



Health Resources

From the Health Promotion Resource Center

July/August 2002

THE RESOURCE CENTER HAS A NEW ADDRESS - BOTH ON AND OFF THE WEB

This spring, the Health Promotion Resource Center (HPRC) moved into new facilities on the third floor of the Charles J. Watters Community Services Building in Paramus. While still providing health education videos and materials for residents of contracting towns, the new location is directly accessible to the public and provides more room for browsing.

The HPRC has also increased its presence on the web. Open the BCDHS's web page, www.bergenhealth.org, and click on either Resources or Health Promotion. Resources available include: a web-based video catalog, a list of journals and databases, HPRC newsletters and health promotion publications.

Featured resources for the summer:

Learning to manage stress not only improves health, but also increase life's satisfactions. ***Laughing Matters*** explores the value of humor while teaching important points about stress management. Produced by Audio Vision in 1995, this video is appropriate for everyone from high school students through senior adults.

Masters for handouts are available upon request.

VHS, 25 minutes

Request: AV P7

For everyone wondering how to maintain their lawn and landscape with the continuing water restrictions, ***A Greener Thumb*** provides some answers. Produced by Rutgers Cooperative Extension, the information is especially pertinent for New Jersey residents. Topics in this 1998 video include methods for reducing water use, selecting fertilizer, attracting beneficial wildlife and much more.

Suitable for adult audiences.

VHS, 29 minutes

Request: AV ME21

Creating Healthy Communities for Kids introduces the concept of asset development. This video presents specific examples of programs that have been used in communities to build assets in young people. Intended for use by adults who are concerned about youth, this video was produced by the Search Institute in 1999.

A discussion guide includes program suggestions and a scale for evaluating a community's focus on asset-building.

VHS, 12 minutes

Request AV D21

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) 599-6100 or the Resource Center at (201) 599-4033.

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
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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.

Lower Your Cholesterol with TLC! explains recently revised guidelines for reducing your risk of heart disease. TLC, which stands for Therapeutic Lifestyle Changes, includes the TLC diet, increased physical activity and weight management. The brochure, which may be downloaded directly from the Resources section of the Bergen County Department of Health Services home page at www.bergenhealth.org, describes all three components of TLC and also includes the Daily Food Guide for the TLC diet.

What's a Watershed? provides basic information on watersheds and specific information about the water sheds in New Jersey. Topics include the water cycle, ground water, the effect of urbanization on watersheds and watershed management.

Fact Sheet on Environmental Tobacco Smoke (ETS) includes a wide range of statistics on the health hazards of ETS. Provided by the Bergen County Health Officers Tobacco Coalition and the Bergen County Communities Against Tobacco (CAT) Coalition, this publication is available in English, Polish, Spanish and Korean. To download this brochure directly from the Internet, open the Resources section of the web page at www.bergenhealth.org.

Please send me the following brochure(s):

- Lower Your Cholesterol with TLC!*
- What's a Watershed?*
- Fact Sheet on Environmental Tobacco Smoke (ETS)*

Circle language(s): English; Spanish; Polish; Korean

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.

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