

***BERGEN COUNTY
HEALTH PROMOTION RESOURCE CENTER***

***2008-2009
VIDEO CATALOG***

SELECTED TOPICS

AIDS/HIV

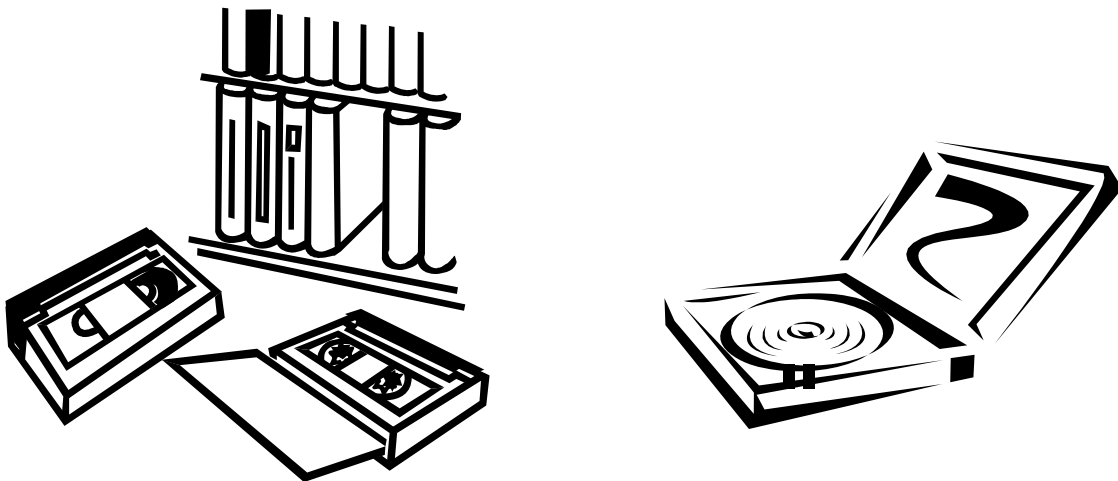
DRUGS

INJURY CONTROL

NUTRITION

PHYSICAL FITNESS

SMOKING



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) 634-2704
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**HEALTH PROMOTION RESOURCE CENTER
2008 VIDEO CATALOG: SELECTED TOPICS**

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WELCOME

The Health Promotion Resource Center, established in 1998, supports health education activities and serves research needs among staff and contracting communities. The Center offers materials such as videos, lesson plans and educational handouts on a wide range of health issues, as well as books and periodicals.

The Center is a member of three library cooperatives, the Health Sciences Library of New Jersey; the Highlands Regional Library Cooperative, part of the New Jersey Library Network; and the Middle Atlantic Region/National Network of Libraries of Medicine. Through these associations, additional resources are available to patrons.

AUDIOVISUALS

This catalog features selected topics from the audiovisuals available in the Health Promotion Resource Center. Topics included in this catalog are AIDS/HIV, Drugs, Injury Control, Nutrition, Physical Fitness and Smoking. Other topics available through the Health Promotion Resource Center include:

Alcohol

Chronic Disease

Communicable Disease

Dental

Environmental

Life Cycle

Miscellaneous

For titles available on these topics, visit the Department of Health Services' website at www.bergenhealth.org and open "Resources."

HEALTH PUBLICATIONS

In addition to videos, the Center makes available health publications covering a wide range of health topics. Selected publications may be available in quantities for distribution at health fairs, for schools or for other organizations. Many publications can also be downloaded from the health publications list on Department of Health Services' website. (www.bergenhealth.org)

WHO MAY USE THE CENTER

Teachers, youth group leaders, program chairs of community groups and other residents of contracting towns interested in providing updated and accurate health information to their groups are invited to use the center. Call 201-634-2703 to confirm that your town has made the Resource Center available to residents. Only towns contracting with Bergen County Department of Health Services for health promotion have access. Currently these towns are Allendale, Alpine, Cliffside Park, Dumont, East Rutherford, Edgewater, Fairview, Franklin Lakes, Glen Rock, Hasbrouck Heights, Haworth, Little Ferry, Lodi, Lyndhurst, Maywood, Moonachie, North Arlington, Norwood, Oakland, Oradell, Park Ridge, Rochelle Park, Rutherford, Saddle Brook, Teterboro, Woodcliff Lake, and WoodRidge.

