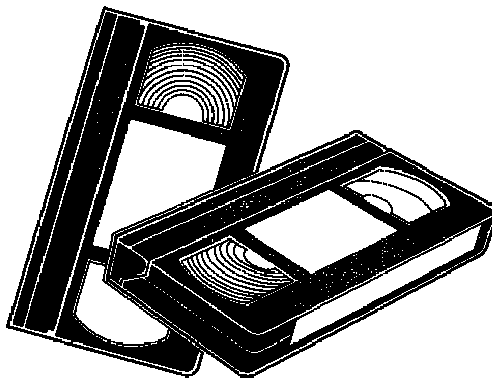


**BERGEN COUNTY
HEALTH PROMOTION RESOURCE
CENTER**

HPRC

***2003-2004
VIDEO CATALOG
ADDENDUM***



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 2003-2004 VIDEO CATALOG SUPPLEMENT

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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.

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. The center also maintains a separate relationship with the Medical Library at Hackensack University Medical Center. Through these associations, additional resources are available to patrons.

FEATURED RESOURCES

This addendum features videos cataloged since the publication of the 2002-2003 Video Catalog and does not replace that catalog. Copies of the complete catalog can be made available to patrons who did not receive the previous edition.

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 other organizations. Many publications can also be downloaded from the Health Publications list on Department of Health Services' home page.

A partial list of the publications produced by the Office of Health Promotion, Bergen County Department of Health Services, is included in this catalog. (See the Table of Contents.) Publications are divided into the following categories: HIV/AIDS, alcohol and drugs, chronic disease, communicable disease, dental, environmental, injury control, nutrition, physical fitness and smoking. The description of each publication includes a brief description of content and the intended audience. Availability from the web is also indicated.

Bibliographies

Bibliographies featuring a variety of types of materials available through the Resource Center are available on selected topics. Currently bibliographies are available on the following topics:

- HIV/AIDS
- Nutrition, Physical Activity and Obesity and
- Lyme Disease.

These bibliographies are also available on the Department of Health Services' website at <http://www.bergenhealth.org>, click on "Resources" and then "Health Promotion Resource Center." Since bibliographies are posted as they are completed, additional topics may be available on the website.

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 OBTAINING MATERIALS

Videos

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.

Health Publications

Single copies of health publications can be ordered using the order form found on page 17 of this addendum or downloaded from web at <http://www.bergenhealth.org>. For information on multiple copies, contact the Resource Center.

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

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

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

Audience Community Organizations	Date 2002	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.
	Length 12 minutes	A companion guide includes resources and frequently asked questions. (Produced by the Office of Minority and Cultural Health, NJ Dept. of Health and Senior Services.)

Alcohol/Drugs

If You Change Your Mind... *AV D24*

Audience Grades 7 - 9	Date 1991	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.
	Length 31 minutes	(Produced by the National Institute on Drug Abuse.)

Marijuana: Weeding Out the Hype! *AV D23*

Audience Adults, Community	Date 2002	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.
	Length 30 minutes	An accompanying booklet includes questions and answers, resources and suggestions for use. (Produced by the Substance Abuse and Mental Health Services Administration-SAMHSA.)

Chronic Disease

A Public Health Response to Asthma *AV MCH38*

Audience Health professionals	Date 2001	Segments include: an overview of the problem, a surveillance system for asthma, the Arizona Asthma Coalition's experience and examples of school-based management and education programs.
	Length 2 hrs. 9 min.	(Produced by the Public Health Training Network, Centers for Disease Control and Prevention.)

Biopsy: What Every Woman Should Know about Breast Biopsy *AV MCH35*

Audience Adults	Date 1998	Shows the biopsy procedure in detail. Also presents information on breast cancer risk factors and treatment. The importance of early detection is stressed. Black and white print slides are interspersed with live pictures.
	Length 7 minutes	(Produced by Ethicon Endo-Surgery, Inc.)

