



# Health Resources

## From the Health Promotion Resource Center

May/June 2002

### *Safety is "Where It's At" in May*

As the weather becomes milder and the days longer, kids are outside longer. National safety observances that emphasize the need to protect children include National SAFE KIDS Week, May 4-11, and Buckle Up America Week, May 20-27. National SAFE KIDS Week 2002 emphasizes the importance of helmets for kids on bikes and other wheels, such as skateboards and in-line skates, while Buckle Up America Week specifically targets the use of seat belts by adults and teenagers and safety or booster seats for young children. The following videos can be useful to demonstrate the importance of safety to young people.

Bill Nye, the Science Guy, narrates **The ABC's of Air Bag Safety: The Back is Where It's At**, a lively, fast-paced exploration of air bags and car safety. Supplement this video with the facts on New Jersey's new booster seat law. (A brochure explaining this law is described on the reverse.)

*A curriculum guide includes masters for activities for grades K - 3 and 4 - 6.*

*VHS, 10 minutes*

*Request: AV IC37*

### **Along for the Ride. Safer Bicycling for Everyone**

Members of the U.S. Cycling Team demonstrate safe bicycling. Major topic areas include "wear a helmet" and "follow the rules of the road." Produced by the National Highway Traffic Safety Administration.

*Suitable for high school and adult audiences.*

*VHS, 18 minutes*

*Request: AV IC28*

Being outside also increases physical activity. Start introducing youngsters to the health benefits of activity with the following video.

### **Getting Active with Jack the Apple**

Jack the Apple learns that physical activity can be fun and has many health benefits. Activities develop both fine and gross motor skills. Intended for pre-K and kindergarten classes, the video also suggests activities that parents and children can do at home together.

*A facilitator's guide includes follow-up activities and parent hand-outs.*

*VHS, 11 minutes*

*Request AV P9*

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) 634-2703

# Health Publications

## From the Health Promotion Resource Center

May/June 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.

***New Law Requires More Protection for Child Passengers*** is a concise explanation of the law that took effect in New Jersey on December 1, 2001, requiring children up to age 8 or 80 pounds to ride in a safety or booster seat anywhere in a motor vehicle. For children between ages 6 and 14, motor vehicle crashes are the leading cause of death.

***Walking For Exercise & Pleasure*** presents basic information to start walking for health. Produced by the Increase Physical Activity & Improve Nutrition Goal Team of the Partnership for Community Health, this user-friendly brochure includes such topics as *Benefits of Walking*, *Where to Walk*, *Appropriate Footwear*, and *Recommendations*. An activity log is included to help readers' track their progress.

***Frequently Asked Questions About West Nile Virus*** provides current information on a variety of topics, including how people become infected, what the symptoms are, who is most at risk, and how to reduce the risk of becoming infected with West Nile virus. As summer and the height of the mosquito breeding season approaches, there are many things people can do such as eliminating standing water, cleaning clogged roof gutters, checking and repairing screens, and draining swimming pool covers.

***Make it a Safe Kids Summer***, a one-page flyer with safety tips, can be downloaded from the SAFE KIDS website, [www.safekids.org](http://www.safekids.org), in both English and Spanish, or request a copy on the form below.

*Please send me the following brochure(s):*

- New Law Requires More Protection for Child Passengers
- Walking for Exercise & Pleasure
- Frequently Asked Questions about West Nile Virus
- Make it a Safe Kids Summer

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  
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.

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