



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

May/June 2010

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Featured Resource

Asthma Friendly School Award Program

Have you heard of New Jersey's Asthma Friendly School Award Program? As one strategies included in the New Jersey Asthma Strategic Plan 2008-2013, this award recognizes a school's efforts to enhance the quality of education for students and staff who face the challenges of asthma.

To make possible in-services training for faculty in-services a slide show is now available. *Asthma Management in the Classroom* is available for downloading as a pdf and will function like a slide show. It can be downloaded from the web site below or contact the Resource Center for a print copy.

To view all six steps to success, visit The Pediatric/Adult Asthma Coalition of New Jersey's website, specifically www.pacnj.org/sixsteps.html

May: National Teen Pregnancy Prevention Month

The vast majority of teen pregnancies (at least 85 percent) are unintended. Help young people gain the knowledge, skills and services they need to prevent unintended pregnancy. This video makes a good starting point.

Hope is Not a Method

Takes place in a family planning clinic. Two couples and one woman who came to the clinic have a friendly talk with counselors about various methods of birth control. Detailed information explains how each method is used correctly. Produced in 2002; appropriate for grades 9 - adult.

VHS, 19 minutes
Request: AV M53

May is National Bike Month 2010

Bike riding is a lot of fun, but accidents happen. Every year, about 300,000 kids go to the emergency department because of bike injuries. As the weather gets warmer and schools close, children are outside on their bicycles more. Encourage them to enjoy this great physical activity safely.

I'm Safe? On Wheels

Ride along with Kip and Kayla as they learn how to be safe on their bikes, skateboards, scooters and all types of wheels! Intended for ages 3-8.

DVD, 10 minutes
Request: AV DVD IC01

Sun Safety Week - June 6-12

Skin cancer is the most common form of cancer in the United States. Rates for melanoma, one of the most dangerous forms of skin cancer, are higher in Bergen County than in New Jersey as a whole and have increased in recent years. Treatment is more likely to work well when cancer is found early. Show your students how to start with a skin self-exam.

Get It Checked: Why and How to Do Skin Self-Exams

Presents basic information about skin cancer, including types of skin cancer and risk factors. Describes sizes and shapes of types of moles. Procedures for a self-exam are demonstrated. A 2000 production for grades 9-adults.

VHS, 13 min.
Request: AV MCH36



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.

The Sun is Good and Bad... - A one-page full color flyer on the benefits and potential dangers from the sun. Explains what students can do to protect themselves from the UV rays from the sun. Intended for grades 3-4.

Is It a Cold or an Allergy? - Symptoms of a cold and airborne allergies are compared in a straight-forward format. One side is in English and the reverse is in Spanish.

Eat More, Weigh Less? - A full-color brochure produced by the Centers for Disease Control and Prevention with specific tips on how to pick foods that will fill you up without increasing the number of calories you eat. Emphasizes maintaining a balanced diet and increasing physical activity.

50 Great Reasons to Exercise - A full color brochure that lists 50 great reasons to exercise! Pictures depict people from early teens through the elderly.

Water Safety Word Find - A black and white master that includes a 10-word search about water safety. Also includes safety tips that include the hidden words.

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

<p>Handouts</p> <p>Indicate the quantity of each that you would like:</p> <p>_____ The Sun is Good and Bad (150 limit per school)</p> <p>_____ Is It a Cold or an Allergy? (50 limit per school)</p> <p>_____ Eat More, Weigh Less? (limit 100 per school)</p> <p>_____ 50 Great Reasons to Exercise (limit 100 per school)</p> <p>_____ Water Safety Word Find (no limit)</p>	<p>Featured Resource</p> <p>_____ Asthma Management in the Classroom: What Teachers Need to Know. (Check to receive a print copy.)</p> <p style="text-align: center;">Videos</p> <p>Indicate your first choice for a date or call to ask about scheduling these visuals:</p> <p>_____ Hope is Not a Method (AV M53)</p> <p>_____ I'm Safe on Wheels (AV DVD IC01)</p> <p>_____ Get It Checked (AV MCH36)</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.