Diabetes Prevention & Control: A Guide for African Americans

AV MCH40

Audience	Date	Emphasizes that not only is the risk of diabetes higher in the African American
Grades 9 -	2001	community, but so is the risk of premature death. Presents a thorough discussion of
adults; African		the known risk factors, symptoms and basic strategies for care. Includes gestational
American	Length	diabetes.
community	30 minutes	

An informative booklet is available to accompany the video.

(Produced by Aventis with the Congress of National Black Churches.)

Genetic Testing for Breast Cancer: It's Your Choice

AV MCH34

Audience	Date	Examines both medical and personal issues related to genetic testing for breast
Adults, young	1997	cancer. Presents a balanced view of what tests do and do not tell. Interviews people
adults		who have chosen both for and against testing. Stresses the need for individual
	Length	counseling.
	13 min.	

(Produced by the Office on Women's Health, U.S. Public Health Service.)

Get It Checked: Why and How To Do Skin Self Exams

AV MCH36

Audience	Date	Presents basic information about skin cancer, including types of skin cancer and
Grades 9 -	2000	risk factors. Describes sizes and shapes of types of moles. Procedures for a self-exam
Adults		are demonstrated.
	Length	
	13 min.	

(Produced by the American Cancer Society.)

Know the Facts. Know for Sure.

AV MCH37

Audience	Date	Emphasizes the three prongs of early detection for breast cancer: self-examination,
Grades 9 -	1999	clinical examination and mammography. Shows what to expect from each procedure.
Adults		Recommended guidelines for examinations are included. Points out that the
	Length	majority of women who get breast cancer do not have risk factors.
	12 min.	

(Produced by the American Institute for Cancer Research.)

Mammography: Woman-to-Woman

AV MCH41

Audience	Date	Addresses fears of women concerning mammography. Shows the procedure.
Grades 9 -	1992	Emphasizes the importance of early detection and stresses the importance of
Adults		mammograms. Includes the role of self exams and physician exams in detecting breast
	Length	cancer. The toll free number no longer has a list of accredited facilities. The
	10 minutes	American College of Radiology's web site (www.acr.org) provides a searchable list.

(Produced by the American College of Radiology.)

Quest for the Code

AV CD MCH1

Audience	Date	Students learn about asthma and key asthma management concepts. In this action
Ages 7 - 15	2002	game, they must attempt to stop the asthma villains as they learn the information
years		they need to win. Resources for parents are available on the CD. Both a Spanish and

(Produced by Starbright)

Stroke: When Minutes Matter

AV MCH39

Audience	Date	The importance of calling 911 immediately is stressed. The signs of stroke are described: sudden numbness or weakness of the face, arm or leg; sudden confusion, trouble speaking; sudden blurred or double vision; sudden trouble walking, loss of balance; and sudden severe headache with no known cause. To be effective, treatment must start as soon as possible.
Adults and senior adults	2001	
	Length	
	8 minutes	

A leader's guide has suggestions for use as well as a reproducible fact sheet.

(Produced by the American Stroke Association.)

Communicable Disease

Getting Ready for the Great Outdoors

AV MCO7

Audience	Date	Topics discussed include symptoms of Lyme disease, the need for early treatment, measures to avoid being bitten, and procedures for tick removal. NOTE: The phone number mentioned is no longer a Lyme Disease information line.
Grades 3 - 5		

Length
15 minutes

(Produced by the West Chester County Department of Health)

Herpes

AV MCO8

Audience	Date	Includes information on the causes, symptoms and types of herpes. Recurrence is discussed. Precautions against becoming infected are included as well as information on avoiding transmitting herpes when infected.
Grades 9 - adults	1986	

Length
10 minutes

(Produced by MedFact, Inc. and Planned Parenthood of Central Ohio.)

Lyme Disease: Operating a Self-Help Group

AV MCO26

Audience	Date	Explains the benefits of a self-help group and presents suggestions on how to organize one that is effective. Uses the stages of grief as an example of a topic that may have benefit for many.
Community organizations	1997	

Length
24 minutes

(Produced by the Lyme Disease Foundation.)

