



Dennis McNerney  
County Executive

## Bergen County Health Promotion Resource Center

# The Health Resource Letter

January/February 2010

### Board of Chosen Freeholders

James M. Carroll, *Chairman* • Elizabeth Calabrese, *Vice Chairwoman*

John Driscoll, Jr. • David L. Ganz • Robert G. Hermansen • Bernadette P. McPherson • Tomas J. Padilla

### Featured Resource

#### *Students with Diabetes in the School Setting*

On Jan. 29, 2010, a new law in New Jersey which addresses the care of the student with diabetes in the school setting will take effect.

The NJ Dept. of Education and Health and Senior Services will update the Guidelines for the Care of Students with Diabetes in the School Setting, last published in 2000.

In the meantime, school personnel can review two national resources:

1. *Helping the Student with Diabetes Succeed*. Single copies can be ordered at no charge at:

<http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsPat>.

2. *Diabetes Care Tasks at School: What Key Personnel*

*Need to Know*. These diabetes care task training modules can be downloaded as Power Point presentations at: <http://tiny.cc/8ZEZh>. A limited supply of a CD with these modules is available, first come, first served.

### *American Heart Month*

Cardiovascular diseases, including heart disease and stroke, are the first and third leading causes of death for both men and women in the United States. Leading a healthy lifestyle—not using tobacco, being physically active, and making healthy food choices—greatly reduces a person’s risk of developing heart disease or stroke. This DVD includes both nutrition and physical activity in a format that is fun for young students.

#### *Max’s Magical Delivery. Fit for Kids*

Josh, Nick, Elena and Ashlyn are playing video games at Josh’s, when Max the Deliveryman shows up with a giant, mysterious crate. Soon they’re on a wild ride on the Foodmobile and taking pictures with a crazy camera that shows how their breakfast makes them feel. Steps for healthy living include both healthy eating and increasing physical fitness. Produced by the U.S. Department of Health and Human Services in 2004, the DVD is recommended for ages 5-9.

DVD

Request: AV DVD N05

To get your free copy of Max's Magical Delivery: Fit for Kids

*Order by phone:* Call the AHRQ Publications Clearinghouse at (800) 358-9295 to order (product no. 04-0088-DVD).

*Download:* Go to [www.ahrq.gov/child/dvdobesity.htm](http://www.ahrq.gov/child/dvdobesity.htm) for more information and links to streaming video for dial-up and broadband connections.

### *National Children’s Dental Health Month*

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

The following videos are available to use with students to highlight this important topic:

*Adventures of Wiggly Tooth*, grades K -1 - AV ND03

*Brushing with Dudley & DeeDee*, preK - AV ND11

*Dudley’s Classroom Adventure*, grades 2-3 - AV ND12

*Geena’s Tremendous Tooth Adventure*, grades K-2 - AV ND08

*Toothbrushing with Charlie Brown*, grades 2-3 - AV ND01

*Check the 2008-2009 catalog for other available audiovisuals on these and other topics.*



Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895

[www.bergenhealth.org](http://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.

**Five Minutes (or Less) for Health** - A two-sided flyer that gives simple, practical suggestions to protect your health, most in five minutes or less. Start the New Year with a resolution to take care of your health!

**“B” Your Best with Folic Acid** - This full color bookmark is designed to appeal to teens. The need for folic acid during growth is stressed; its role in preventing birth defects is mentioned. Ways to include folic acid in your diet are highlighted.

**Tips for Kids on Eating Well and Feeling Good about Yourself** - Double-sided fact sheet developed by the National Eating Disorders Association. This flyer provides students with suggestions on healthy eating and having a good body image.

**Follow the Blood** - A black and white classroom activity developed by the American Heart Association. Students follow the path that blood travels through the heart.

**Turn Up Your Smile Power!** - A black and white crossword puzzle for National Children’s Dental Health Month.

Name: \_\_\_\_\_  
 School/  
 Organization: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ 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: Marge Doremus**

**Handouts**

Indicate the quantity of each that you would like:

- \_\_\_\_\_ Five Minutes (or Less) for Health (150 limit)
- \_\_\_\_\_ “B” Your Best with Folic Acid (150 limit )
- \_\_\_\_\_ Tips for Kids on Eating Well and Feeling Good about Yourself
- \_\_\_\_\_ Follow the Blood
- \_\_\_\_\_ Turn Up Your Smile Power!

**Featured Resource**

Check to receive a single copy:

- \_\_\_\_\_ Helping the Student with Diabetes Succeed
- \_\_\_\_\_ Diabetes Care Tasks at School: What Key Personnel Need to Know (CD with PowerPoint presentations - first come, first serve)

**Videos**

Indicate your first choice for a date or call to ask about scheduling these visuals:

- \_\_\_\_\_ Max’s Magical Delivery. Fit for Kids. (AV DVD N05)
- \_\_\_\_\_ Adventures of Wiggly Tooth (AV ND03)
- \_\_\_\_\_ Brushing with Dudley & DeeDee (AV ND11)
- \_\_\_\_\_ Dudley’s Classroom Adventure (AV ND12)
- \_\_\_\_\_ Geena’s Tremendous Tooth Adventure (AV ND08)
- \_\_\_\_\_ Toothbrushing with Charlie Brown (AV ND01)

**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.