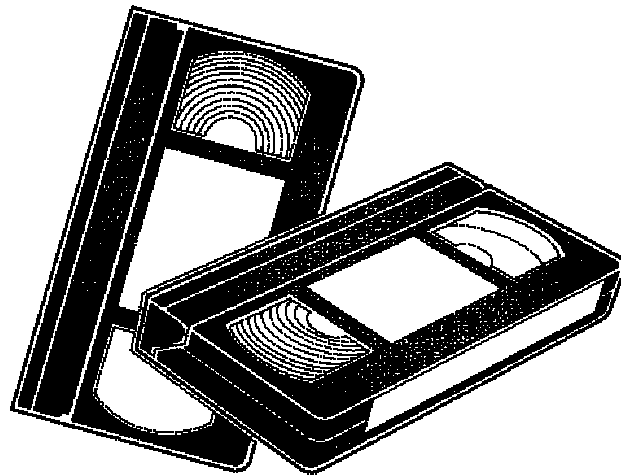


***BERGEN COUNTY
HEALTH PROMOTION RESOURCE CENTER***

***2002-2003
VIDEO CATALOG***



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
healthdept@co.bergen.nj.us

Program conducted under the auspices of Bergen County Executive Dennis McNerney
and the Board of Chosen Freeholders

**HEALTH PROMOTION RESOURCE CENTER
2002 - 2003 VIDEO CATALOG**

| | |
|--|----|
| WELCOME | 1 |
| RESOURCES AVAILABLE | 1 |
| Bi-monthly Newsletter..... | 1 |
| Web-based Catalog..... | 2 |
| WHO MAY USE THE CENTER..... | 2 |
| PROCEDURES FOR BORROWING MATERIALS | 2 |
| HOURS | 2 |
| DIRECTIONS TO THE RESOURCE CENTER..... | 3 |
| RESOURCE CENTER VIDEOS BY SUBJECT | 5 |
| AIDS/HIV | 5 |
| Alcohol/Drugs..... | 8 |
| Chronic Disease | 14 |
| Communicable Disease | 17 |
| Dental..... | 18 |
| Environmental..... | 19 |
| Injury Control | 21 |
| Life Cycle | 25 |
| Miscellaneous | 27 |
| Nutrition..... | 28 |
| Physical Fitness..... | 33 |
| Smoking..... | 36 |
| ALPHABETICAL LIST OF VIDEOS..... | 39 |



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WELCOME

The Health Promotion Resource Center, established in 1998, supports health education activities and serves research needs among staff, contracting communities and the Partnership for Community Health.

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. In addition to this catalog, a bi-monthly newsletter and a web-based video catalog advertise available materials. For more information, see below.

The center is a member of two library cooperatives, the Health Sciences Library of New Jersey and the Highlands Regional Library Cooperative, which is part of the New Jersey Library Network. Through these cooperatives, additional resources are available to patrons.

RESOURCES AVAILABLE

Videos in this catalog are divided into the following categories: HIV/AIDS, alcohol and drugs, chronic disease, communicable disease, dental, environmental, injury control, life style, miscellaneous, nutrition, physical fitness and smoking. Videos are listed in only one category, although in some cases their subject matter applies to two or more.

Lesson plans and handouts are available to accompany many of the videos. Lesson plans were developed by health educators in the Office of Health Promotion and include lesson objectives, discussion suggestions and, in many cases additional activities. In most cases, sufficient copies of handouts can be provided for each member of a class or audience. Additionally, masters provided by the producers of the videos are available for duplication.

Other resources that are available by visiting the Resource Center include:

- Health publications - These cover a wide range of health topics and may be available in quantities for distribution. Many publications can be downloaded from the Health Publications list on Department of Health Services' home page.
- Journals and newsletters - The latest information on public health topics are available through issues of professional journals and newsletters. The Center's web page includes a list of subscriptions that are available via the internet as well as in print. If a password is required to access the journal, contact the Center.
- Books and reference materials - The Center's continuously growing collection includes reference publications pertinent to public health as well as data and policy materials specific to the State of New Jersey and Bergen County.

Bi-monthly Newsletter

Health Resources, a bi-monthly newsletter, is prepared and distributed to schools and organizations throughout Bergen County. In addition to new or seasonally appropriate videos, each issue features a selection of health publications. An order form allows requests for publications to be submitted by mail or fax. To be placed on the mailing list for the newsletter,

contact the Center. The newsletters may also be downloaded from the Center's web page, accessible from the Bergen County Department of Health Services' home page (www.bergenhealth.org) in either the "Resources" or "Health Promotion" sections.

Web-based Catalog

The web-based video catalog can be accessed through the Center's web page. The web catalog supplements this catalog in three important ways:

- New resources are continuously added. As new videos are received in the Resource Center, they are added to the web-based catalog.
- Cross-referencing videos in multiple subject areas is possible. Searching is easier because videos can be referenced to a wide range of topics.
- The web-based catalog will show whether a video is currently checked in or out. A link to the email for the Resource Center makes it easy to submit a reservation or check if a video will be available in the future.

To use the web-based catalog, contact the Resource Center to obtain a user name and password. A link is available to directly access the web-based catalog.

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.

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

PROCEDURES FOR BORROWING MATERIALS

Please call ahead to ensure access to the Resource Center. You may browse the various resources that are offered. If you prefer, you may request materials by phone or email that will be readied for pick up. School personnel may call to arrange for videos to be dropped off or picked up from a school address. Some town libraries will also arrange drop off and pick up. For other options, contact the Center.

Patrons may borrow up to two videos at one time for a period of 5 business days. A \$50 personal or business check or voucher is required as a deposit for each video borrowed, unless the borrower is an employee of the local health department. The check or voucher will be returned when the video is returned.

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
Community Services Building, Room 301
327 E. Ridgewood Avenue
Paramus, NJ 07652
201-634-2600

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.

RESOURCE CENTER VIDEOS BY SUBJECT

AIDS/HIV

AIDS and the Immune System

AV A2

| | | |
|------------|------------|---|
| Audience | Date | Explores types of germs, ways germs enter the body and how the body reacts to germs. |
| Grades 5-6 | 1988 | The difference between HIV and AIDS are explained as well as the impact of HIV on the immune system. The relationship of general health to the immune system is included. |
| | Length | |
| | 12 minutes | Lesson plan available for grades 5-6. (Produced by Churchill Films.) |

AIDS: A Decision for Life

AV A18

| | | |
|----------------|---------|---|
| Audience | Date | A young teen contracts AIDS during her first serious relationship. Discusses that risk is not restricted to any groups. The impact of the diagnosis is explored briefly. NOTE: Passing HIV to an infant is less likely now if the mother is under medical care. |
| Grades 11 - 12 | 1989 | |
| | Length | |
| | 20 min. | A lesson plan for use with grades 11 - 12 is available. (Produced by Intermedia, Inc.) |

AIDS: What Do We Tell Children?

AV A5

| | | |
|----------|---------|---|
| Audience | Date | Provides background information on HIV/AIDS and transmission. Gives concrete suggestions for ways to discuss AIDS with children. Narrated by Carol Burnett. |
| Parents | | |
| | Length | |
| | 22 min. | A lesson plan is available. (Produced by Walt Disney Educational Media Company.) |

Camp Itsamongus

AV A10

| | | |
|------------|---------|---|
| Audience | Date | Points out that AIDS is not spread through casual contact and that people with AIDS still need friends. |
| Grades 3-4 | 1990 | |
| | Length | |
| | 16 min. | (Produced by the American Red Cross, Knox County Chapter.) |

Faces Behind the Ribbon

AV A19

| | | |
|---------------|---------|---|
| Audience | Date | Sketches by students from the Rosa Parks H.S. of Fine & Performing Arts focus on the stigma of HIV/AIDS. The sketches are designed to provoke thought rather than to present factual information. The tape can be interrupted to facilitate discussion. |
| Grades 9 - 12 | 1996 | |
| | Length | |
| | 23 min. | The facilitator's guide has suggestions for implementation. (CG A19) (Produced by the NJ Public Health Association.) |

HIV AND AIDS: Staying Safe

AV A27

| | | |
|--------------|---------|---|
| Audience | Date | 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. |
| Grades 4 - 6 | 2001 | |
| | Length | A teacher's guide and black-line masters are available for use with the video. |
| | 15 min. | (Produced by United Learning.) |