Lyme Disease: Workplace Awareness and Prevention

AV MCO25

Audience	Date	Presents the two-step plan of education and protection. Includes information on the ticks, symptoms, diagnosis, treatment and protection. Pictures of ticks and rashes are very helpful.
Adults in workplace	1994	

Length
16 minutes

A community education guide and slide show are also available.

(Produced by the Lyme Disease Foundation.)

Neato Mosquito

AV CD MCO1

Audience	Date	Five lessons are designed to be viewed in order, including information on the life cycle of mosquitoes, their relationship to disease and specific information on LaCrosse encephalitis. The CD also includes a curriculum guide with a vocabulary list, math problems, fun facts, crossword puzzles, a description of the slides and color images.
Grade 4	2000	

(Produced by the Centers for Disease Control and Prevention.)

Rabies *AV MCO27*
 Audience Date Includes a background on rabies, approved procedures for responding to a rabies
 Fire and law 1990 incident, and responses to an attack. Quarantine guidelines need to be
 enforcement supplemented with current information.
 Length
 21 minutes (Produced by the Office of County Prosecutor, Bergen County.)

Respect Yourself. Protect Yourself. *AV MCO22*
 Audience Date Teens talk to teens about the liver, its functions and how to protect it from damage.
 Grades 6 - 12 1998 Emphasizes that the liver is a non-complaining organ, one that does not give
 warning signs. Four steps for protection are: get vaccinated for Hepatitis B; cover
 wounds; be careful with needles; and talk to an adult about safer sex.
 Length
 9 min.
 (Produced by the Hepatitis Foundation International.)

Safer Healthier Children: A Brief Introduction to Childhood Vaccines. *AV MCO24*
 Audience Date Includes discussion about what vaccinations are, why they work and why it is
 Parents; 2002 important to vaccinate children. Some common fears about vaccinations are
 Health addressed.
 Length
 8 minutes (Produced by the National Immunization Program, CDC)

Vaginitis: What Every Woman Should Know *AV MCO23*
 Audience Date Vaginitis affects up to one third of all women of all ages at some point in their lives.
 Grades 9 - 1998 The video provides a factual presentation of types of vaginitis including yeast
 adults infection, trichomoniasis, atrophic vaginitis and bacterial vaginosis.
 Length
 18 min. (Produced by the American College of Obstetricians and Gynecologists.)

Dental

Adventures of Wiggly Tooth *AV ND3*
 Audience Date Children learn the importance of taking care of baby and permanent teeth, oral
 Grades K - 1 1991 hygiene, healthy snacks and trips to the dentist. Cartoon characters are mixed
 with real children representing a variety of ethnicities.
 Length
 12 minutes. (Produced by Colgate-Palmolive.)

Bright from the Start: A Story about Baby Bottle Tooth *AV ND9*
 Audience Date Includes health consequences of putting an infant to bed with a bottle. Includes
 Parents 1990 specific suggestions for the use of bottles, introducing cups and meeting an infant's
 need to suck.
 Length
 12 minutes (Produced by the Research and Education Foundation, District of Columbia Dental Society.)

Brillante Desde El Principio: Una Historia de los Dientes

AVND10

Audience Date Spanish version of "Bright from the Start (AV ND9). Includes health consequences
Parents 1990 of putting an infant to bed with a bottle. Gives specific suggestions for the use of
bottles, introducing cups and meeting an infant's need to suck.
Length
11 minutes (Produced by the Research and Education Foundation, District of Columbia Dental Society.)

Geena's Tremendous Tooth Adventure

AVND8

Audience Date Geena, a cartoon giraffe, has just gotten her first permanent tooth. She learns good
Grades K - 1 1997 dental and dietary habits to help her permanent teeth last a lifetime.
Length
8 minutes (Produced by Proctor and Gamble Company.)