Resources are also available to Bergen County employees, including school nurses employed under contract with the Bergen County Department of Health Services.

PROCEDURES FOR OBTAINING MATERIALS

Videos

You may visit the Resource Center and browse the various resources that are offered. Please call ahead to ensure access.

If you prefer, you may request materials by phone (201-634-2703) or email (mdoremus@co.bergen.nj.us). School personnel may call to arrange for videos to be dropped off at or picked up from a school address. Some town libraries will also arrange drop off and pick up. For other options, contact the Center at 201-634-2703.

Patrons may borrow up to two videos at one time for a period of 10 business days. A \$50 check or voucher is required as a deposit for each video borrowed, unless the borrower is an employee of a local health department or school. The check or voucher will be returned when the video is returned.

Health Publications

To inquiry about health publications that are currently available, call 201-634-2704.

HOURS

The Center is open weekdays from 9 a.m. - 4:30 p.m. and is closed on legal holidays. Calling ahead will ensure your access.

DIRECTIONS TO THE RESOURCE CENTER

Bergen County Department of Health Services
Community Services Building, Room 301
327 E. Ridgewood Avenue
Paramus, NJ 07652

From Rt. 4 East or West:

In Paramus, take Forest Avenue north to Ridgewood Avenue. Turn left onto Ridgewood Avenue. Turn right onto County Lane immediately after Medical Examiner's Building. Building is to the left.

From Rt. 17 North or South:

In Paramus, take the Ridgewood Avenue exit toward Oradell. *At first light, turn right onto Pascack Road. Take second right (jughandle). Go through light. Building is on the left-hand corner.

From GSP North or South:

Take exit 165 toward Oradell. Follow directions from * above.

VIDEOS BY CATEGORY

AIDS/HIV

Educating Our Children: Discussing HIV/AIDS in our Community **AV A17**

How to educate children about HIV/AIDS. Introduction by Magic Johnson shortly after his diagnosis. Shows interactions of children with parents. For children 5-9, emphasizes transmission by contact with blood of an infected person. For children 9-12, also includes transmission by needles, sexual contact and passing to an unborn child.

(Produced by The Segal Youth Education and Health Foundation and the Pediatric AIDS Foundation.)

Adults, parents 1993 20 min.

In Our Own Words: Teens and AIDS **AV A25**

Profiles five young people who contracted HIV as teenagers through unprotected sexual intercourse. An introduction to HIV and AIDS is recommended prior to viewing the video. An educator's discussion guide is available.

(Produced by Family Health Productions, Inc.)

Grades 9 - 12 1995 20 min.

HIV and AIDS: Staying Safe **AV A27**

Explains how HIV affects the immune system. Emphasizes the ways that people can NOT contract HIV as well as ways that they can. Helps children realize that they are ultimately responsible for their own health.

A teacher's guide and black-line masters are available for use with the video.

(Produced by United Learning.)

Grades 4 - 6 2001 15 min.

Sharing Help, Sharing Hope: New Jersey's Minority HIV/AIDS Sharing Network **AV A28**

Interviews family members of persons who have died of AIDS. Discusses the role of community-based outreach programs in decreasing disparities in health care. Four sharing network organizations are highlighted.

(Produced by the Office of Minority and Cultural Health, NJ Dept. of Health and Senior Services.)

Community organizations 2002 12 minutes

Drugs

Painfully Obvious **AV CD D01**

The CD includes a guide for a program on prevention of prescription drug abuse. Pages in the guide can be viewed "full screen" for a presentation. Information pages are included for students, parents and leaders. Evaluation forms are also included. The supporting website offers psa's, as well as desktop images and icons.

(Produced by Purdue Pharma L.P.)

