

Northland Resource Unit- (NRU) Newsletter- Public & Population Health



Central Stores Building,
Carparks 12-15,
Hospital Road,
Private Bag 9742
WHANGAREI 0148

Whangarei Northland DHB,

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

Issue 8, Sept 2016

**OPEN HOURS: Monday & Tuesday 7.30 am to 12.30 pm
Thursday & Friday 10.30 am to 3.30 pm**

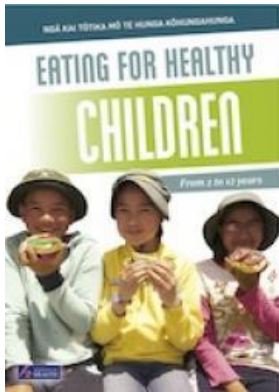
Orders

- Please email the completed print resource order form (attached) to resources@northlanddhb.org.nz OR
- Place your order on www.healthed.govt.nz



There are a small number of posters and flyers available to support "STOPTOBER"

Resources receipted into stock and now available



HE 1302 Eating for Healthy Children

Resource available for health professionals “Let’s talk about Immunisation “



HP6246 Let’s talk about immunisation (A small number of these flipcharts are available)

New resource available for Rheumatic Fever.(Limited resource)



This resource will be distributed in the next week to those who provide antibiotics for Strep Throat under the Rheumatic Fever Prevention Plan



Hard Copies Out of stock – reprint or under revision



HE1155 Maori Diabetes Book Ministry conducting audit of all diabetes resources at present, awaiting decision whether a stop-gap reprint of this will be processed



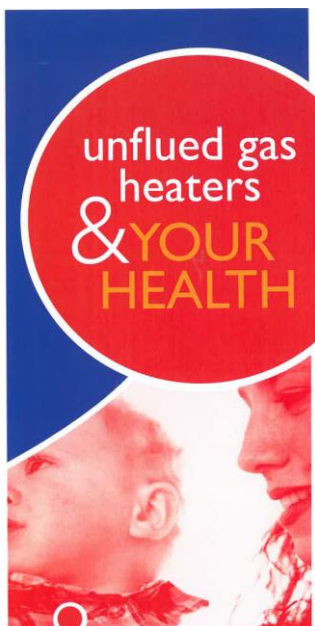
HE1211 Campylobacter Currently undergoing major revision. Expected to be approved for print by the end of September



HE 9024 Poster A2 Food for Health/Kai Pai mō te Hauora Hard copies currently out of stock



You may be interested in



HP4123 Unflued gas heaters & your health

Easy ways to eat more veges Everyday - canned, fresh or frozen

For more ideas go to myfamily.kiwi

My Family Food
Easy, fast and affordable food ideas

NPA 159 replaces Yummy snacks and Make your plate 1/2 veges (Pads of 50)

<http://order.hpa.org.nz/collection/s/eating-activity/products/tasty-snack-and-half-meal-veggie>

CHILD-RESISTANT PACKAGING

Prevention of harm often involves young children playing with:

- Medicines
- Household chemicals, eg. disinfectants, bleach
- Automotive chemicals, eg. petrol, oil, anti-freeze
- Some recreational products, eg. paint, latex
- Materials, eg. latex tubes, etc.

Child-resistant packaging can help prevent poisoning, but it is NOT child proof!
All medicines and poisons still need to be **LOCKED AWAY**.

- Some medicines and poisons are packaged in containers with child safety caps that can be closed after opening. These caps have to be squeezed and turned at the same time or pushed down and turned at the same time. Always make sure the caps are put back on correctly.
- These safety caps may be difficult to open and close. Some have a hole for a child to get to the contents, but they are NOT child proof!
- Some other medicines and poisons are packaged in single foil and blister packs. These are hard to open, but cannot be re-closed. Once open, the contents are easily available to children.
- Adults, especially older people, might have some difficulty opening and closing child-resistant packaging. DO NOT transfer the contents into another container or store them in the reach of children.
- Safe storage out of sight and reach is the best protection from poisoning.

