



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

May/June 2009

Board of Chosen Freeholders

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Health Podcasts

What is podcasting?

It's a way to get audio and video files over the Internet through special web pages designed to maintain a list of available items.

Download podcasts to your desktop and portable music/video player for health information at your convenience and on the go. You can also view or listen to the podcasts online.

The Centers for Disease Control and Prevention (CDC) provides podcasts on a variety of topics. This combines health information in a format young people understand and use with a reliable source of information.

To get started, go to: <http://www2a.cdc.gov/podcasts/browse.asp>

For more podcasts from government sources, go to USA.gov (<http://www.usa.gov/>) and search for health podcasts.

For live links, visit www.bergenhealth.org. Open the Health Promotion link.

May is Lyme Awareness Month

Most cases of Lyme disease in humans occur in the late spring and summer. Protect yourself from tick bites by avoiding areas with a lot of ticks, keeping ticks off your skin, checking your skin and clothes for ticks every day and using approved insect repellents. Protect your students by including information on Lyme disease in your health classes.

Lyme Disease: Facts for Kids

Luis from Sesame Street and the muppets present two segments, Dr. Ticked-Off & His Tick Patrol for K-4 and WTIK: Do A Tick-Check for 5-8. Both are also included in Spanish. Includes preventing tick bites, tick removal and information about Lyme disease. Produced in 1997 by the Lyme Disease Foundation, Inc. in conjunction with the Centers for Disease Control and Prevention.

VHS, 18 minutes, each segment

Request: AV MCO16

Sun Safety Week: June 1-7, 2009

Skin cancer is the most prevalent of all types of cancers. It is estimated that more than one million Americans develop skin cancer every year. Fair-skinned people who sunburn easily are at a particularly high risk for developing skin cancer. Other factors include repeated medical and industrial x-ray exposure, scarring from diseases or burns, and family history. Include skin cancer in your health lessons with this DVD.

Dark Side of the Sun

Mollie is a college sophomore who discovered a mole on her thigh. The story follows her as she undergoes surgery, chemotherapy and radiation before her death at age twenty. A color flyer illustrating the ABCDE's of skin cancer is available in quantity with the DVD. Produced in 2005 by the Mollie Biggane Melanoma Foundation, the presentation is suitable for middle and high school students

DVD, 15 minutes

Request: AV DVD MCH1

To receive a free copy of this DVD for your middle or high school, contact Kenese Robinson at 201-634-2699.



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.

Don't Take a Vacation From Your Healthy Habits this Summer! - This one page, full-color flyer offers practical suggestions and ideas to stay healthy and enjoy the summer.

My Pyramid for Kids - One side of this full-color flyer shows the Food Guide Pyramid designed for kids aged 6 to 11. The reverse side includes tips for families to eat right and exercise.

Lyme Disease Prevention Message. Fact Sheet for Parents - Most cases of human illness occur in the late spring and summer. Tips include precautions to take before going out, while outside and upon return. Black and white master.

Find the Word - 32 words related to Lyme disease are hidden on this black and white word search. Words can be vertical, horizontal, forward, backward or diagonal.

Be Sun Safe - a black and white coloring page showing sun safe behaviors.

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**
Completed forms may also be emailed to: mdoremus@co.bergen.nj.us

<p>Handouts</p> <p>Indicate the quantity of each that you would like:</p> <p>_____ Don't Take a Vacation From Your Healthy Habits this Summer! (limit 150 per school)</p> <p>_____ My Pyramid for Kids</p> <p>_____ Lyme Disease Prevention Message. Fact Sheet for Parents</p> <p>_____ Find the Word</p> <p>_____ Be Sun Safe</p>	<p>Videos</p> <p>Indicate your first choice for a date or call to ask about scheduling these visuals:</p> <p>_____ Lyme Disease: Facts for Kids (AV MCO16)</p> <p>_____ The Dark Side of the Sun (AV DVD MCH1)</p> <p>_____ ABCDE's of Skin Cancer (indicate quantity)</p>
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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.