In Our Own Words: Teens and AIDS

AV A25

| | | |
|---------------|---------|---|
| Audience | Date | 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. |
| Grades 7 - 12 | 1995 | |
| | Length | An educator's discussion guide is available. |
| | 20 min. | (Produced by Family Health Productions, Inc.) |

Living with HIV: Conversations with Long Term-Survivors

AV A20

| | | |
|----------|---------|--|
| Audience | Date | Panel discussion with HIV positive people and health care professionals. Includes aspects of coping with AIDS. The impact is from the personal stories shared. |
| Adults | 1992 | |
| | Length | (Funded by an educational grant from Burroughs Welcome Co.) |
| | 40 min. | |

Reasons to Care: The Many Faces of HIV

AV A12

| | | |
|-------------------|---------|--|
| Audience | Date | Emphasizes that HIV is not spread by casual contact; you can protect yourself. Discusses both HIV and AIDS, as well as the need for support and compassion. Introduces the need for safer sex, testing, and education. |
| Grades 9 - Adults | 1991 | |
| | Length | A user's guide includes objectives and discussion topics. |
| | 34 min. | (Produced by the American Red Cross.) |

Sex, Drugs and HIV

AV A7

| | | |
|-------------|---------|---|
| Audience | Date | Discusses the prevention and transmission of HIV. Explains "safer" sex and the role of condoms in preventing transmission of the virus. |
| Grades 9-10 | 1991 | |
| | Length | |
| | 19 min. | |

Sexually Transmitted Diseases

AV A13

| | | |
|-----------------------|---------|---|
| Audience | Date | A general introduction to the topic of STD's. The video describes symptoms, complications and prevention of STD's as well as availability of treatment. |
| Middle School - Adult | 1986 | |
| | Length | (Produced by Planned Parenthood of Central Ohio.) |
| | 19 min. | |

STDs, AIDS, and the Clean Love Solution

AV A26

Audience Date Follow two urban teens on their quest for information about sexually transmitted diseases.
Grades 7 - 12 1997 They learn about transmission, manifestation and treatment of STDs. Alternatives to
sexual involvement, as well as refusal skills, are presented.

Length
30 min. A teacher's guide includes follow up questions and black-line masters.
(Produced by United Learning.)

The Los Altos Story

AV A9

Audience Date Tells the stories of Dude, Steve, Greg and Walter. Starts with a background of the
Grades 9 - Adult 1991 community that thought they would never be touched by the tragedy of AIDS. Patients' need
for support is clearly demonstrated.

Length
31 min. (Produced by the Rotary Aids Project, Rotary Club of Los Altos, CA.)

Understanding AIDS: What Teens Need to Know

AV A8

Audience Date Addresses fears concerning transmissions of AIDS. While AIDS can only be contracted
Grades 7 - 8 1988 in a limited number of ways, anyone can have it. Urges responsible behavior, including
safe sex, abstinence and not using drugs.

Length
19 min. A teacher's guide includes objectives, learning activities and a true-false quiz.
(Produced by Sunburst Communication.)

Alcohol/Drugs

40 Assets: Start Over, Starting Now

AV D19

| | | |
|----------|--------|---|
| Audience | Date | An excellent starting place for adults interested in youth. Explains what developmental assets are and how they benefit young people. Gives examples of how assets can be developed and how everyone can help youth successfully face today's challenges. |
| Adults | 1998 | |
| | Length | A discussion guide provides questions and answers and asset-building ideas. (Produced by the Search Institute.) |
| | 8 min. | |

Assets Happening Here

AV D20

| | | |
|---------------|---------|---|
| Audience | Date | 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. |
| Grades 7 - 12 | 1999 | |
| | Length | A leader's guide provides learning objectives and discussion questions. (Produced by the Noodlehead Network.) |
| | 17 min. | |

Body Building; Body Breaking

AV D1

| | | |
|---------------------------|---------|---|
| Audience | Date | Profiles typical reasons for use of steroids and the typical user. Presents complications and discusses the ability of users to justify or rationalize their use. Emphasizes the difficulty of getting users to stop. |
| Grades 9 - Adult; Coaches | | |
| | Length | A lesson plan is available for high school students and adults. (Produced by Sunburst Communications.) |
| | 14 min. | |

Children of Addiction

AV AL23

| | | |
|---------------------------|---------|--|
| Audience | Date | Interviews adults dealing the issues caused in childhood by parental addiction, abuse and abandonment. Topics include: hypervigilance, anger, unpredictability, abandonment, negative parental role-modeling, nurturing, trust, and coming out of isolation. |
| Adult Children of Addicts | 1998 | |
| | Length | A viewing guide includes questions for discussion. (Produced by Magna Systems.) |
| | 26 min. | |

Chug. Too Much of Anything is No Good

AV AL9

| | | |
|--------------|---------|--|
| Audience | Date | The Chug, made from used parts of different animals, helps children learn that too much of anything can be harmful. The video explains what alcohol is, how it affects the body and behavior. Relates drunk driving to alcohol and the need for street safety. |
| Grades K - 2 | | |
| | Length | A lesson plan and a connect-the-dots handout of Chug are available. (Distributed by Film Loops, Inc.) |
| | 10 min. | |

Creating Healthy Communities for Kids. Start Over, Starting Now

AV D21

Audience Date Introduces the concept of assets. Also includes specific examples of guidelines and programs that have been used in communities to build assets in young people.
Adults 1999

Length A discussion guide includes program suggestions and a scale for evaluating community focus.
12 min.

(Produced by the Search Institute.)

Date Rape Drugs: What You Need to Know

AV D17

Audience Date 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.
Grades 9 - adults 2001

Length A lesson plan has handouts on the drugs, ways to reduce risk and suggested actions for victims.
22 min.

(Produced by The Idea Factory.)

Drugs and the Nervous System

AV D2

Audience Date Uses animated diagrams to explain the effect of types of drugs on the body. Includes depressants, products of the poppy, stimulants, marijuana, inhalants and hallucigens.
Grades 5 - 8 1987

Length Some street names and types of drugs are outdated.
18 min.

(Produced by Churchill Films.)

Educate: Creating Inhalant Abuse Awareness Together

AV D16

Audience Date 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.
Parents 1998

Length Includes case studies of children who have been involved with inhalant use.
15 min.

(Distributed by the U.S. Consumer Product Safety Commission.)

Faces of Addiction

AV D13

Audience Date Each of the three segments could be used alone. "Flashback" tells the story of addiction and recovery of a teenager. "27th and Prospect" documents a community's fight against drugs in Kansas City. "Addicted" combines people with facts.
Grades 7 - Adults 1997

Length A viewing guide provides suggestions for discussion and questions.
34 min.

(Produced in cooperation with the Robert Wood Johnson Foundation.)

Froggy and DoDo

AV AL3

Audience Date The cartoon characters Froggy and Dodo learn the effects of alcohol and why children shouldn't drink. NOTE: Discussion pauses allow the presenter to ask children to respond to questions during the video.
Pre K and K 1982

Length (Distributed by the AAA Traffic Safety Department.)
12 min.

Growing Up Isn't Easy

AV AL15

Audience Date
Grades 5 - 8 1992

Helps students recognize what they can and can't change. Encourages them to be responsible for their own decisions, but not to accept blame for what others do. Relates this to alcoholism in the family and to decisions concerning alcohol consumption.

Length
12 min.

The Discovery Kit (CG AL15) includes a wealth of materials.

(Produced by the Office of Substance Abuse , US Dept. Health and Human Services.)

It Can Happen to Anyone

AV AL17

Audience Date
Senior adults 1996

Addresses alcohol abuse among seniors. Alcohol can become a coping tool for increasingly difficult transitions. Presents addiction as a disease, emphasizing the 12-step recovery program. Discusses recovery and life possibilities. Narrated by Ed Asner.

Length
18 min.

Leader's guide (CG AL17) gives specific program suggestions including discussion questions.

(Produced by AARP and Hazelden Foundation.)

Just Another Friday Night

AV AL2

Audience Date
Grades 10 - 12 1994

Opens with a court scene of a teenager who has been convicted of vehicular homicide. The course of events that leads up to the accident are described as well as the frequency of single-vehicle accidents. The verdict is in the hands of the audience.

Length
15 min.

A lesson plan is available for grades 10-12.

Kylie's Song

AV D7

Audience Date
Grades K - 2 1988

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.

Length
12 min.

