



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

November/December 2005

PARTICIPATE IN THE GREAT AMERICAN SMOKEOUT THIS NOVEMBER

Health Fact Corner

Here are some fast facts about smoking and tobacco:

? Smoking is the most common cause of lung cancer and cancer of the mouth. Smokeless tobacco can cause mouth cancer, tooth loss, and other health problems.

? Nicotine is a powerfully addictive substance, more addictive than heroin! Three quarters of young people who use tobacco daily continue to do so because they find it hard to quit.

? The poisons in cigarettes can affect your physical appearance. Smoking can dry your skin out and cause wrinkles. Some research even relates smoking to premature gray hair and hair loss!

? It can be hard to play sports if you use tobacco. Smoking causes shortness of breath and dizziness, while chewing tobacco causes dehydration.

? Smoking puts the health of your friends and family at risk. Breathing in other people's smoke can raise a person's risk of lung cancer by up to 30 percent!

? It may seem like many teens use tobacco, but most don't. According to a 2002 study, less than one in seven teens is a regular smoker!

www.health.org/govpubs

On November 17, schools and agencies around the nation will be observing the **Great American Smokeout**. Millions of people quit smoking for this one day, and will hopefully decide to quit smoking permanently after this event. Plan to observe the Great American Smokeout by including information on the health effects of smoking in your lessons or programs. The following are videos available at the Health Promotion Resource Center.

Smoke Screeners

Examines the role of smoking and cigarettes in movies. The use of cigarettes as props and their advertising are targeted. On-screen pause prompts suggest appropriate times for discussion. A 1999 production of the Centers for Disease Control and Prevention geared towards grades 6-9.

VHS, 15 minutes

Request: AV S36

Know the Facts-Keep Your Power: How to be Tobacco Free

Fast paced action targets myths about smoking cigarettes, advertising, peer pressure, and the consequences of smoking. Produced by American Cancer Society, the American Heart Association, and the American Lung Association for students in grades 5-8. Dated 1993.

VHS, 8 minutes

Request: AV S28

DECEMBER 1st IS WORLD AIDS DAY

It is important to help people realize that although they need to protect themselves against HIV/AIDS, it is also necessary to treat people infected with HIV/AIDS with love and respect. The video below is available at the Health Promotion Resource Center.

HIV and AIDS: Staying Safe

Explains how HIV affects the immune system. Emphasizes the ways that people can and cannot contract HIV. Helps children realize that they are ultimately responsible for their own health. A 2001 production by United Learning. Intended for students in grades 4-6.

VHS, 15 minutes

Request: AV A27



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 • rchou@co.bergen.nj.us



Health Publications

November/December 2005

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. For information on multiple copies, call 201-634-2703.

To help celebrate **The Great American Smokeout** and **World AIDS Day**, the following brochures are available.

Smoke Screeners Health Fact Sheet: Tobacco-Related Facts that Young People Need to Know

A handout containing various facts and myths on tobacco. The annual cost of smoking, the health consequences of smoking, and the ingredients in a cigarette are included.

The Decision Is Yours - A colorful brochure produced by the American Cancer Society which provides information on second hand smoke, addiction, and the harmful effects of smoking on one's lungs.

Is Smoke-Free Dining on Your Menu? - A colorful brochure describing the advantages of joining the 750 restaurants that are currently confirmed totally smoke-free in Bergen County.

AIDS Word Search - A one page word search activity containing words relating to HIV/AIDS. Basic definitions are also included for elementary school students.

The Basic Facts About HIV/AIDS - A fact sheet with information on the cause of HIV/AIDS, how HIV can and cannot be spread, and prevention from HIV/AIDS. A listing of sites providing counseling, testing, and information is included on the back of the handout. Intended for high school students.

I am interested in receiving the following materials:

Brochures

Videos

- | | | |
|--|--|----------------------|
| <input type="radio"/> <i>Smoke Screeners Health Fact Sheet</i> | <input type="radio"/> <i>Smoke Screeners</i> | <i>AV S36</i> |
| <input type="radio"/> <i>The Decision Is Yours</i> | <input type="radio"/> <i>Know the Facts-Keep Your Power</i> | <i>AV S28</i> |
| <input type="radio"/> <i>Is Smoke-Free Dining on Your Menu?</i> | <input type="radio"/> <i>HIV and AIDS: Staying Safe</i> | <i>AV A27</i> |
| <input type="radio"/> <i>AIDS Word Search</i> | | |
| <input type="radio"/> <i>The Basic Facts About HIV/AIDS</i> | | |

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.

Please check here if your mailing address label was incorrect.

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.

Video Borrowing Policy

- Up to two videos may be borrowed at one time for a period of 10 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.