

Northland Resource Unit- (NRU)

Newsletter- Public & Population Health

Northland DHB,
Central Stores Building,
Gate 12-15,
Hospital Road,
Private Bag 9742,
WHANGAREI 0148.

Email:resources@northlanddhb.org.nz
HealthED Website:www.healthed.govt.nz
Ph;09 4304101 Ext 60608
Fax:09 4304493

Hours: Mon, Tues, Thurs, Fri
11.30 am to 3.30 pm (or by prior arrangement)

Issue 14, Sept 2017

Resources- under review -individual messages identify replacement or renewal

Maori Language week: Kia ora koutou katoa. Te mau haamaitairaa ki a koutou katoa, mo te marama o Mahuru . (Blessings to you all, for the month of September).

NEWS from Health promotion Agency: New campaign was launched 27August – a new *Choice Not Chance*. Expect to see new TV commercials, online advertising and social media activity. We'll be communicating that while gambling can start out as fun, there is a point for everyone where it can become harmful. The campaign prompts people to think about their situation and asks "is your gambling still just for fun?"

People will be invited to check whether their gambling is OK by taking an easy quiz on ChoiceNotChance.org.nz . The site will continue to feature self-help options as well as contact details for the Gambling Helpline and counselling services.

Video assets and visual materials will be made available in the next Health Promotion Agency update.

Catalogue and order form: An order form is attached together with a catalogue of Ministry of Health resources and the Accredo database of those held at the Resource Unit.

Diabetes: it is always helpful to find a healthy eating recipe book for active families. There is a Maori recipe book for diabetics which might be useful. <http://assets.healthnavigator.org.nz/2009/12/Nga-Wahine-Atawhai-o-Matukutureia-Recipe-Book.pdf>

Gambling Harm Awareness Week

This year's awareness week took place between **3 and 9 September**. The theme "Whānau Fun – we can beat gambling harm together" to encourage concerned others to spend quality time with loved ones to protect them from harm. Keep an eye on the [Choice Not Chance Facebook page](#) for ways to get involved.

Reviewed and updated resources



CER002 Colposcopy HE1202
Information for women who have an abnormal cervical smear result.
Revised July 2017



IMM047 Is your child starting school?
Information in English HE1108 for parents and caregivers encouraging them to ensure their child's immunisations are up to date before they start school. English Version Poster A2 Reviewed July 2017



IMM048 Is your Child Starting School A2
Poster Te Reo Maori HE1110 Information in Te Reo for parents and caregivers encouraging them to ensure their child's immunisations are up to date before they start school. Reviewed July 2017





Immunise Your Child on Time IMM015
Te reo Version HE1531Small revision
to incorporate schedule changes.



ENV001 Avoiding Listeria , medium revision
HE9007



Withdrawn.CHI004
Replaced sticker for HE1556 and
High Five suite. About to go to print



CHI015 Clean as Children 3 Years +
HE1125Reviewed July 2017



CHI028 Feeding your baby infant formula
HE 1306Reviewed July 2017



NUT004 Healthy eating for Young People
HE1230
Please discard older stock as small
variation on hours of sleep for teens

New Resources...

Vegetables made easy

A series of back to basics fact sheets about buying, preparing and cooking vegetables has been launched.

These resources have been developed in partnership with vegetables.co.nz and the heart foundation and show basic storage, preparation and cooking techniques for common vegetables.

They will be useful to those running introductory cooking classes, in vegetable co-op boxes and for use in healthy lifestyle programmes. Resources on carrots and kumara are currently available, with silverbeet and to follow. The fact sheets include a recipe and can be ordered in pads of 20 or downloaded at:

<http://www.nutritionandactivity.govt.nz/nutrition/vegetables-made-easy-resources>



NUT 101 Carrot Pad ,
Pad of 20



NUT 102, Kumara Pad,
Pad of 20



Reading food labels

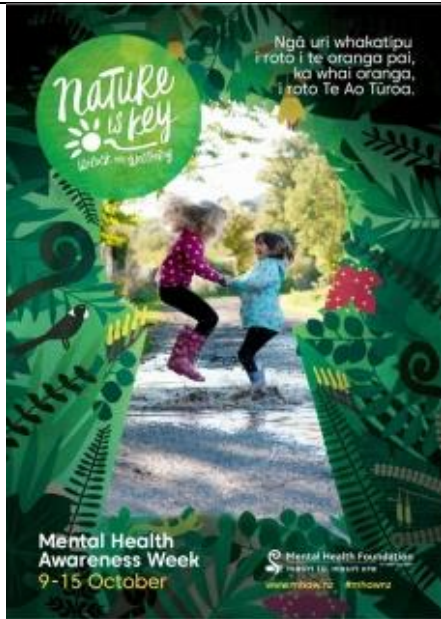
A new teaching toolkit for reading food labels has been developed. Containing a number of re-usable resources and providing information on reading New Zealand food labels, it includes suggested teaching points and two exemplar labels to help compare similar products.

Reading food labels can really confuse people and it is a common topic taught in health promotion programmes across the country. The kit is available for order here: <http://www.nutritionandactivity.govt.nz/nutrition/what-look-food-label>



NUT 103, Reading Food Labels, Cereal box with sheets

Mental Health Awareness Resources ...



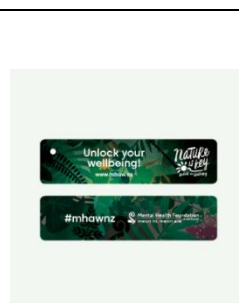
WEL 079 Nature is the key A2 Poster, English



WEL 080 Nature is the key A2 Poster, Te Reo



WEL 081 Nature is the key Lockout A2, Poster



WEL Key rings pack of 20



WEL 059A “Having Suicidal Thoughts” resource is for people who are managing their own suicidal thoughts or feelings. It offers information about what support is available, advice from people who have lived through their own suicidal thoughts and suggestions about recovery. The resource includes a template to develop a personal safety plan.

UPDATED Resource



Awareness Dates

September (Whiringa-ā-nuku)– October(Whiringa-ā-rangi)

September 2017

1	National Gamble Free Day	www.heartnz.org.nz
1-30	Breathe Better September	www.breathebetterseptember.co.nz
1-30	Cervical Screening Awareness Month	www.nsu.govt.nz
1-30	Save Our Sight Month	www.szao.co.nz www.saveoursight.co.nz
9	Fetal Alcohol Syndrome Awareness Day	www.fan.org.nz
10	Suicide Prevention Day	http://wspd.org.au
TBC	Conservation Week	www.doc.govt.nz/news/events/conservation-week
15	WORLD Lymphoedema Awareness Day	www.lymphomacoalition.org www.leukaemia.org.nz/page/433
21	World Alzheimer's Day	www.alzheimers.org.nz
21	International Day of Peace	www.un.org/en/events/peaceday
22	World Car Free Day	www.booprc.govt.nz/news-centre/media-releases

October 2017

1-31	Health Literacy Month	www.who.int/healthpromotion/conferences/9gchp/health-literacy/en
1-31	Breast Cancer Awareness Month-Pink Ribbon Month	www.nzbc.org.nz
1	International Care of Older Persons	www.ageconcern.org.nz
5	World teachers Day	www.5oct.org
8	World Arthritis Day	www.arthritis.org.nz

Resource Unit

(Public & Population Health Services)

Free Health Resources.

Supporting active and healthy lifestyles.