A lesson plan is available for use with the video.

(Produced by Marsh Media.)

Land of Pans

AV AL3

Audience Date
Grades 3 - 4 1982

The young "Pans" learn the result of irresponsible alcohol consumption. The physiological basis for the effects of alcohol are explained.

Length
9 min.

Both a lesson plan and a curriculum guide (CG AL3) are available.

(Distributed by the AAA Traffic Safety Department.)

Last Call: The Sobering Truth about F.A.S./F.A.E.

AV AL22

Audience Date Case studies present symptoms and lifelong complications of these completely
Grades 9 - adult 2001 preventable birth defects. Emphasizes that even low alcohol intakes can cause symptoms.
Interviews mothers and children to highlight difficulties of living with the results.

Length
26 min. Instructor materials and audience handouts are available.
(Produced by Crime Prevention Resources.)

Michael's Journey

AV AL15

Audience Date Follows two African-American boys who exemplify different coping styles of children of
Grades 5 - 8 1992 alcoholics. Designed to help children discover less destructive coping strategies.

Length
30 min. The Discovery Kit (CG AL15) has a program manual, handouts and suggested activities.
(Produced by the Office of Substance Abuse Prevention, US Dept. of Health and Human

Minou

AV D9

Audience Date Minou, a Siamese cat, has never been alone and was glad for the security of the leash.
Grades K and up 1989 When her owner dies, she has to learn to be independent and care for herself.

Length
18 min. A lesson plan targets grades K-2.
(Produced by Marsh Media.)

Mirrors. A Film of Self Esteem

AV D6

Audience Date Presents parents as mirrors through which children see themselves. Words and actions
Adults influence children's self image. Develops parenting skills which foster self esteem and
increase resistance to negative peer pressure.

Length
11 min. Also available is a lesson plan for parents and accompanying handouts.
(Produced by the National PTA and Keebler Company.)

Ruined Lives: Just One Time

AV D18

Audience Date Tells the story of a young woman who tries "meth" for the first time and the
Grades 9 - 2000 consequences. Also includes interviews with individuals whose lives have been affected
adults by methamphetamine abuse. Emphasizes the dangers of "meth," "speed," "ice," or
"crystal."

Length
29 min. A study guide has discussion questions and background information.
(Produced by Intermedia.)

Taking Off the Blinders

AV AL20

Audience Date
Adults 1998

Includes a series of stories by teens about alcohol and drug abuse. A variety of professionals offer suggestions for parents to recognize problems when they occur and to cope with existing problems.

Length
23 min.

(Produced by The S.O.U.R.C.E., Glen Rock - Information/Referrals)

The Performance Edge

AV AL21

Audience Date
Grades 7 - 12

Relates physiological changes due to smoking and alcohol to decreased performance ability. Although athletic performance is emphasized, other types are pictured such as voice, dance and classroom performance. Both male and female athletes are pictured.

Length
9 min.

A leader's guide is also available. (See CG AL21.)

(Produced by the U.S. Dept. of Health & Human Services, Office on Smoking and Health.)

What are the Myths about Ecstasy and Club Drugs

AV D15

Audience Date
College Sept. 20,
students, 2000
Adults

A Demand Reduction Coordinator presents information on ecstasy and other club drugs, their use and effects. Includes a short undercover video. Most useful for adults.

Length
60 min.

(Sponsored by the Bergen Community College Wellness Center.)

Yoo Hoo

AV D4

Audience Date
Grades 1 - 3 1988

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.

Length
14 min.

(Produced by NJ Video; a NJ Network Project Tape.)

You Have to Live It

AV D22

Audience Date
School faculty 1999
and staff

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.

Length
27 min.

Video discussion guide includes suggestions for setup and discussion.

(Produced by the Search Institute.)

Chronic Disease

A Report on Skin Cancer

AV MCH6

Audience Date Dr. Frank Field narrates. Includes causes, prevention, treatment, individuals at risk,
Grades 9 - 12 1985 pictures of cancers. NOTE: The range of SPF products is stated to be 2 - 19.

Length
13 min. (Produced by the American Cancer Society.)

A Woman's Strength. What Osteoporosis Could Mean to You

AV MCH26

Audience Date Discusses risk factors as well as strategies for maintaining bone health. Stresses that
Adults, Seniors 1996 treatments are available. This copy skips in places. Although the content is not disrupted,
the appearance is less than optimal.

Length
8 min. (Produced by Merck & Co.)

Act in Time to Heart Attack Signs

AV MCH32

Audience Date When in doubt...Check it out! Treatments for heart attacks work best if started early,
Adults, Seniors 2001 ideally in the first hour. Early symptoms of a heart attack and the need to get medical
attention promptly are stressed.

Length
10 min. A lesson plan for small group sessions is available.

(Produced by the National Heart, Lung and Blood Institute.)

Colon Cancer Series: Today Show

AV MCH31

Audience Date Discusses the importance of early detection, screening procedures, symptoms, and
Grades 9 - 2000 treatment. Colonoscopy is stressed. Controversies over the age of initial screening are
Adults discussed. Segments can be used individually or in various combinations.

Length
5 10-min. (Produced by NBC News.)
segments

Every Man Should Know about His Prostate

AV MCH20

Audience Date Describes symptoms of benign prostate hyperplasia (BPH) and the physiological changes
Adults, Seniors 1993 that produce them. While yearly check-ups are recommended, specific screenings are not
included. NOTE: The focus is on BPH, not prostate cancer. Lacks ethnic diversity.

Length
10 min. (Presented by Merck& Co., Inc.)

Health at Home: Controlling Asthma

AV MCH30

Audience Date Focuses on decreasing exposure to the 5 main triggers for asthma attacks in the home.
Asthmatics; Includes information on the incidence of asthma, populations at higher risk, and other
Parents of potential triggers. Both English and Spanish versions are on the tape.

Length
12 min. (Produced by the U.S. Environmental Protection Agency and the American Lung Assn.)
30 sec.

Instructions for Breast Self-Examination

AV MCH27

Audience Date Describes the procedure for a complete breast self-examination. Also mentions the triple
Grades 9 - Adult 1997 approach of mammography, clinical examination and self-examination for early detection of
breast cancer.
Length
9 min. (Produced by the American Cancer Society.)

Instructions for Breast Self-Examination (Spanish)

AV MCH28

Audience Date The Spanish version of AV MCH27, *Instructions for Breast Self-Examination*. Includes
Grades 9 - Adult 1997 instructions for breast self-examination and health routine for the early detection of breast
cancer.
Length
9 min. (Produced by the American Cancer Society.)

Living with Arthritis

AV MCH4

Audience Date Hosted by Boomer Esiason of the Cincinnati Bengals, the video details techniques for
Adults, Seniors 1990 joint protection, rest and energy conservation and exercise. Problem-solving challenging
tasks and communicating with friends and families are also stressed.
Length
60 min. (Produced by the Arthritis Foundation with a grant from Searle and Co.)

Osteoporosis

AV MCH1

Audience Date Stresses risk factors that can be controlled to prevent osteoporosis. Recommendations for
Grade 9 - Adults, 1995 calcium intake are shown in terms of foods. The visual of bone remodeling is especially
Seniors good.
Length
15 min. A lesson plan with accompanying handout is available.
(Produced in cooperation with the National Osteoporosis Foundation.)

Quality Mammography Can Save Your Life: ACS Version

AV MCH29

Audience Date Describes the process of mammography and its importance to the early detection of breast
Grades 9 - Adult 1997 cancer. Reviews guidelines for who should have a mammography and how often. Also
mentions clinical and self-examinations as a part of a total screening process.
Length
10 min. (Produced by the American Cancer Society.)

Stroke: What Every Person Should Know

AV MCH14

Audience Date Lists warning signs and risk factors. Emphasizes the importance of reducing risk, early
Adults, Seniors 1996 detection and emergency treatment. Presents recovered patients and discusses the
difficulty in recovery. Current website is <www.americanheart.org>.
Length
18 min. (Produced by the American Heart Association.)

Taking Control

AV N5

Audience Date An excavation in 2989 finds two human specimens from the past. Data are uncovered
Grades 9 - 1986 to show they accepted responsibility for their own health and well being. Diet is emphasized,
Adults, Seniors but exercise, environmental tobacco smoke and skin cancer are also discussed.
Length
16 min. (Produced by the American Cancer Society.)

