injuries.(Black/white copy; elementary, middle grades)

Preventing Youth Sports Injuries - Handout offers advice to parents for sports injury prevention.(Black/white copy; adult)

Sport-Specific Safety Information - Handout lists common injuries, safety gear and injury prevention for a variety of common sports.(Black/white copy; grades 7-12, adults)

8 Tips to Keep Your Child Injury-Free - Handout gives tips from the National Institutes of Health.(Black/white copy; adult)

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 201-634-2705

I am interested in receiving the following materials:

Handouts	Videos
<input type="checkbox"/> Time to Take Five	<input type="checkbox"/> To The Max: Understanding the New Diet and Exercise Guidelines
<input type="checkbox"/> Healthy Lunches	<input type="checkbox"/> MVE-TV: The Channel for Moderation, Variety and Exercise
<input type="checkbox"/> Shop by Color	<input type="checkbox"/> Mysteries of the Food Pyramid
<input type="checkbox"/> Fabulous Fruits and Versatile Vegetables	<input type="checkbox"/> KidStrong: Inside & Out
<input type="checkbox"/> 8 Tips to Keep Your Child Injury-Free	<input type="checkbox"/> The Food Groupie Adventures
<input type="checkbox"/> Preventing Youth Sports Injuries	<input type="checkbox"/> Bicycle Safety Camp
<input type="checkbox"/> Sports Injury Prevention Guide	
<input type="checkbox"/> Sport-Specific Safety Information	

In the future, which format would you prefer to borrow? VHS DVD

Video Borrowing Policy

Up to two videos may be borrowed at one time. • School personnel can call to inquire about courier delivery.

Print Materials

Multiple copies will be provided upon request if supplies are available.
Please contact the Resource Center at 201-634-2705 to inquire about product availability.