



Kathleen A. Donovan
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

May/June 2011

Board of Chosen Freeholders

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Featured Resource

Emergency Preparedness and Response

CDC has a key role in protecting the public's health in an emergency involving the release of radiation that could harm people's health. Their web site provides information to help people protect themselves during and after such an event.

On March 11, 2011, CDC immediately activated its Emergency Operations Center (EOC) in Atlanta to respond to the 9.0 magnitude earthquake and subsequent tsunami and radiation release in Japan. CDC continues to closely monitor the effects of this disaster and is focused on making sure it is ready to support any requests that come in from Japanese colleagues related to public health.

Topics on the site include:

- Japan: Radiation and Health
- Japan: Info for Specific Groups
- Related Resources

Visit the CDC's web page for radiation emergencies at:
<http://emergency.cdc.gov/radiation/>

Prevent Teen Pregnancy

The highest percentage of adolescent pregnancies occur in May. Help students recognize that the effects of unintended teen pregnancy and early childbearing are far reaching with this DVD. Browse the catalog for other options.

Too Young

Too Young allows teen parents to share their stories and, in their own words, to offer their candid views about the difficulties they face. Their stories clearly link teen pregnancy to other problems. The video can also be downloaded from <http://www.thenationalcampaign.org/tooyoung/>.

DVD, 5 min.

Request: AV DVD M05

National Asthma and Allergy Awareness Month

It's peak season for asthma and allergy sufferers, and a perfect time to educate students about these diseases. Help you students learn about asthma and about how they can be involved in managing their asthma!

Quest for the Code

In this action game, students must attempt to stop the asthma villains as they learn the information they need to win. Both a Spanish and an English version are included.

CD

Request: AV CD MCH1

Safety is "Where It's At" in May

As the weather becomes milder and the days longer, kids are outside longer. Emphasize the importance of bicycle safety with these videos. Materials on helmet, water and pedestrian safety are offered on the back.

Be Head Smart: It's Time to Start

Stresses the importance of wearing a helmet when bicycling and following safe practice. Produced by the U.S. Department of Transportation; suitable for grade 7 - adult.

VHS, 18 minutes

Request: AV IC27

Bicycle Safety Camp

Five kids at bike safety camp must demonstrate rules of safe biking to pass the course. Covers helmets, bike maintenance and selecting bikes as well as safety. Much of the music is rap. Recommended for grades K - 4.

VHS, 25 min.

Request: AV IC12



Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue • Paramus, New Jersey 07652-4895
www.bergenhealth.org • 201-634-2709

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 multiple copies. Feel free to make copies of the handouts as needed or to request multiple copies.

Too Young Fact Sheet - Produced by the National Campaign to Prevent Teen and Unplanned Pregnancy, this attractive flyer highlights problems linked to teen pregnancy including welfare dependency, health problems, absent fathers, education failure and more. Can be used with the DVD or alone.

Tips for Parents. 60: Play. Every Day. Every Way A one page flyer from the CDC gives specific suggestions for increasing physical activity in children's days. The goal of 60 minutes a day is clearly stated. Suggestions are included for activity at school, at home, on outings or trips and in the community.

Water Safety. This colorful flyer includes reminders to keep kids safe when playing around water. The checklist of ways to keep children safe includes home, swimming, pools and open water. Produced by Safe Kids USA.

Wheels Under Your Feet? Helmet on Your Head! - A one page reminder that in New Jersey, state law requires helmets on everyone under age 17 while bicycling, skateboarding and roller-skating. Also includes tips for making sure that the helmet fits properly.

Sun Safe Cryptogram - Students must decode the message to read the sun safe message. Dangers associated with tanning salons are also included.

Safe Kids Walk This Way - Three activities are included on this one page activity sheet about pedestrian safety. Activities include fill-in the blank, a word search and matching traffic signs to their meanings.

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

Handouts

Indicate the quantity of each that you would like:

- _____ Too Young Fact Sheet (limit 100)
- _____ Tips for Parents. 60: Play. Every Day. Every Way (limit 100)
- _____ Water Safety (limit 50)
- _____ Wheels Under Your Feet? Helmet on Your Head! (no limit)
- _____ Sun Safe Cryptogram (no limit)
- _____ Safe Kids Walk This Way (no limit)

Videos

Indicate your first choice for a date or call to ask about scheduling these visuals:

- _____ Too Young (AV DVD M05)
- _____ Quest for the Code (AV CD MCH1)
- _____ Be Head Smart: It's Time to Start (AV IC27)
- _____ Bicycle Safety Camp (AV IC12)

Video Borrowing Policy

Up to two videos may be borrowed at one time. • Videos may be borrowed for a period of 10 business days
Courier delivery is available for school personnel.