Testicular Self-Examination

AV MCH22

| | | |
|------------------|--------|--|
| Audience | Date | Demonstrates technique of testicular self-examination. Explains the importance of the self-exam and the groups most at risk for testicular cancer. NOTE: The video starts with an actual exam, so an audience introduction is necessary. |
| Grade 9 - Adults | 1995 | |
| | Length | A lesson plan and printed quiz are available. (Produced by the American Cancer Society.) |
| | 5 min. | |

The Faces and Voices of Hope

AV MCH33

| | | |
|-------------|---------|---|
| Audience | Date | Cancer survivors emphasize the importance of early detection. Specifically addresses women of color since they are more likely to die of breast cancer. The procedures for mammography and Pap tests are described. |
| Adult women | 1997 | |
| | Length | (Produced by the NJ Breast and Cervical Cancer Control Initiative.) |
| | 18 min. | |

Communicable Disease

Advice on Lice

AV MCO12

| | | |
|--------------|---------|--|
| Audience | Date | Cartoon lice patrol children's hair and discuss the behaviors that do and do not affect the lice. The issue of embarrassment is addressed. A complete treatment is outlined. |
| Grades 4 - 6 | 1985 | |
| | Length | |
| | 13 min. | (From the Disney Educational Media Company.) |

Lyme Disease: Facts for Kids

AV MCO16

| | | |
|--------------|--------------|---|
| Audience | Date | Luis from Sesame Street and 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. |
| Grades K - 8 | 1997 | |
| | Length | |
| | 18 min. each | (Distributed by the Lyme Disease Foundation, Inc., in conjunction with the Centers for Disease Control and Prevention.) |

Lyme Disease: What You Should Know!

AV MCO21

| | | |
|-------------------|---------|---|
| Audience | Date | Provides information on ticks, transmission, diagnosis, symptoms, treatment, tick removal, personal protection, and property management. Gives a LOT of information. Supplemental material to summarize and reinforce the topic would be helpful. |
| Grades 11 - Adult | 1997 | |
| | Length | |
| | 25 min. | Handouts: Lyme Disease in New Jersey; Lyme Disease. Tips for Personal Protection. (Produced by the Lyme Disease Foundation.) |

Take the Bite Out of Rabies/Elementary

AV MCO11

| | | |
|------------|---------|---|
| Audience | Date | Explains rabies to children and the precautions they should take when coming in contact with animals. |
| Grades 1-6 | 1992 | |
| | Length | |
| | 10 min. | (Produced by the New Jersey State Department of Health.) |

Take the Bite Out of Rabies/Secondary

AV MCO11

| | | |
|-------------|---------|--|
| Audience | Date | Explains rabies and the precautions teenagers should take when coming in contact with animals. |
| High School | 1992 | |
| | Length | |
| | 10 min. | (Produced by the New Jersey State Department of Health.) |

Tommy and Jake

AV ME9

| | | |
|------------|--------|---|
| Audience | Date | Discusses preventative aspects of rabies by showing a child taking a dog to a veterinarian. |
| Grades 1-6 | 1990 | |
| | Length | (Produced by Educational Communication Center Marketing.) |

Dental

Dudley's Visit to the Dentist

AV ND4

| | | |
|-----------------|--------|---|
| Audience | Date | Dudley, an animated dragon, visits a dentist for the first time. He familiarizes the audience with the procedures, equipment and dental instruments. Good dental hygiene is also presented. |
| Grades PreK - 1 | | |
| | Length | |
| | 8 min. | A lesson plan and sample handouts are available. Also available on AV ND6 and AV ND7. (Produced by the American Dental Association.) |

The Haunted Mouth

AV ND7

| | | |
|------------|---------|---|
| Audience | Date | B. Plaque narrates this ghostly tale of tooth decay and gum disease. Emphasizes the relationship of good dental hygiene to dental health. |
| Grades 3-6 | | |
| | Length | |
| | 12 min. | A lesson plan and two handouts are available. |

Environmental

A Greener Thumb

AV ME21

Audience Date Provides specific suggestions for maintaining lawn and landscape while reducing the use of water, fertilizer and pesticides. Topics include: mulches, soil tests, types of grass and fertilizers and composting. Relates specifically to New Jersey.
Adults, 1998
especially
Length
29 min. (Produced by Rutgers Cooperative Extension.)

Alexandria's Clean-Up Fix-Up Parade

AV ME2

Audience Date Concern for park swans leads Alexandria to organize a clean-up, fix-up parade. Emphasizes self-esteem and the role young people can play in the community. Points out safety rules for dealing with litter.
Kindergarten 1988
Length
14 min. A curriculum guide (CG ME2) and lesson plan (grades 1-3) are available.

Down the Drain

AV ME19

Audience Date A drain comes to life and teaches a youngster about topics including pollution, the water cycle, water treatment, and proper disposal of toxic substances. Emphasizes that communities differ in sources of water and water treatment procedures.
Grades 3 - 5 1989
Length
22 min. Exploring Water Pollution Issues (CG ME19) provides activities, resource lists and worksheet masters.
(Produced by NJIT/UMDNJ.)

Keeping the Lid on Air Pollution

AV ME5

Audience Date A friendly computer helps Terry learn about air pollution. Topics include the history of air pollution, types of air pollutants, how pollution affects the lives of Terry and his friends and several methods of Keeping the Lid on Air Pollution.
Grades 4 - 6 1990
Length
20 min. Exploring Air Pollution Issues (CG ME5) includes activities, resource pages and worksheet masters.
(Produced by Rutgers/UMNDJ.)

Out of Space

AV ME8

Audience Date Students visit a landfill and resource recovery plant to explore the fate of garbage. The necessity of recycling is emphasized. Students talk about what they can do to help.
Grades 3 - 5
Length
16 min. (NOTE: Tin cans are included in many recycling programs.)
A lesson plan for grades 3-5 is available.

Taking Action

AV ME20

| | | |
|------------|------------|--|
| Audience | Date | Describes the steps in establishing a committee to maintain indoor air quality in a school setting. Appears on the same tape as <i>Ventilation Basics</i> . This is the first segment. |
| School | 2000 | |
| Personnel; | | |
| Adults | Length | See the action guide, <i>Indoor Air Quality: Tools for Schools</i> . |
| | 14:30 min. | (Distributed by the U.S. Environmental Protection Agency.) |

Ventilation Basics

AV ME20

| | | |
|------------|------------|---|
| Audience | Date | Presents the importance of indoor air quality, discusses basic types of ventilation systems, and shows basic maintenance procedures. Appears on the same tape as <i>Taking Action</i> . This is the second segment. |
| School | 2000 | |
| Personnel; | | |
| Adults | Length | See the action guide, <i>Indoor Air Quality: Tools for Schools</i> . |
| | 15:06 min. | (Distributed by the U.S. Environmental Protection Agency.) |

Injury Control

Along for the Ride. Safer Bicycling for Everyone.

AVIC28

Audience Date Members of the U.S. Cycling Team demonstrate safe bicycling. Four major topic areas are:
Grades 9 - 1994 Wear a Helmet; Follow the Rules of the Road; Be Visible; and Share the Road.
Adults

Length The pamphlet, "Along for the Ride," is available in limited quantities.
18 min.

(Produced by the National Highway Traffic Safety Administration.)

Be Cool about Fire Safety

AVIC42

Audience Date Presents children with basic fire safety rules. Shows a fireman in uniform and
Grades K - 3 1996 emphasizes the importance of not hiding. NOTE: The deputy fire marshal kit is no longer
available.

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

Beltman

AVIC2

Audience Date A superhero emphasizes the importance of seat belts. Demonstrates proper back seat
PreK - grade 3 1988 belt placement. Emphasizes that children should ride in the back seat.

Length The accompanying lesson plan includes handouts for pre-K - grade 3.
6 min. (Produced by Film Loops, Inc.)

Beltwoman

AVIC3

Audience Date Arch enemy Emperor Bing plots to make kids behave unsafely. Beltwoman teams up with
PreK - grade 3 1988 Beltman to return their memory of safe car-riding rules. Car seats are shown for younger
children.

Length The accompanying lesson plan includes handouts for PreK - grade 3.
6 minutes (Produced by FLI Learning Systems, Inc.)

Bicycle Safety Camp

AVIC12

Audience Date Five kids at bike safety camp must demonstrate rules of safe biking to pass the course.
Grades K - 4 1989 Covers helmets, bike maintenance, and selecting bikes as well as safety. Much of the
music is rap. Triaminic does have a brief commercial at the beginning and end.

