



Health Resources

From the Health Promotion Resource Center

September/October 2002

FALL HEALTH OBSERVANCES INCLUDE NUTRITION AND CANCER

National Food Safety Education Month, National 5-A-Day Week, and National Cholesterol Education Month are among the many health observations scheduled in the fall of each year. These health themes can be incorporated into classes or programs using the following audiovisuals.

In ***The Food Groupie Adventures***, the food groupies come to life to help youngsters learn to eat from all the food groups. For each group, the variety of foods in the group and the functions of that group are highlighted. A story-book about the food groupies and an action figure for each food group are available.

Intended for children in PreK - Grade 1.

VHS, 15 minutes

Request: AV N34

Your Nutrition Style: New Dietary Guidelines provides a very thorough presentation including the Food Guide Pyramid, serving sizes, body composition and exercise. Produced in 2002 by Learning Seed, this video provides an excellent overview of the subject. A viewer's guide provides a summary of the information covered.

Suitable for grades 9 - adults.

VHS, 26 minutes

Request: AV N37

To Your Health! Food Safety for Seniors emphasizes that "an ounce of prevention is worth a pound of cure." After explaining why seniors are especially susceptible to foodborne illnesses and why these illnesses are a growing problem, the video gives specific, practical tips for safe eating both at home and when eating out.

Specifically targeted to senior adult audiences.

VHS, 14 minutes

Request: AV N38

October is Breast Cancer Awareness Month. Even young women can learn the importance of early detection in successfully treating breast cancer. The 1997 video, ***Instructions for Breast Self-Examination***, provides a complete description of the procedure. It also discusses mammography and clinical examination. Produced by the American Cancer Society.

Suitable for grades 9 - adult audiences.

VHS, 9 minutes

Request: AV MCH27

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 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





Health Publications
From the Health Promotion Resource Center
September/October 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.

Fight BAC! Four Simple Steps to Food Safety - Produced by the Partnership for Food Safety Education, this full-color brochure describes four simple steps to keep food safe from harmful bacteria: clean, separate, cook and chill. Available in both English and Spanish.

Why Now? - October is National Breast Cancer Awareness Month. This American Cancer Society brochure, targeted to teens and young women, explains basic information about breast self-examination.

Diabetes Bookmark - Sixteen million Americans have diabetes; many of them don't know it. The Diabetes Working Group of the Bergen County Partnership from Community Health sponsors a Web site to raise awareness, including a risk assessment test. Use this bookmark to remember the Web site address: <http://www.bergenhealth.org/diabetes/>.

Peter Pumpkin's Way to Have a "Hair-Raising" Halloween - A one-page fact sheet with safety tips for both children and parents. To download this brochure directly from the Internet, open the Resources section of Bergen County Department of Health Services' web page at www.bergenhealth.org.

Please send me the following brochure(s):

- Fight BAC! Four Simple Steps to Food Safety***
Circle language(s): English Spanish
- Why Now?***
- Diabetes Bookmark***
- Peter Pumpkin's Way to Have a "Hair-Raising" Halloween***

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.

M:\healthed\resctr\flyer-so02.Pub