Grades 9 - Young Adults

- Body Building, Body Breaking: Steroids*** **AV D01**
 Discusses abuse of anabolic steroids, including health risks and ethical concerns.
 (A MTI Film Video, a Simon and Schuster Company.)
 Grades 7 - adult 14 min.
- How to Raise a Drug Free Child*** **AV D03**
 Discusses the drug problems and how parents help their children remain free of drugs.
 A lesson plan is available for adults and parents of youth 10-19 years of age.
 (Produced by Ambrose Video.)
 Parents 1987 32 min.
- Yoo Hoo*** **AV D04**
 Yoo Hoo is a puppy who has to learn how to keep out of trouble by learning about things that could be harmful. Emphasis is on drugs and alcohol, but other health aspects such as diet and rest are included. Demonstrates refusal skills.
 (Produced by NJ Video; a NJ Network Project Tape.)
 Grades 1 - 3 1988 14 min.
- Kylie's Song*** **AV D07**
 Shows young people how important it is to develop their own individual capabilities, since it is the differences in people that make them so special. Based on the book of the same name, first published through the Girls Club of Santa Barbara.
 A lesson plan is available for use with the video. A story book is also available.
 (Produced by Marsh Media.)
 Grades K - 2 1988 12 min.
- Hana's Year*** **AV D08**
 Demonstrates the importance of resisting peer pressure and taking responsibility for one's own actions
 Story book included with the video.
 (Produced by Marsh Media.)
 Grades K and up 1994 14 min.
- Minou*** **AV D09**
 Minou, a Siamese cat, has never been alone and was glad for the security of the leash. When her owner dies, she has to learn to be independent and care for herself.
 A lesson plan targets grades K-2. A story book is also available for use with the video.
 (Produced by Marsh Media.)
 Grades K and up 1989 18 min.
- My Way Sally: Learn to be a Leader*** **AV D11**
 Illustrates key problem solving and critical thinking skills to help youngsters understand how they can use leadership positions to make a positive difference.
 A story book is available for use with the video.
 (Produced by Marsh Media.)
 Grades K-2 1994 19 min.

- Avoiding Trouble: How to Say No to Drugs*** **AV D14**
 Teaches refusal skills to children in grades 4-7. Paced to allow for practicing and interaction between steps in the refusal techniques. Should be used with the accompanying family activity book.
 Use with "Preparing for the Drug-Free Years." WM270 DRPI 1998
 (Produced by Developmental Research and Programs, Inc. and King Broadcasting Co.)
 Grades 4 - 7 & Parents 1987 20 min.
- Educate: Creating Inhalant Abuse Awareness Together*** **AV D16**
 Designed for parents. Describes commonly inhaled products, harmful effects and signs of use. Explains that because inhalants are legal products, law enforcement can not help. Includes case studies of children who have been involved with inhalant use.
 (Distributed by the U.S. Consumer Product Safety Commission.)
 Parents 1998 15 min.
- Date Rape Drugs: What You Need to Know*** **AV D17**
 Both teen and adult victims of drug-facilitated rape discuss how easily this crime can be accomplished and the importance of self-protection. Includes information on ecstasy, GHB, rohypnol and ketamine. Practical tips provide ways to decrease risks.
 A lesson plan has handouts on the drugs, ways to reduce risk and suggested actions for victims.
 (Produced by The Idea Factory.)
 Grades 9 - adults 2001 22 min.
- Assets Happening Here*** **AV D20**
 Shows the everyday lives of three teens. Narration adds an explanation of assets and how they benefit teens. Helps teenagers identify which asset is being illustrated in the lives of the three young people. The stories represent a range of lifestyles.
 A leader's guide provides learning objectives and discussion questions.
 (Produced by the Noodlehead Network.)
 Grades 7 - 12 1999 17 min.
- You Have to Live It*** **AV D22**
 Relates assets to increased academic performance and decreased risk-taking behavior. Emphasizes reframing attitudes to highlight positives. Specific programs and activities are presented in relationships, environment, and programs and practices.
 Video discussion guide includes suggestions for setup and discussion.
 (Produced by the Search Institute.)
 School faculty and staff 1999 27 min.
- Marijuana: Weeding Out the Hype!*** **AV D23**
 Viewers will learn some of the latest facts about marijuana including trends in use of the drug, the strength of today's marijuana, its effects and the encouraging efforts being made in prevention and treatment. Very straight forward and factual.
 An accompanying booklet includes questions and answers, resources and suggestions for use.
 (Produced by the Substance Abuse and Mental Health Services Administration-SAMHSA.)
 Adults, Community Organizations 2002 30 minutes

If You Change Your Mind...

AV D24

Distinguishes between drug abuse and addiction. Describes the effect of drugs on brain function and distinguishes between physical and physiological addiction. Includes many interview segments with 4 young adults who were addicts and a large amount of information about drugs. Winner of the 1992 CINE (Council on International Nontheatrical Events) Award. Written by students.