It's Dental Flossophy Charlie Brown

AVND2

Audience Date Charlie Brown demonstrates the proper procedure for flossing and explains its role
Grades 2 - 3 1980 in good oral health. He explains the role of plaque in tooth decay and bad breath.
He also refers to toothbrushing.
Length
5 minutes (Produced for the American Dental Association.)

Toothbrushing with Charlie Brown

AVND1

Audience Date Charlie Brown demonstrates proper toothbrushing techniques and the use of
Grades 2 - 3 1980 disclosing tablets to check for complete removal of plaque. Flossing is
recommended and the role of plaque in tooth decay is explained.
Length
5 minutes (Produced for the American Dental Association.)

Environmental

Let's Clear the Air

AVME22

Audience Date Provides background information on air pollution, health effects, legislation and
Grades 9 - 1994 regulation. Focuses on the role of cars in increasing air pollution and specific
Adults strategies to decrease car usage.
Length
15 minutes (Produced by the New Jersey Department of Environmental Protection.)

Injury Control

Cooling a Hot Situation: Violence Prevention for Ages 11 - 14

AVIC33

Audience Date Four separate programs provide a spring board for discussing the pressures that
Ages 11 - 14 1985 surround conflicts and fighting and how to deal with them. It's a Fight (5:15 min.)
looks at causes of pressure and how to defuse a fight. Pressure (3:30 min.) explores
causes of pressure. Who Do You Trust (5:40 min.) discusses the people in the lives
Length of teenagers who could be trusted. Brain Power (3:40 min.) examines your sense of danger
18 minutes and how it can help. Time for discussion is allowed in each section.
A leader's guide provides video summaries and discussion questions.
(Produced by Metropolitan Life Foundation.)

<i>Now I Can Tell You My Secret</i>		<i>AV IC6</i>
Audience Grades 3 - 5	Date 1984	A young boy is approached by a friendly neighbor and must decide whether to tell others their "special secret." Includes discussion on good and bad touches and guidelines for avoiding or handling abusive situations.
	Length 15 minutes	A lesson plan and handouts are available. (Produced by Walt Disney Educational Medial Co.)
<i>Sparky's Greatest Escapes</i>		<i>AV IC43</i>
Audience Ages 6 - 9	Date 1999	Three stories show fire escape plans for: a single-family home, an apartment building, and a high rise. All three develop a fire escape plan. Among the ideas emphasized are the need for two plans, practicing the plan, a meeting place and never returning to a burning building.
	Length 14 minutes	 (Produced by the National Fire Protection Association.)
<i>Super Sitters Basics</i>		<i>AV IC11</i>
Audience Grades 5 - 8	Date 1988	Teaches new babysitters the basic rules of safety when caring for babies and young children. Includes first aid.
	Length 30 minutes	Super Sitters (CG IC11) provides in depth suggestions and activities. (Produced by Super Sitters, Inc.)
<i>What Tadoo</i>		<i>AV IC10</i>
Audience Grades PreK - 2	Date 1985	A teddy bear comes to life to teach a young boy the rules for staying safe: say no, get away, tell someone and sometimes, yell. Includes a bullying example as well as discussions concerning good and bad touches and having a special password.
	Length 18 min.	A lesson plan and handouts are available. (Produced by MTI/Film & Video.)
<i>Life Cycle</i>		
<i>Alzheimer's Disease...Let's Talk about It</i>		<i>AV M8</i>
Audience Care givers	Date 1996	Through profiles of people diagnosed with Alzheimer's disease, the video reviews symptoms, probable causes, disease progression, expectations and treatments. The need for caregiver support is included.
	Length 15 min.	 (Produced by GlaxoWellcome Educational Resource Center.)
<i>It's a Change Thing!</i>		<i>AV M54</i>
Audience Girls, grades 5 - 6	Date 1998	Emphasizes that change is normal and that each individual is unique. Social changes related to puberty are included. Physiological changes are separated into "outside changes" and "inside changes." NOTE: The booklet and free product samples mentioned at the end are not available.
	Length 16 minutes	 (Produced by Kimberly Clark.)

