



# Health Resources

From the Bergen County Health Promotion Resource Center

November/December 2002

## ***THE GREAT AMERICAN SMOKEOUT CELEBRATES ITS 26TH YEAR***

The Great American SmokeOut, observed this year on Thursday, November 21, challenges people of all ages to stop using tobacco and raises awareness of effective ways to quit. You can include information on the health effects of smoking in your lessons or programs with the following video.

### ***Women and Tobacco: Seven Deadly Myths***

Produced by the Centers for Disease Control and Prevention in 2001, this video presents the serious health effects of smoking on women and discusses myths that surround women and smoking. The benefits of quitting are also described. Although suitable for grades 9 through adults, some segments, such as the lung of a smoker, are graphic.

*A facilitator's guide accompanies the video.*

*VHS, 17 minutes*

*Request AV S33*

## ***DECEMBER 1 IS WORLD AIDS DAY***

Observed every year on December 1, the theme for World Aids Day 2002 is "Stigma and Discrimination." Accurate information can help confront the fears and biases that lead to stigma and discrimination.

### ***HIV AND AIDS: Staying Safe***

Intended for students in grades 4 - 6, this video explains how HIV affects the immune system. Ways that people can NOT contract HIV are emphasized as well as ways that they can. Children are helped to realize that they are ultimately responsible for their own health. The video was produced by United Learning in 2001.

*A teacher's guide and black-line masters are available.*

*VHS, 15 minutes*

*Request: AV A27*

### ***In Our Own Words: Teens and AIDS***

Five young people who contracted HIV as teenagers through unprotected sexual intercourse are profiled in this 20-minute video. An introduction to HIV and AIDS is recommended prior to viewing the video. Produced in 1995, the impact on the young people conveys a powerful message. Suitable for students in grades 7 - 12.

*An educator's discussion guide is available.*

*VHS, 20 minutes*

*Request: AV A25*

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 the Bergen County Executive and the Board of Chosen Freeholders





## Health Publications

From the Bergen County Health Promotion Resource Center  
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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.

***Know the Warning Signs of Heart Attack and Stroke*** - Keep the warning signs of heart attack and stroke handy with this wallet-sized card. The importance of calling 911 immediately is emphasized.

***What You Can Do To Reduce Your Risk of Listeriosis*** - Anyone can become infected with listeria, but pregnant women, newborns, the elderly and those with weakened immune systems are at greatest risk. Learn the simple procedures that can reduce the risk of listeriosis, a foodborne illness. Includes recommendations of importance for all individuals as well as those of particular importance for high risk individuals.

***What You Should Know about HIV/AIDS*** - Topics included in this brochure include: What is HIV/AIDS?, How Do People Get HIV/AIDS?, Can You Tell if People Have HIV/AIDS?, How to Protect Yourself and Your Family, and How Can You Tell If You Have HIV? Phone numbers for information, counseling and testing are included.

***Actually, Quitters Do Win*** - The Great American SmokeOut is perfect reason to quit, for at least one day. This bookmark provides basic information on three programs: NJ Quitline, NJ Quitnet and NJ Quitcenters.

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

- Know the Warning Signs of Heart Attack and Stroke*
- What You Can Do To Reduce Your Risk of Listeriosis*
- What You Should Know about HIV/AIDS*
- Actually, Quitters Do Win*

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.