(Produced by the National Institute on Drug Abuse.)

Grades 7 - 9

1991

31 minutes

Clarissa

AV D25

Clarissa is just a plain brown cow--to herself and almost everybody else on the Larson farm. The story of how Clarissa rescues a troupe of prize animals and proves her own worth to herself and those around her is a blue-ribbon winner for every youngster who meets Clarissa and her tale.

A story book is available for loan with this video.

(Produced by Marsh Media.)

Grades K - 2

1992

13 min.

Injury Control

Beltman

AV IC02

A superhero emphasizes the importance of seat belts. Demonstrates proper back seat belt placement. Emphasizes that children should ride in the back seat.

The accompanying lesson plan includes handouts for pre-K - grade 3.

(Produced by Film Loops, Inc.)

PreK - grade 3

1988

6 min.

Donald's Fire Survival Plan

AV IC08

Donald and his nephew explain fire survival techniques including exit drills in the home and stop drop and roll.

(Produced by Disney Educational Productions.)

Grades 3-6

1990

11 min.

Wash Your Hands

AV IC13

Big Bird stars in a musical video about the importance of proper hand washing.

A lesson plan and handout are available for use with this video.

(Produced by the Children's Television Studio.)

Pre-K - Grade 1

1985

6 min.

Reduce Your Risk: Carjacking

AV IC17

Explains how to practice precautions to avoid victimization.

(Produced by the National Safety Council.)

High School - Senior Adults

15 min.

Cooling a Hot Situation

AV IC34

A tool for provoking discussion, the two separate programs can be used individually. Stop points in each provide breaks. *Welcome to Earth* deals with why people become angry.

Cooling a Hot Situation gives tips to prevent fights and avoid unsafe situations.

(Funded by Metropolitan Life Foundation.)

Ages 7 - 10

1996

15 min.

Protecting your Newborn

AV IC35

Intended to help educate parents about safely transporting their newborn babies.

Instructor's guide (CG IC35) is available for use with the video.

(Produced by the US Department of Transportation and Ford Motor Company.)

New parents

1997

29 min.

Lead Safe Home Improvement: Practical Methods for Reducing Lead Hazards

AV IC36

Shows safe practical ways of keeping you and your family safe from lead poisoning. Covers such procedures as removing carpets, removing exterior paint and replacing old windows.

(Produced by Upper Swede Hollow Neighborhood Association.)

Adults

42 min.

Road Rage: Dateline NBC

AV IC39

Describes the road rage syndrome that begins with engagement and escalates to confrontation. Includes statistics on the results of aggressive driving and suggestions to protect yourself.

(Produced by National Broadcasting Company, Inc.)

High School

1997

15 min.

Rage on the Road: 48 Hours

AV IC40

Examines the relationship between aggression, rage and road fatalities. Called "The Drunken Driving of the 90's," the increase in aggressive driving is linked to the increase in traffic and competitive behavior.

See the accompanying educational kit (CG IC38).

(Produced by CBS, Inc.)

High School

1997

45 min.

Sesame Street: Lead Away!

AV IC41

Teaches children four tips for keeping lead out of their bodies. Stars Elmo, Rosita, Maria and Oscar the Grouch.

(Produced by the Children's Television Workshop.)

PreK and K

1996

15 min.

Be Cool about Fire Safety

AV IC42

Presents children with basic fire safety rules. Shows a fireman in uniform and emphasizes the importance of not hiding. NOTE: The deputy fire marshal kit is no longer available.

(Distributed by the New Jersey Division of Fire Safety.)

Grades K - 3

1996

15 min.

Prevent Lead Poisoning **AV IC44**
 Describes the dangers of lead poisoning and the importance of testing young children. Practical suggestions for protecting children from lead poisoning are presented. Words to the Stop Lead Poisoning "rap" are available.
 (Produced by the N.J. Department of Health and Senior Services.)
 Parents of children under 6 years 2002 4 min.

