



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

November/December 2008

Board of Chosen Freeholders

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Featured Resource

Helping the Student with Diabetes Succeed. A Guide for School Personnel

Developed by the National Diabetes Education Program (NDEP), this guide educates and informs school personnel about diabetes, how it is managed and how each member of the school staff can help meet the needs of students with the disease.

A sample medical management plan and sample emergency plan for both hypoglycemia and hyperglycemia are included. School responsibilities under federal laws are also discussed.

Single copies can be ordered at no charge at: <http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsPat>

The guide can be downloaded at that web address as a pdf file or you may also call the Health Promotion Resource Center at 201-634-2709 and request a copy.

American Diabetes Month

Based on 2002-2003 data, 15,000 youth in the United States were newly diagnosed with type 1 diabetes annually and about 3,700 were newly diagnosed with type 2 diabetes annually. Since 1987, the death rate due to diabetes has increase by 45 %, while the death rates due to heart disease, stroke and cancer have declined. The good news is that by knowing your risk factors for diabetes and by following a healthy lifestyle, diabetes can be delayed or prevented. The following materials may be helpful in your classroom activities:

Diabetes: Teens Fight Back

Looks at the disturbing rise in diabetes cases. Follows two young men through their daily routines. Will, a high school student with Type 1 diabetes, maintains a rigorous injection and glucose-monitoring schedule while excelling at soccer and remaining focused on school and his social life. Justin, age 12 with Type 2 diabetes, talks about his struggle with weight control and his triumphant loss of 18 pounds. This 2006 video examines, for both diabetics and non-diabetics, the impact of the condition on daily life.

DVD, 10 minutes
Request: AV MCH45

Planet D

Produced by the American Diabetes Association, this interactive site includes information on diabetes, a message board and blog. Other activities are being developed.

log onto: <http://tracker.diabetes.org/index.php>

Celebrate the Great American Smokeout this November

This year, the Great American Smokeout will be observed on Thursday, November 15. According to the U.S. Surgeon General in 1990, people who quit smoking, regardless of age, live longer than people who continue to smoke, and quitting smoking substantially decreases the risk of lung, laryngeal, esophageal, oral, pancreatic, bladder , and cervical cancers. Encourage students not to start! A recent addition to the Resource Center collection may be useful for your classroom.

Smoking Exposed

Presents straightforward facts about virtually every harmful effect that smoking can cause in an effort to get teens to stop smoking before they start. Intended for grades 5-9. A teacher's guide with classroom activities accompanies the video.

VHS, 18 minutes.
Request: AV S41

Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895

www.bergenhealth.org • 201-634-2709



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.

Get Smart. Know When Antibiotics Work - Intended for parents, this brochure describes when antibiotics work and when they do not. The problem of antibiotic resistance is addressed.

Lower Your Risk for Type 2 Diabetes - One of a series of Tips for Teens produced by the National Diabetes Education Program, this brochure includes risk factors for developing diabetes, warning signs and lifestyle changes that can prevent or delay the development of diabetes.

Think Before You Ink. Are Tattoos Safe? - From the US Food and Drug Administration, this one page flyer discusses risks and permanence of tattoos.

What's A Serving?- Pictures and comparisons to everyday objects illustrate serving sizes

Teen Weight. Smoking's No Diet! - Emphasizes that smoking isn't an effective way to lose weight or control weight gain. Emphasizes dangers of smoking and includes some suggestions for weight control that work better than smoking.

Wash Your Hands - coloring page

Decode Bo's Secret Message - classroom activity sheet

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

Handouts

Indicate the quantity of each that you would like:

- _____ Get Smart. Know When Antibiotics Work (limit 30 per school)
- _____ Lower Your Risk for Type 2 Diabetes (limit 30 per school)
- _____ Think Before You Ink
- _____ What's a Serving
- _____ Smoking's No Diet!
- _____ Wash Your Hands
- _____ Decode Bo's Secret Message

Videos

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

- _____ Diabetes: Teens Fight Back (AV MCH45)
- _____ Smoking Exposed (AV S41)

Resource Guide

Check to receive a single copy of the School Personnel Guide.

- _____ Helping the Student with Diabetes Succeed. A Guide for School Personnel

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.