Length (Produced for TIPP, The Injury Prevention Program, of the American Academy of Pediatrics
25 min. by Triaminic.)

Cooling a Hot Situation

AVIC34

Audience Date A tool for provoking discussion, the two separate programs can be used individually. Stop
Ages 7 - 10 1996 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.

Length
15 min. The Leader's Guide gives sample discussion questions for Stop Points.
(Funded by Metropolitan Life Foundation.)

Falling for You

AVIC5

Audience Date Hazardous Heddy and Dangerous Dan point out common hazards that cause falls. Shows
Seniors 1986 how to break a fall and assist a fallen person. Common safety devices are illustrated.
Calcium is included as preventive; lactose intolerance is discussed, but not low-fat.

Length
15 min. A lesson plan and a facilitator's guide are available. A Home Safety Checklist is available
in quantity.
(Produced by the Dairy Council of Arizona.)

Fatal Attraction: Poison Prevention in the Home

AVIC15

Audience Date Shows danger areas for poisons in the home and specific steps to poison-proof your
Grades 7 - Adult 1988 home. Lists steps to take if an accident does occur. Narrated by a pre-teen in a news
format.

Length
15 min. The related lesson plan with handouts can be tailored for students or adults.
(Produced by the Regional Poison Center, University of California, San Diego.)

Home Sweet Home

AVIC16

Audience Date Normal aging creates new challenges, but injuries can be prevented. Gradual changes may
Seniors 1992 not be noticed immediately. Specific suggestions focus on preventing falls and burns in
different areas of the home. Exercise and activity can be preventative.

Length
17 min. (Produced by Johns Hopkins University and the Baltimore Co. Dept. of Health.)

Preventing Road Rage: Anger Management for Drivers

AVIC38

Audience Date Violent aggressive driving, or "road rage," is a growing public concern. This video by
Adults 1998 AAA Foundation for Traffic Safety teaches viewers to: avoid offending other drivers;
manage their own anger; and disengage from an angry encounter.

Length
20 min. See accompanying educational kit (CG IC38).
(Produced by the AAA Foundation for Traffic Safety.)

Rage on the Road: 48 Hours

AV IC40

Audience Date High School 1997 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.

Length 45 min. See the accompanying educational kit (CG IC38).

(Produced by CBS, Inc.)

Reduce Your Risk

AV IC17

Audience Date Drivers 1993 Presents simulated situations to demonstrate techniques to promote personal safety both behind the wheel and while walking. Includes tips for unfamiliar areas and for rental cars. Recommends "full service" gas stations in unsafe areas.

Length 15 min. (Funded by the National Safety Council. Distributed by the NJ State Safety Council.)

Road Rage: Dateline NBC

AV IC39

Audience Date High School 1997 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.

Length 15 min. See accompanying educational kit (CG IC38).

(Produced by National Broadcasting Company, Inc.)

Sesame Street: Lead Away!

AV IC41

Audience Date PreK and K 1996 Teaches children four tips for keeping lead out of their bodies. Stars Elmo, Rosita, Maria and Oscar the Grouch.

Length 15 min. (Produced by the Children's Television Workshop.)

The ABC's of Air Bag Safety: The Back is Where It's At

AV IC37

Audience Date Grades K - 6 1997 Bill Nye the Science Guy narrates this lively, fast-paced exploration of air bags and car safety. An easily skipped introduction promotes Chrysler's safety program, not their products. Material on NJ's new booster seat law should be used as a supplement.

Length 10 min. A curriculum guide includes masters for activities for Grades K- 3 and 4 - 6.

(Produced by Chrysler Corporation, the American Automobile Association and the

The ABC's of Safe & Healthy Child-Care: Diapering and Hand Washing

AV IC31

Audience Date Adults; Child care personnel 1994 The video contains two completely separate segments on diapering and hand washing. Correct procedures and the relationship to the spread of infection are demonstrated.

Length 12 min. per segment (Produced by the Centers for Disease Control and Prevention.)

The Official Kids Safety Quiz

AV IC24

Audience Date As the substitute teacher, U-2-B moderates a quiz show for students. Topics include
Grades 3 - 5 1988 traffic, bike, water and fire safety and emergency response. NOTE: A few flickers in the
and families tape.
Length
30 min. (Produced in cooperation with the National Safety Council and Johnson & Johnson.)

The Smoke Detectives

AV IC18

Audience Date The Smoke Detectives teach a friendly vampire the rules of fire safety. Topics include fire
Grades K - 6 1990 hazards, the importance of smoke detectors, EDIT (Exit Drills In The Home), and other fire
safety skills.
Length
25 min. A curriculum guide (CG IC18) has lesson plans by grade and masters for the home
checklist and badge.
(Produced by State Farm Fire and Casualty Company, Intl Assn of Fire Fighters, and Ntl Assn
of Elementary School Principles.)

Tips for Safer Travel with Children

AV IC19

Audience Date Shows both infant and toddler car seats and procedures for placing seats in cars and
Parents 1993 infants in seats. NOTE: Project Safe Baby no longer sells car seats. In cars with passenger
side air bags, rear-facing seats should NOT be in the front seat.
Length
12 min. (Produced by Midas Corporation and the National Highway Traffic Safety Administration.)

Wash Your Hands

AV IC13

Audience Date Big Bird stars in a musical video about the importance of proper hand washing.
Pre-K - Grade 1 1985
Length
6 min. A lesson plan and handout are available for use with this video.
(Produced by the Children's Television Workshop; Distributed by the National Safety

You Be Safe

AV IC20

Audience Date The cartoon characters U.B. Safe and his friends show youngsters how to prevent
PreK - Grade 2 1991 accidental poisonings.
Length
10 min. (Produced in association with the Ontario Regional Poison Information Center and Hospital for
Sick Children.)

Life Cycle

Amazing Changes Inside & Out: Puberty for Boys

AV M50

Audience Date Topics include body changes, hygiene, acne, hormonal changes, sexual development, Grades 4 - 8 2001 changing family roles, and developing respectful relationships with the opposite sex. Includes a segment on puberty for girls.

Length
21 min. Includes blackline masters for reproductive organs, a crossword puzzle and test questions.
(Produced by AGC/United Learning.)

Amazing Changes Inside & Out: Puberty for Girls

AV M51

Audience Date Topics covered include body changes, hygiene, acne, hormonal changes, sexual Grades 4 - 8 2001 development, changing family roles, and developing respectful relationships with the opposite sex. Includes a segment on puberty for boys.

Length
22 min. Includes blackline masters for reproductive organs, a crossword puzzle and test questions.
(Produced by AGC/United Learning.)

Avoiding Trouble: How to Say No to Drugs

AV D14

Audience Date Teaches refusal skills to children in grades 4-7. Paced to allow for practicing and Grades 4 - 7 & 1987 interaction between steps in the refusal techniques. Should be used with the Parents accompanying family activity book.

Length
20 min. Use with "Preparing for the Drug-Free Years." WM270 DRPI 1998
(Produced by Developmental Research and Programs, Inc. and King Broadcasting Co.)

Hope is Not a Method

AV M53

Audience Date Takes place in a family planning clinic. Two couples and one woman who came to the Grades 9 - 2002 clinic with a friend talk with counselors about various methods of birth control. Detailed Adults information explains how each method is used correctly.

Length
19 min. A teacher's guide and blackline masters on methods of contraception are available.
(Produced by United Learning.)

How to Live Longer

AV M7

Audience Date Dr. Frank Field narrates a test on normal changes that occur with age. Topics range from Adults & 1985 nutrition to falls to Alzheimer's disease. Some of the information on Medicare coverage seniors needs to be updated. Three ads for LaRoche are included. Looks like a copy.

Length
25 min. (Funded by Hoffman LaRoche.)

Miscellaneous

Buy Me That! A Kids' Survival Guide to TV Advertising.

AV M1

Audience Date Commercials are trying to sell something, but kids don't have to buy! Each tip for
Grades 4 - 6 1990 analyzing commercials is explored. Tips are nicely summarized at the end.

Length
28 min. (Produced by Public Media Inc.)

Health Education Works!

AV M37

Audience Date Highlights successful health promotion programs in school, community, clinical and
Adults 1990 worksite settings. Research is presented to document the success of preventive health,
population-based programs.