Nutrition

The New American Plate **AV CD N02**
 This CD includes a slide show presentation on nutrition, emphasizing the proportion of foods included on "the New American Plate" and portion size. A script is also included. Both documents are stored as pdf files. Instructions for viewing the slides in the "full screen" option are included.
 (Produced by American Institute for Cancer Research.)
 Grades 9 - adults

5 A Day Adventure **AV CD N03**
 Includes 8 modules to teach the 5 A Day message in a fun manner. Teacher resources are included on the CD.
 (Produced by Dole, Inc.)
 Grades 3 - 5 2000

Super Size Me: A Film of Epic Portions **AV DVD N04**
 Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making American fat. For 30 days he can't eat or drink anything that isn't on McDonald's menu; he must eat three square meals a day, he must eat everything on the menu at least once and supersize his meal if asked. He treks across the country interviewing a host of experts on fast food and a number of regular folk while downing McDonald's to try and find out why 37% of Americans are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac.
 High School, Adults 2004 110 min DVD

Real People: Coping with Eating Disorders **AV N03**
 Anorexia, bulimia and compulsive overeating are explored by people who have experienced the disorders. Includes the emotional and physical consequences as well as treatment options.
 (Produced by Sunburst Communication.)
 Grades 7 - Adult 1989 28 min.

Dietary Management and Fats and Cholesterol **AV N07**
 Explains HDL, LVL, and the diet recommended to reduce blood cholesterol.
 (Produced by Milner-Fenwick.)
 Adults, Seniors 12 min.

- Eating Healthy for Weight Control*** **AV N09**
 Gives nutrition tips aimed at reducing calories and fat intake in various settings. Stresses the importance of exercise as part of the weight loss process.
 Adult 1990 223 min.
- Heartwise for Healthful Dining/ Pascack Vally/NJ healthy Heart Program*** **AV N13**
 Describes heartwise program for healthful dining. Gives tips for cooking, dining out and substitution.
 Pascack Valley/NJ Healthy Heart Program
 Adult, Seniors 1990 8 min.
- Heart Health: The First Step is Diet*** **AV N14**
 Emphasizes controllable risk factors and the role of decision-making in decreasing the risk of heart disease. Information explains dietary fat, cholesterol and calories. NOTE: The old nutrition label that is shown. Omits Step II diet recommendations.
 (Copyright by Best Foods, A Division of CPC International Inc.)
 Adult; Seniors 1990 18 min.
- Winning Sports Nutrition: The Competition Diet*** **AV N16**
 Relates nutrition to athletic performance and gives specific tips on diet before, during and after competition. Describes glycogen loading. University athletes and coaches are featured. NOTE: Produced before the Food Guide Pyramid, it uses a V Food Guide.
 (A Guidance Associates video.)
 Athletes and coaches 1990 21 min.
- A Matter of Balance: Easy Steps for Good Nutrition*** **AV N17**
 Emphasizes that choices over time achieve a balanced diet and that no food is good or bad. A target fat intake per day is calculated using the nutrition facts on labels. Includes some specific examples.
 (Produced by Kraft General Foods with technical assistance by the American Dietetic Assn.)
 Grades 9 - Adult 1991 10 min.
- MVE-TV: The Channel for Moderation, Variety and Exercise*** **AV N24**
 A "channel surfing" technique is used to highlight nutrition and exercise messages. The accompanying curriculum guide combines the visual messages with activities to be completed in the classroom. The pace is fast and designed to appeal to teenagers. The curriculum guide (CG N24) includes activities and reproducible handouts.
 (Produced by the National Livestock and Meat Board.)
 Secondary Grades 1994 10 min.
- The Lean Life Foods ... to Know Them is to Love Them*** **AV N26**
 Emphasizes the fat and calorie content of meals and illustrates practical ways to reduce them. Explains that fat is a concentrated source of energy and that tastes can be changed. NOTE: The nutrition label is the old format, but information is correct.
 (A Nutrivisuals presentation.)
 Grades 9 - Adult 1989 25 minutes

Smart Selections for Health Eating

AV N28

Explains the nutrition information found on food labels and how to use this information to choose appropriate foods. Includes descriptors, health claims, nutrition facts and uniform serving sizes.

(Produced by Campbell Soup Company and Public Voice for Food and Health Policy.)

Adults, Seniors

1993

6 min.

Smart Supermarket Shopping

AV N29

Illustrates how to practice smart shopping with smart label reading. Includes information on supermarket layouts and shelf placements, impulse buying triggers, comparing competitive products and much more.

(Produced by the National Health Video.)

Grades 9 - Seniors

1994

19 min.

The Real Scoop About Diet and Exercise

AV N30

Uses the Food Guide Pyramid as a guide for selection, emphasizing personal choice. Divides foods into "Anytime," "Sometimes," and "Seldom." Relates nutrition and physical fitness to a sense of well being as well as to chronic diseases.