Quality of Life: Nutrition Makes a Difference

AV N39

Audience	Date	Reviews nutrition problems of the elderly. Includes loss of appetite, chewing, dementia and others. Emphasizes nutrition as a factor in quality of life. Mentions care-givers
Adult	1999	
	Length	
	10 minutes	(Produced by Ross Products Division, Abbott Laboratories.)

Triggering Positive Health Choices

AV M55

Audience	Date	Includes 6 distinct programs, each of which could be used alone. Big Brother (5 min.) - a preteen is offered beer by her brother's friend. The Shack Club (6 min.) - a club's initiation is illegal and dangerous. Blind Date (6-1/2 min.) - a small party becomes 2 couples. Secrets (5-1/2 min.) - family problems interfere with school and a young girl has no one to trust. The Champ (6-1/2 min.) - training to become a champ forces personal choices. Smoke and Fire (6 min.) - the decision on whether to smoke is affected by peer pressure.
Young adolescents,	1991	
		(Produced by the Metropolitan Life Foundation.)

Miscellaneous

Dreams Spoken Here: Short Version

AV M56

Audience	Date	Stresses the importance of early identification for deaf children. Describes the process of oral deaf education including the level of commitment needed both at school and at home. Includes interviews with many young deaf people who speak.
Parents of deaf children	1998	
	Length	
	20 minutes	An information kit includes a handbook for parents and resources. (Produced by the Oberkotter Foundation.)

Partners in Health: Shows 1, 2, and 3

AV M38

Audience	Date	These shows explore the initiatives undertaken by the Goal Teams of the Partnership for Community Health and the potential of these initiatives for a positive impact on the health of the residents of Bergen County. Show 1: Overview show, Partnership for Community Health; Show 2: Nutrition and Physical Activity Goal Team; and Show 3: Youth Resiliency Goal Team.
Community groups	1999	
	Length	
	4 30-minute	(Produced by the Bergen County Partnership for Community Health.)

Partners in Health: Shows 5, 6, 7 and 8

AV M39

Audience	Date	These shows explore the initiatives undertaken by the Goal Teams of the Partnership for Community Health and the potential of these initiatives for a positive impact on the health of the residents of Bergen County. Show 5: Preventive Health Services; Show 6: Childhood Immunization; Show 7: Managing Unhealthy Stress; and Show 8: Reducing Water Pollution.
Community groups	1999	
	Length	
	4 30-minute segments	(Produced by the Bergen County Partnership for Community Health.)

Nutrition

Body Culture

AV N41

Audience Date A diet for athletes is outlined and examples of meals illustrated. Includes a training diet, pre-game meal and post-game refreshment. Describes food groups in terms of their nutrient contribution to the total diet. Provides a simple formula for calculating caloric needs.
Grades 9 - 12 1989

Length
7 minutes

(Produced by the National Livestock and Meat Board.)

Explore the World of California Beans

AV N40

Audience Date Introduces dry beans from planting to harvest to consumption. Includes basic information on nutrition and preparation. Useful for a class on foods. NOTE: Refers to their recipe brochure which is no longer available.
Elementary 1989
Grades

Length
9 min.

(Produced by the California Dry Bean Advisory.)

To Your Health! Food Safety for Seniors

AV N38

Audience Date Presents information on why seniors are more susceptible to food borne illnesses and why these illnesses are more of a problem now. At-home steps for food safety are explained: Clean, Separate, Cook and Chill. Tips on safe eating away from home are also included.
Senior adults 2000

Length
14 minutes

(Produced by the Food and Drug Administration and the U.S. Department of Agriculture.)

Smoking

Smoke Screeners

AV S36

Audience Date Examines the role of smoking and cigarettes in movies. The use of cigarettes as props and their advertising are targeted. On-screen pause prompts suggest appropriate times for discussion.
Grades 6 - 9 1999

Length
15 minutes

A moderator's guide (CG S36) suggests discussion topics and supplemental activities.
(Produced by the Centers for Disease Control and Prevention.)