Length
19 min. (Produced by the Assn for the Advancement of Health Education.)

Nutrition

See also the following videos included in ***Physical Fitness***:

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

Get Moving. Get Eating. Get Fit

The Adventures of Healthman

A Crash Course on Calcium

AV N31

| | | |
|----------|---------|---|
| Audience | Date | 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. |
| Preteens | 1998 | |
| | Length | |
| | 22 min. | (Produced by the National Fluid Milk Processor Promotion Board.) |

A Matter of Balance: Easy Steps for Good Nutrition

AV N17

| | | |
|------------------|---------|--|
| Audience | Date | 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. |
| Grades 9 - Adult | 1991 | |
| | Length | |
| | 10 min. | (Produced by Kraft General Foods with technical assistance by the American Dietetic Assn.) |

Calcium for the Prime of Life

AV M41

| | | |
|-----------------|---------|--|
| Audience | Date | Emphasizes that prevention is better than cure for osteoporosis. The nutritional advantage of dairy products is stressed. Calcium needs are shown in terms of foods. |
| Adults, Seniors | 1988 | |
| | Length | |
| | 10 min. | (Produced by the National Dairy Board.) |

Eating Healthy for Sports

AV N20

| | | |
|------------------|---------|---|
| Audience | Date | This CNN "On the Menu" segment includes differences between the athlete and non-athletic teen, eating disorders, sports drinks, specific sports and exercise for the non-athlete. Relates diet to health, athletic success and coronary health. |
| Grades 9 - Adult | 1992 | |
| | Length | |
| | 24 min. | (Produced by Cable News Network, Inc.) |

Eating Smart

AV N8

| | | |
|--------------------|--------|---|
| Audience | Date | Focuses on nutrition strategies to reduce cancer risks. Emphasizes the need for high fiber food, foods rich in vitamins A and C, and cruciferous vegetables in the diet every day. Discusses foods to include only in moderation. Includes specific tips. |
| Grades 9 - Seniors | 1989 | |
| | Length | |
| | 8 min. | (Produced by the American Cancer Society.) |

Get a Taste for the Healthy Life

AV N2

| | | |
|------------------|--------|---|
| Audience | Date | Describes the relationship of cholesterol to heart disease. Illustrates dietary choices that impact blood cholesterol levels. Mentions that diet should be coupled with exercise. |
| Adults - Seniors | 1986 | |
| | Length | |
| | 6 min. | (Produced by Kellogg's.) |

Healthy Dividends. A Plan for Balancing Your Fat Diet

AV N18

Audience Date Explains the concept of fat budgeting and shows how it can be applied in daily living.
Adults 1990 Needs to be accompanied with materials that explain how to determine a daily fat budget
and where to find information on the fat content of foods.
Length
10 min. (Produced by the National Dairy Council.)

Heart Health: The First Step is Diet

AV N14

Audience Date Emphasizes controllable risk factors and the role of decision-making in decreasing the risk
Adult; Seniors 1990 of heart disease. Information explains dietary fat, cholesterol and calories. NOTE: The old
nutrition label that is shown. Omits Step II diet recommendations.
Length
18 min. (Copyright by Best Foods, A Division of CPC International Inc.)

KidStrong: Inside & Out

AV N33

Audience Date To look good now and in the future, good health decisions are important. A strong
Grades 5 - 6 1998 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.
Length
20 min. A detailed curriculum guide is available. (CG N33)
(Developed by the New Jersey Dept. of Health and Senior Services.)

Label-Ease

AV N27

Audience Date Reviews the 3 sections of the food label. Distinguishes between nutrients people need to
Middle school, 1994 eat in adequate quantities and those associated with chronic disease in excess. Uses a
High school, simple procedure to compare products and select a nutritious food item.
Length
12 min. Two lesson plans are available, one for middle school and one for high school through
seniors.
(Produced by the National Dairy Council.)

MVE-TV: The Channel for Moderation, Variety and Exercise

AV N24

Audience Date A "channel surfing" technique is used to highlight nutrition and exercise messages. The
Secondary 1994 accompanying curriculum guide combines the visual messages with activities to be
Grades completed in the classroom. The pace is fast and designed to appeal to teenagers.
Length
10 min. The curriculum guide (CG N24) includes activities and reproducible handouts.
(Produced by the National Livestock and Meat Board.)

Mysteries of the Food Pyramid

AV N35

Audience Date Students who stumble into a secret chamber learn to select foods appropriately to find their way out. Includes the functions of nutrients, the recommended number of servings and the importance of variety in food selection, water consumption and exercise.

Grades 4 - 6 2000

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

(Produced by Marsh Media.)

Real People: Coping with Eating Disorders

AV N3

Audience Date 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.

Grades 7 - 1989
Adult

Length
28 min. A lesson plan and handouts are available.

(Produced by Sunburst Communication.)

Smart Moves for Your Health

AV P3

Audience Date 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.

Grades 6 - 8 1990

Length
7 min. (Produced by the National Dairy Council.)

Smart Selections for Health Eating

AV N28

Audience Date 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.

Adults, Seniors 1993

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

Smart Supermarket Shopping

AV N29

Audience Date 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.

Grades 9 - 1994
Seniors

Length
19 min. A teaching resource guide (CG N29) accompanies the video.

(Produced by the National Health Video.)

TerminEater

AV N25

Audience Date TerminEater fights fat and shows kids 5 ways to cut fat in their diets. Low fat diets are linked to health and athletic performance. NOTE: The label in the picture is the old nutrition label, but the information is correct.

Grades 3 - 5 1993

Length
16 min. A lesson plan is available with a label reading activity for grades 4 - 5.

(Produced by Arizona Project LEAN, Maricopa Co. Dept. of Public Health.)

The Food Groupie Adventures

AV N34

| | | |
|----------------|---------|--|
| Audience | Date | The food groupies come to life to help youngsters learn to eat from all the food groups. For each group, other foods in the group and the functions of that group are highlighted. |
| PreK - Grade 1 | 1991 | |
| | Length | A storybook about the food groupies and an action figure of each food group are available. |
| | 15 min. | |
| | | (Produced by Food Groupie, Inc.) |

The Lean Life Foods ... to Know Them is to Love Them

AV N26

| | | |
|------------------|------------|---|
| Audience | Date | 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. |
| Grades 9 - Adult | 1989 | NOTE: The nutrition label is the old format, but information is correct. |
| | Length | |
| | 25 minutes | (A Nutrivisuals presentation.) |

The Real Scoop About Diet and Exercise

AV N30

| | | |
|----------|---------|--|
| Audience | Date | Uses the Food Guide Pyramid as a guide for selection, emphasizing personal choice. |
| Preteens | 1994 | Divides foods into "Anytime," "Sometimes," and "Seldom." Relates nutrition and physical fitness to a sense of well being as well as to chronic diseases. |
| | Length | |
| | 13 min. | (Produced by the Center for Science in the Public Interest.) |

Winning Sports Nutrition: The Competition Diet

AV N16

| | | |
|----------------------|---------|---|
| Audience | Date | 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. |
| Athletes and coaches | 1990 | |
| | Length | |
| | 21 min. | (A Guidance Associates video.) |

Your Nutrition Style: New Dietary Guidelines

AV N37

| | | |
|-------------------|---------|---|
| Audience | Date | Provides a great deal of information about the Dietary Guidelines, as well as the Food Guide Pyramid, serving sizes, assessing body composition and exercise. A very thorough presentation. |
| Grades 9 - adults | 2002 | |
| | Length | |
| | 26 min. | A viewer's guide provides a summary of information covered. |
| | | (Produced by Learning Seed.) |

Physical Fitness

See also the following videos included in **Nutrition**:

MVE-TV: The Channel for Moderation, Variety and Exercise

The Real Scoop and Diet and Exercise

Back Strength and Fitness

AV M25

| | | |
|-----------------|---------|---|
| Audience | Date | Describes 5 skills for building a strong back: posture, lifting, relaxing, flexibility, and strength. Includes specific suggestions for each. |
| Adults, Seniors | 1987 | |
| | Length | (Produced by Great Performances, Inc.) |
| | 13 min. | |

Clean Kids

AV P6

| | | |
|--------------|---------|--|
| Audience | Date | 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. |
| Grades K - 3 | 1999 | |
| | Length | A teaching guide includes the script, vocabulary, instructional goals and classroom activities. (Produced by Marsh Media.) |
| | 15 min. | |

Clean Up Your Act

AV P1

| | | |
|--------------|---------|---|
| Audience | Date | 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. |
| Grades 1 - 4 | | |
| | Length | (Produced by Churchill Films.) |
| | 15 min. | |

Feeling Good about Myself

AV P4

| | | |
|-----------------|--------|--|
| Audience | Date | Emphasizes learning from mistakes and accepting yourself for who you are. Relates good health to good self esteem. Four segments on physical fitness are on the same tape. |
| Grades PreK - 1 | 1987 | |
| | Length | (Produced by the American Cancer Society.) |
| | 7 min. | |

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

AV N32

| | | |
|--------------|--------|--|
| Audience | Date | 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. |
| Grades 3 - 5 | 1997 | |
| | Length | A leader's guide and reproducible activity sheets are also available. (CG N32) (Produced by the American Academy of Pediatrics.) |
| | 9 min. | |

Get Moving. Get Eating. Get Fit.