(Produced by the Center for Science in the Public Interest.)

Preteens

1994

13 min.

A Crash Course on Calcium

AV N31

A documentary format follows three teens as they report on teens, calcium and bone health. Discusses soft drink intakes, osteoporosis, and also stress fractures. Includes cameos from many sports figures. Does NOT address lactose intolerance.

(Produced by the National Fluid Milk Processor Promotion Board.)

Preteens

1998

22 min.

Fit for a King: The Smart Kid's Guide to Food and Fun.

AV N32

The kids in story land learn to have a healthy lifestyle by eating a variety of foods of low fat content and by keeping moving. Emphasizes the importance of smart choices and links a healthy lifestyle to a healthy heart.

A leader's guide and reproducible activity sheets are also available. (CG N32)

(Produced by the American Academy of Pediatrics.)

Grades 3 - 5

1997

9 min.

KidStrong: Inside & Out

AV N33

To look good now and in the future, good health decisions are important. A strong skeleton is important for physical activity and decreases the risk of osteoporosis. Quizzes reinforce concepts of diet, exercise and not smoking, drinking or taking drugs.

A detailed curriculum guide is available. (CG N33)

(Developed by the New Jersey Dept. of Health and Senior Services.)

Grades 5 - 6

1998

20 min.

Clean Up Your Act

AV P01

A germ tells viewers about his life and family, including where they live and what they need to grow. Topics include kitchen sanitation, toothbrushing, laundry, showering, athlete's foot and more. The germ meets a tragic end.

(Produced by Churchill Films.)

Grades 1 - 4

15 min.

Get Moving. Get Eating. Get Fit.

AV P02

Addresses parents, teachers and parent coaches about helping children becoming fit through physical activity and nutrition. NOTE: Does not mention low fat dairy choices. The leader's guide mentioned is no longer available.

(Produced by the National Dairy Council.)

Grades 3 - 5; Adults

1988

7 min.

Smart Moves for Your Health

AV P03

The "Video Bopper" shows students a nutrition video they can learn from AND enjoy. The major message is that students have a choice about foods. Physical activity is also mentioned briefly. NOTE: The Four Food Groups, not the Pyramid, are stressed.

(Produced by the National Dairy Council.)

Grades 6 - 8

1990

7 min.

Clean Kids

AV P06

The Clean Kids Club mobilizes to keep kids clean and safe from harmful germs. Topics covered include hand washing, bathing, dental hygiene, nail care and clean clothes.

A teaching guide includes the script, vocabulary, instructional goals and classroom activities.

(Produced by Marsh Media.)

Grades K - 3

1999

15 min.

Letting Go of Stress

AV P08

Introduces 4 techniques to help the viewer take control of tension and regain serenity: stretching; deep breathing; acupressure and self-massage; and progressive relaxation.

(Produced by the Hazelden Foundation.)

Grades 9 - Seniors

1998

26 min.

Getting Active with Jack the Apple

AV P09

Jack the Apple goes with a friend and his aunt as they learn that physical activity can be fun and has many health benefits. Activities develop both fine and gross motor skills.

Suggestions that parents and children can do at home are also included.

A facilitator's guide has program objectives, follow-up activities, parent hand-outs and resources.

(Produced by KNB Productions; distributed by AGC/United Learning.)

PreK - K

1999

11 min.

SLAM!

AV S35

Tells the story of a young singer/songwriter and how she became active in a campaign against the tobacco industry.

(Produced by the CDC's Office on Smoking and Health.)

Grades 9 - adults

1999

15 min.

Smokeless... NOT Harmless

AV S39

This video looks back at the many tactics used to sell smokeless tobacco over the past century. Like a virus, smokeless tobacco marketing has spread around the world, from Venezuela to India and beyond. Slides of the physical effects of tobacco use are graphic.

(Produced by the National Cancer Institute and the CDC.)

High school students

2002

5 min.

I Can't Breathe: A Smoker's Story

AV S40

Pam Laffin, a 31-year old mother of two young girls, dies from emphysema. In this program, Pam tells why she started smoking and what it was like to learn she had emphysema.

(Produced by the CDC and the Massachusetts Department of Public Health.)

Students ages 11 – 14 years

2001

20 min.

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