Special Delivery

AV S37

Audience Date Focuses on the effects of smoking on the fetus and pregnant woman. Includes difficulties of stopping, the role of parents as role models, weight gain and smoking cessation, low birth weights, increased illness in the first year of life and other topics. NOTE: The pictures are still, not motion. Refers to ETS as passive smoking.
Pregnant 1988
Women

Length
9 min. 40 sec.

(Produced by the American Cancer Society.)

HEALTH PUBLICATIONS

The following represents a partial list of the publications produced by the Bergen County Department of Health Services. Publications are divided into the following categories: HIV/AIDS, alcohol and drugs, chronic disease, communicable disease, dental, environmental, injury control, nutrition, physical fitness and smoking.

Publications that can be downloaded at <http://www.bergenhealth.org> are marked with an asterisk (*). Additions to the website are made frequently, so additional publications may be available.

To receive a single copy of a publication, mail or fax the order form found on page 17 or call the Health Promotion Information Line at (201) 634-2704. Be sure to include the name of the brochure you are requesting along with your name and mailing address. For multiple copies for distribution, call the Health Promotion Resource Center at (201) 634-2703.

AIDS/HIV

AIDS Word Search - A word search activity containing words relating to HIV/AIDS. Also includes basic definitions.

Audience: Suitable for elementary students

The Basic Facts about HIV/AIDS - This one-page flyer presents basic information about HIV/AIDS, as well as a resource list including counseling and testing sites, early intervention programs, treatment centers and website addresses.

Audience: Grades 9 - adults

Facts about 7 Sexually Transmitted Diseases (STDs) - A single table includes information on symptoms, transmission, diagnosis and consequences of lack of treatment for each STD. Other information includes addresses and phone numbers of local treatment centers, additional resources and guidelines to protect yourself and your partner.

Audience: Suitable for grades 9 - adult

**How to Talk with Your Child about HIV/AIDS* - This recently developed brochure includes tips for talking with children and highlights information that is appropriate for children from kindergarten through grade 12.

Audience: Intended for parents and adults interested in children

What You Should Know about HIV/AIDS - Topics include background on HIV/AIDS, how people get it, whether its possible to know when someone else has it, and precautions to prevent contracting it. Information on counseling, testing and resources are included.

Audience: Grades 9 - adult

Alcohol and Drugs

What's Up with Inhalants? - Designed to increase awareness among students of the dangers of inhalants. Unlike many other harmful products, the ones used as inhalants are legal and easily available in homes, schools and offices. Sniffing is potentially lethal.

Audience: Intended for middle school students

**Club Drugs Aren't Fun Drugs* - A primer on club drugs. Includes common names and uses of the drugs.

Audience: Intended for adults, especially parents

Chronic Disease

Diabetes Bookmark - Sixteen million Americans have diabetes; many of them don't know it. The Diabetes Working Group of the Bergen County Partnership from Community Health sponsors a Web site to raise awareness, including a risk assessment test. Use this bookmark to remember the Web site address:

<http://www.bergenhealth.org/diabetes/>.

Audience: Intended for adults

Know the Warning Signs of Heart Attack and Stroke - Keep the warning signs of heart attack and stroke handy with this wallet-sized card. The importance of calling 911 immediately is emphasized.

Audience: Intended for adults

Communicable Disease

**Anthrax Facts* - Provides basic information about anthrax. Topics include how the disease is spread, types of anthrax, symptoms and treatment and how to protect against infection. A good primer.

Audience: Suitable for grades 9 - adults

**Facts About Influenza for Adults* - Often called the flu, influenza is a highly contagious infection often confused with other illnesses. Topics in this brochure include symptoms, when to contact the doctor and how to protect against influenza.