AV P2

Audience Date Addresses parents, teachers and parent coaches about helping children becoming fit through physical activity and nutrition. NOTE: Does not mention low fat dairy choices. Grades 3 - 5; 1988 The leader's guide mentioned is no longer available. Adults
Length
7 min. A copy of "Super You" can be borrowed with the video.
(Produced by the National Dairy Council.)

Getting Active with Jack the Apple

AV P9

Audience Date 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. PreK - K 1999 Suggestions that parents and children can do at home are also included.
Length
11 min. A facilitator's guide has program objectives, follow-up activities, parent handouts and resources.
(Produced by KNB Productions; distributed by AGC/United Learning.)

Laughing Matters

AV P7

Audience Date Explores the value of humor in life while learning important points about stress management and cognitive restructuring. Grades 9 - 1995 Seniors
Length
25 min. (Produced by Audio Vision.)

Letting Go of Stress

AV P8

Audience Date Introduces 4 techniques to help the viewer take control of tension and regain serenity: stretching; deep breathing; acupressure and self-massage; and progressive relaxation. Grades 9 - 1998 Seniors
Length
26 min. (Produced by the Hazelden Foundation.)

My Wonderful Body Machine

AV P4

Audience Date Speaks of the body as a well orchestrated machine, introducing anatomy and the five senses. Stresses habits that promote health. The tape includes 4 segments on physical fitness. Grades 1987 PreK - 1
Length
7 min. A lesson plan and hand out are available for use with the video.
(Produced by the American Cancer Society.)

Stress Management

AV M2I

Audience Date
Adults 1987

Stress, our response to change, is natural and normal. Four skills are taught: awareness, acceptance, coping and action.

Length
12 min.

A lesson plan for adults and related handouts.

(Produced by Personal Action for Better Health.)

The Adventures of Healthman

AV P4

Audience Date
Grades 1987
PreK - 1

Shows habits that make children grow up strong and healthy. Includes hygiene, exercise and diet. Emphasizes that habits are chosen, but that learning can take time. Four segments on physical fitness are on the same tape.

Length
7 min.

A lesson plan and handouts are available for use with the video.

(Produced by the American Cancer Society.)

The Story of Me

AV P4

Audience Date
Grades PreK - 1 1987

All the choices that we make determine our life stories. Pictures from a child's past illustrate choices. Four segments on physical fitness are on the tape.

Length
7 min.

(Produced by the American Cancer Society.)

Smoking

Bilal's Dream

AV S20

Audience Date Young minority rappers promote the slogan "Get the News... When You Smoke, You Lose!" Emphasizes that smoking is an addiction, not a bad habit. The music makes other messages secondary. Produced by the American Lung Assn of the District of Columbia.
Grades 3 - 5 1990
Length
13 min. (Distributed by ETR Associates/Network Publications.)

Dusty the Dragon

AV S18

Audience Date Children learn about the affects of smoking on health as an animated heart and lungs fight against villain Nicky Teen for Dusty's allegiance.
Grade 2 1990
Length
11 min. (Distributed by ETR Associates/Network Publications.)

Know the Facts-Keep Your Power. How to Be Tobacco Free

AV S28

Audience Date Fast-paced action targets myths about smoking cigarettes, advertising, peer pressure and the consequences of smoking. Segments could be paused for discussion during the video. Developed especially for the sixth grade.
Grades 5-8 1993
Length
8 min. A teaching guide (CG S28) provides ideas for using the video.
(Produced with the Am Cancer Society, the Am Heart Assn and the Am Lung Assn.)

MediaSharp. Analyzing Tobacco & Alcohol Messages

AV S34

Audience Date Part I explores health hazards of alcohol and tobacco use. Media messages and their impact are included. Part II discusses how youth can discourage tobacco and alcohol use. Discussion questions and pauses are incorporated into the video.
Grades 5 - 8 1998
Length
7 min. A teacher's guide (CG S34) includes 5 modules with handouts and activities.
(Produced by the CDC, Am. Academy of Pediatrics and the Ntl. Ed Assn. Health Information Network.)

Octopuff in Kumquat

AV S7

Audience Date Cartoon characters depict life in Kumquat before and after Octopuff comes and introduces tobacco to its residents. Youngsters let Octopuff stay if he stops smoking and cleans up all the smoke in Kumquat.
Grades preK - 1 1990
Length
8 min. A lesson plan and maze are available for grades K - 1.
(Produced by the American Lung Association.)

Rex A. Canine

AV S25

Audience Date Rex A. Canine is introduced to advertising executives as the spokesperson for a new sales campaign. Rex has other ideas! Designed to help young people realize how advertising tries to manipulate them.
Grades 4 - 5 1993

Length
14 min. A lesson plan and word search puzzle are available to accompany the video.
(Produced by Family Care Communications, Inc.)

Saying No (To Smoking). You Can Choose!

AV S13

Audience Date Missy Mouse and Rhonda Bird show how you can say no to smoking, retain your self respect, and still keep your friends.
Grades 3-4 1990

Length
14 min. (Distributed by ETR Associates/Network Publications.)

Secondhand Smoke

AV S9

Audience Date An evil scientist finds the perfect product to poison the world: secondhand smoke. Includes health effects and reasons secondhand smoke is even more harmful than smoking.
Grades 6 - 8 1985

Length
15 min. A lesson plan and handout on secondhand smoke are available for upper elementary and middle school students.
(Produced by Pyramid Film & Video.)

SLAM!

AV S35

Audience Date Tells the story of a young singer/songwriter and how she became active in a campaign against the tobacco industry.
Grades 9 - adults 1999

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

Smoking: I'm in Control?

AV S23

Audience Date Follows a teenage smoker as she decides to quit smoking and continues to abstain. Features a realistic portrayal of the decision to quit smoking and negative aspects of smoking. Shows the underage girl buying cigarettes with no trouble at a local store.
Grades 7 - 10 1993

Length
15 min. A lesson plan and handout are available for grades 7 through 9.
(Produced by the Altschul Group Corporation.)

Take 10. Start Talking So Your Kids Don't Smoke.

AV S30

| | | |
|----------|--------|---|
| Audience | Date | Gives specific suggestions for discussion, including why kids start smoking. |
| Parents | 2000 | Includes age guidelines and suggestions for children and parents who already smoke. |
| | Length | Discussion guide is with the video. |
| | 8 min. | (Sponsored by the Lorillard Tobacco Company's Youth Smoking Prevention Program.) |

The Coach's Final Lesson

AV S3

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|---------------|---------|--|
| Audience | Date | A terminally ill coach is filmed during the last year of his life. He frankly discusses the emotional cost of dying as well as the physical and emotional effects of treatment. He emphasizes that it's the first cigarette that starts the addiction. |
| Grades 9 - 12 | 1987 | |
| | Length | A lesson plan and hand out are available for grades 9 and 10. |
| | 17 min. | (Produced by the American Lung Association.) |

Think It Over: Kids Tell the Truth about Tobacco

AV S32

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|---------------|---------|--|
| Audience | Date | Made by middle school students to help educate others about the dangers of tobacco. |
| Middle School | 1999 | Interviews with tobacco users provide evidence of the effects of diseases such as emphysema and laryngeal cancer. The students learn the facts about tobacco from experts. |
| Students | Length | A study guide provides discussion questions, follow-up activities, a word search game and a quiz. |
| | 30 min. | (Produced by Intermedia.) |