Audience: Intended for adults - senior adults

Fact Sheet - Head Lice Infestation - Produced by the Centers for Disease Control, this one-page sheet provides background information on head lice, including signs and symptoms of infestation, transmission, and diagnosis of infestation. Readers are referred to a health care provider for treatment.

Audience: Intended for parents and caregivers

**Frequently Asked Questions About West Nile Virus* - Provides current information on a variety of topics, including how people become infected, what the symptoms are, who is most at risk, and how to reduce the risk of becoming infected with West Nile virus.

Audience: Suitable for grades 9- adult

Lyme Disease. Tips for Personal Protection - A one-page flyer that lists ways to decrease the risk of getting Lyme disease.

Audience: Suitable for middle school - adults

**Severe Acute Respiratory Syndrome (SARS)* - This one-page fact sheet summarizes current information concerning SARS. Information is included on symptoms, transmission, risk factors and what people can do to protect themselves and their family from SARS.

Audience: Suitable for grades 9 - adults

Recommended Procedure for Tick Removal - Describes the procedure for removing a tick in simple, straightforward steps. The back includes the Lyme Disease Resource List.

Audience: Middle school grades - adults

Environmental

Commonly Asked Questions About Mold - A basic primer on mold, this brochure includes information on the effects of mold on health; types of mold, including *Stachybotrys chartarum* (SC); procedures for cleaning; and where to get more information.

Audience: Intended for adults

Injury Control

- *Enjoy the Summer Safely. Be a Safe Swimmer* - Enjoy the many water recreation facilities available in New Jersey safely. Safety guidelines for both swimming pools and tidal water are included.
Audience: Suitable for grades 9 - adults
- *Peter Pumpkin's Way to Have a "Hair-Raising" Halloween* - A one-page fact sheet with safety tips
Audience: Elementary school children, parents and caregivers
- *Playing It Safe Is Cool: Water Helps Beat the Heat* - Whether at work or at play, the body uses water to maintain temperature and cool working muscles. This one-page flyer includes tips to keep cool, warning signs of heat-related illness and strategies for cooling down while exercising.
Audience: Middle school grades - adults
- *Preventing Dog Bites* - Dogs are wonderful pets, but a dog bite can result in serious harm. Learn tips for preventing bites and the importance of reporting them to your local health department in this brochure.
Audience: Intended for elementary and middle school students
- The Threat of Carbon Monoxide* - Few poisons are as lethal as CO (carbon monoxide) or strike more secretly. This flier contains specific steps to take to decrease the risk of carbon monoxide poisoning as well as sources of further information.
Audience: Useful for high school health classes and by community organizations

Nutrition

- *10 TIPS for Packing a Healthy Lunch for Kids* - Gives practical suggestions for lunches that contribute to good nutrition through out the day.
Audience: Targeted to students in grades K - 8, but all ages will find this useful
- Control Your Hypertension the D.A.S.H. Diet Way* - Introduces the D.A.S.H. diet including background on its development and its purpose. A complete diet plan for a 2000-calorie diet is included as well as helpful tips for following the diet.
Audience: Suitable for adults - senior adults
- The Food Guide Pyramid...Your Personal Guide to Healthful Eating* - Includes many topics such as defining serving sizes, choosing within serving ranges, and using the food labels to make informed choices.
Audience: Grades 9 - adults
- Food Guide Pyramid* - A pyramid pattern that can be colored, cut out and assembled to make a three-dimensional pyramid. The pattern is printed on card stock to enable students to create a sturdier pyramid.
Audience: Elementary school students
- *Healthy Snacks* - A wealth of snack ideas are included in this one page flyer. The ideas included will appeal to snackers of all ages.
- *Lower Your Cholesterol with TLC!* - Explains recently revised guidelines for reducing your risk of heart disease. TLC, which stands for Therapeutic Lifestyle Changes, includes the TLC diet, increased physical activity and weight management. The brochure includes the Daily Food Guide for the TLC diet.
Audience: Adults and senior adults, especially those diagnosed with elevated cholesterol
- What You Can Do To Reduce Your Risk of Listeriosis* - Anyone can become infected with listeria, but pregnant women, newborns, the elderly and those with weakened immune systems are at greatest risk. Learn the simple procedures that can reduce the risk of listeriosis, a foodborne illness.
Audience: Grades 9 - adults, especially seniors and pregnant women
- Women and Folic Acid: What's the Connection?* - Introduces basic information on the relationship of folic acid intake and birth defects. A chart lists the level of folic acid in a variety of good dietary sources.
Audience: Intended for grades 9 - adults, especially women who could become pregnant

Physical Fitness

Walking For Exercise & Pleasure - Presents basic information to start walking for health. An activity log is included to help walkers track their progress.

Audience: All ages

Smoking

**Fact Sheet on Environmental Tobacco Smoke (ETS)* - Includes a wide range of statistics on the health hazards of ETS. Provided by the Bergen County Health Officers Tobacco Coalition and the Bergen County Communities Against Tobacco (CAT) Coalition, this publication is available in English, Polish, Spanish and Korean.

Audience: Grades 9 - adults

Environmental Tobacco Smoke (ETS) Complaint Line - Does environmental tobacco smoke (secondhand smoke) bother you? The phone number for the ETS Complaint Line offered by the Bergen County Health Officers Tobacco Coalition is featured on this wallet-sized card, printed on card stock.

Audience: Grades 9 - adults

Working to Reduce Exposure to ETS (Environmental Tobacco Smoke) - Produced by the Bergen County Health Officers Tobacco Coalition, this brochure includes basic information about the Tobacco Control Program, along with procedures for registering complaints about ETS and resources for smokers who want to quit.

Audience: Grades 9 - adults

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HEALTH PUBLICATIONS ORDER FORM
From the Bergen County Health Promotion Resource Center

Please send me a single copy of the following brochure(s):

AIDS/HIV

- AIDS Word Search
- The Basic Facts about HIV/AIDS
- Facts about 7 Sexually Transmitted Diseases (STD's)
- *How to Talk with Your Child about HIV/AIDS
- What You Should Know about HIV/AIDS

Alcohol and Drugs

- What's Up with Inhalants?
- *Club Drugs Aren't Fun Drugs

Chronic Disease

- Diabetes Bookmark
- Know the Warning Signs of Heart Attack and Stroke

Communicable Disease

- *Anthrax Facts
- *Facts about Influenza for Adults
- Fact Sheet - Head Lice Infestation
- *Frequently Asked Questions about West Nile Virus
- Lyme Disease. Tips for Personal Protection
- *Severe Acute Respiratory Syndrome (SARS)
- Recommended Procedure for Tick Removal

Environmental

- Commonly Asked Questions About Mold

Injury Control

- *Enjoy the Summer Safely. Be a Safe Swimmer
- *Peter Pumpkin's Way to Have a "Hair-Raising" Halloween
- *Playing It Safe Is Cool: Water Helps Beat the Heat
- *Preventing Dog Bites
- The Threat of Carbon Monoxide

Nutrition

- *10 TIPS for Packing a Health Lunch for Kids
- *Control Your Hypertension the D.A.S.H. Diet Way
- The Food Guide Pyramid...Your Personal Guide to Healthful Eating
- Food Guide Pyramid
- *Healthy Snacks
- *Lower Your Cholesterol with TLC!
- kWhat You Can Do To Reduce Your Risk of Listeriosis
- Women and Folic Acid: What's the Connection

Physical Fitness

- Walking for Exercise and Pleasure

Smoking

- Fact Sheet on Environmental Tobacco Smoke (ETS) (Specify Language: _____)
- Environmental Tobacco Smoke (ETS) Complaint Line
- Working to Reduce Exposure to ETS (Environmental Tobacco Smoke)

*Available at www.bergenhealth.org

Name: _____

School/Organization: _____

Street address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Mail your completed form to:
Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301 • Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068, ATTN: Resource Center
For information on multiple copies, call 201-634-2703.