Women and Tobacco: Seven Deadly Myths

AV S33

| | | |
|-------------------|---------|--|
| Audience | Date | Presents serious health effects of smoking on women and discusses the myths that surround women and smoking. Some segments, such as the lung of a smoker, are graphic. |
| Grades 9 - Adult; | 2001 | Benefits of quitting are also described. |
| Women | Length | A facilitator's guide accompanies the video. |
| | 17 min. | (Produced for the Centers for Disease Control and Prevention.) |

ALPHABETICAL LIST OF VIDEOS

4

| | |
|---|---|
| 40 Assets: Start Over, Starting Now | 8 |
|---|---|

A

| | |
|---|----|
| A Crash Course on Calcium..... | 27 |
| A Greener Thumb..... | 18 |
| A Matter of Balance: Easy Steps for Good Nutrition | 27 |
| A Report on Skin Cancer | 13 |
| A Woman's Strength. What Osteoporosis Could Mean to You | 13 |
| Act in Time to Heart Attack Signs | 13 |
| Advice on Lice | 16 |
| AIDS and the Immune System..... | 5 |
| AIDS: A Decision for Life..... | 5 |
| AIDS: What Do We Tell Children? | 5 |
| Alexandria's Clean-Up Fix-Up Parade..... | 18 |
| Along for the Ride. Safer Bicycling for Everyone..... | 20 |
| Amazing Changes Inside & Out: Puberty for Boys | 24 |
| Amazing Changes Inside & Out: Puberty for Girls | 24 |
| Assets Happening Here | 8 |
| Avoiding Trouble: How to Say No to Drugs | 24 |

B

| | |
|---|----|
| Back Strength and Fitness..... | 31 |
| Be Cool about Fire Safety | 20 |
| Beltman | 20 |
| Beltwoman | 20 |
| Bicycle Safety Camp..... | 20 |
| Bilal's Dream..... | 34 |
| Body Building; Body Breaking..... | 8 |
| Buy Me That! A Kids' Survival Guide to TV Advertising. | 26 |

C

| | |
|--|----|
| Calcium for the Prime of Life | 27 |
| Camp Itsamongus..... | 5 |
| Children of Addiction..... | 8 |
| Chug. Too Much of Anything is No Good..... | 8 |
| Clean Kids..... | 31 |
| Clean Up Your Act..... | 31 |
| Colon Cancer Series: Today Show..... | 13 |
| Cooling a Hot Situation..... | 21 |
| Creating Healthy Communities for Kids. Start Over, Starting Now..... | 9 |

D

| | |
|--|----|
| Date Rape Drugs: What You Need to Know | 9 |
| Down the Drain | 18 |
| Drugs and the Nervous System | 9 |
| Dudley's Visit to the Dentist..... | 17 |
| Dusty the Dragon | 34 |

E

| | |
|--|----|
| Eating Healthy for Sports..... | 27 |
| Eating Smart..... | 27 |
| Educate: Creating Inhalant Abuse Awareness Together..... | 9 |
| Every Man Should Know about His Prostate..... | 13 |

F

| | |
|--|----|
| Faces Behind the Ribbon..... | 5 |
| Faces of Addiction | 9 |
| Falling for You | 21 |
| Fatal Attraction: Poison Prevention in the Home..... | 21 |
| Feeling Good about Myself..... | 31 |
| Fit for a King: The Smart Kid's Guide to Food and Fun..... | 31 |
| Froggy and DoDo..... | 9 |

G

| | |
|--|----|
| Get a Taste for the Healthy Life..... | 27 |
| Get Moving. Get Eating. Get Fit..... | 32 |
| Getting Active with Jack the Apple | 32 |
| Growing Up Isn't Easy | 10 |

H

| | |
|--|----|
| Health at Home: Controlling Asthma..... | 13 |
| Health Education Works! | 26 |
| Healthy Dividends. A Plan for Balancing Your Fat Diet..... | 28 |
| Heart Health: The First Step is Diet | 28 |
| HIV AND AIDS: Staying Safe | 6 |
| Home Sweet Home..... | 21 |
| Hope is Not a Method | 24 |
| How to Live Longer | 24 |

I

| | |
|---|----|
| In Our Own Words: Teens and AIDS | 6 |
| Instructions for Breast Self-Examination..... | 14 |
| Instructions for Breast Self-Examination (Spanish)..... | 14 |
| It Can Happen to Anyone..... | 10 |

J

| | |
|--------------------------------|----|
| Just Another Friday Night..... | 10 |
|--------------------------------|----|

K

Keeping the Lid on Air Pollution 18
KidStrong: Inside & Out 28
Know the Facts-Keep Your Power. How to Be Tobacco Free 34
Kylie's Song 10

L

Label-Ease 28
Land of Pans 10
Last Call: The Sobering Truth about F.A.S./F.A.E. 11
Laughing Matters 32
Letting Go of Stress 32
Living with Arthritis 14
Living with HIV: Conversations with Long Term Survivors 6
Lyme Disease: Facts for Kids 16
Lyme Disease: What You Should Know! 16

M

MediaSharp. Analyzing Tobacco & Alcohol Messages 34
Michael's Journey 11
Minou 11
Mirrors. A Film of Self Esteem 11
MVE-TV: The Channel for Moderation, Variety and Exercise 28
My Wonderful Body Machine 32
Mysteries of the Food Pyramid 29

O

Octopuff in Kumquat 34
Osteoporosis 14
Out of Space 18

P

Preventing Road Rage: Anger Management for Drivers 21

Q

Quality Mammography Can Save Your Life: ACS Version 14

R

Rage on the Road: 48 Hours 22
Real People: Coping with Eating Disorders 29
Reasons to Care: The Many Faces of HIV 6
Reduce Your Risk 22
Rex A. Canine 35
Road Rage: Dateline NBC 22
Ruined Lives: Just One Time 11

S

| | |
|--|----|
| Saying No (To Smoking). You Can Choose!..... | 35 |
| Secondhand Smoke | 35 |
| Sesame Street: Lead Away! | 22 |
| Sex, Drugs and HIV | 6 |
| Sexually Transmitted Diseases..... | 6 |
| SLAM! | 35 |
| Smart Moves for Your Health..... | 29 |
| Smart Selections for Health Eating..... | 29 |
| Smart Supermarket Shopping..... | 29 |
| Smoking: I'm in Control? | 35 |
| STDs, AIDS, and the Clean Love Solution..... | 7 |
| Stress Management | 33 |
| Stroke: What Every Person Should Know | 14 |

T

| | |
|--|----|
| Take 10. Start Talking So Your Kids Don't Smoke..... | 36 |
| Take the Bite Out of Rabies/Elementary..... | 16 |
| Take the Bite Out of Rabies/Secondary | 16 |
| Taking Action..... | 19 |
| Taking Control | 14 |
| Taking Off the Blinders..... | 12 |
| TerminEater..... | 29 |
| Testicular Self-Examination..... | 15 |
| The ABC's of Air Bag Safety: The Back is Where It's At | 22 |
| The ABC's of Safe & Healthy Child-Care: Diapering and Hand Washing | 22 |
| The Adventures of Healthman | 33 |
| The Coach's Final Lesson..... | 36 |
| The Faces and Voices of Hope..... | 15 |
| The Food Groupie Adventures..... | 30 |
| The Haunted Mouth | 17 |
| The Lean Life Foods ... to Know Them is to Love Them..... | 30 |
| The Los Altos Story | 7 |
| The New, Improved Me: Understanding Body Changes | 25 |
| The Official Kids Safety Quiz..... | 23 |
| The Performance Edge | 12 |
| The Real Scoop About Diet and Exercise..... | 30 |
| The Smoke Detectives..... | 23 |
| The Story of Me | 33 |
| Think It Over: Kids Tell the Truth about Tobacco | 36 |
| Tips for Safer Travel with Children | 23 |
| To Lead a Better Life | 25 |
| Tommy and Jake | 16 |

U

Understanding AIDS: What Teens Need to Know7

V

Ventilation Basics 19

W

Wash Your Hands23

What are the Myths about Ecstasy and Club Drugs..... 12

Winning Sports Nutrition: The Competition Diet..... 30

Women and Tobacco: Seven Deadly Myths 36

Y

Yes, Let's Not 25

Yoo Hoo 12

You Be Safe 23

You Have to Live It..... 12

Your Nutrition Style: New Dietary Guidelines..... 30