HE 1322 Child Resistant Packaging (Pads of 25)



WEL 055 Tihei Mauri Postcard Don't give up there are people who care about you.



SKIP253 A4 Te Reo Flags

Health Communication Unit

Behind the Hype: Salt

Why is this an issue?

Most Australians consume 10 times more salt than the 5g daily maximum. In the UK, 20% of salt intake is from processed foods. High salt intake is linked to high blood pressure, which increases the risk of cardiovascular disease and stroke.

Why is salt an issue for you?

- High blood pressure can increase the risk of stroke and heart disease.
- High salt intake can lead to kidney disease.
- High salt intake can lead to osteoporosis.

Where does salt come from in food?

Why is sodium important in a healthy diet?

- It helps regulate fluid balance in the body.
- It is essential for nerve function.
- It is essential for muscle function.
- It is essential for bone health.
- It is essential for the production of red blood cells.
- It is essential for the production of stomach acid.
- It is essential for the production of insulin.
- It is essential for the production of adrenaline.
- It is essential for the production of testosterone.
- It is essential for the production of oestrogen.
- It is essential for the production of progesterone.
- It is essential for the production of cortisol.
- It is essential for the production of growth hormone.
- It is essential for the production of thyroid hormone.
- It is essential for the production of parathyroid hormone.
- It is essential for the production of calcitonin.
- It is essential for the production of vitamin D.
- It is essential for the production of vitamin K.
- It is essential for the production of vitamin E.
- It is essential for the production of vitamin C.
- It is essential for the production of vitamin B12.
- It is essential for the production of vitamin B6.
- It is essential for the production of vitamin B1.
- It is essential for the production of vitamin A.
- It is essential for the production of vitamin P.
- It is essential for the production of vitamin Q.
- It is essential for the production of vitamin R.
- It is essential for the production of vitamin S.
- It is essential for the production of vitamin T.
- It is essential for the production of vitamin U.
- It is essential for the production of vitamin V.
- It is essential for the production of vitamin W.
- It is essential for the production of vitamin X.
- It is essential for the production of vitamin Y.
- It is essential for the production of vitamin Z.


How much is too much?

The World Health Organization (WHO) recommends a maximum of 5g of salt per day. This is equivalent to 200mg of sodium. The average Australian consumes 10g of salt per day, which is twice the recommended amount.

NPA110 Online only www.health.govt.nz



October - Whiringa-ā-nuku

Sept 31 to Oct 06 Asthma Awareness Week	http://www.asthmafoundation.org.nz
Breast Cancer Awareness Month	http://www.nzbcf.org.nz/
Stoptober – 31 day quit smoking challenge	http://stoptobernz.co.nz/ 
World Vegetarian Month	http://www.vegetarian.org.nz/vegetarian-events/world-vegetarian-month/
01 International Day Of The Older Person	http://www.ageconcern.org.nz/
05 Cerebral Palsy Awareness Day	http://www.cerebralpalsy.org.nz/
07 World Smile Day	http://www.worldsmileday.com/
TERM FOUR STARTS	
10-17 Mental Health Awareness Week	http://www.mentalhealth.org.nz/
12 World Arthritis Day	http://www.arthritis.org.nz/
12-18 Baby Loss Awareness Week	http://www.sands.org.nz/
13 International VTE (venous thromboembolism) Day	http://www.worldthrombosisday.org
13 World Sight Day	http://www.nzao.co.nz/
TBC Homeless Awareness Day The Big Sleep Out	http://www.14hourshomesless.org.nz
TBC Autism Appeal Day	http://www.autismnz.org.nz
TBC “Shake Out” drill at 9.15am	http://hbemergency.govt.nz
14-15 Breast Cancer NZ Pink Ribbon Street Appeal	http://www.nzbcf.org.nz/
15 Global Hand Washing Day	http://globalhandwashing.org/ghw-day
15 Baby Loss Awareness Day	http://www.sands.org.nz/
20 Osteoporosis Day	http://bones.org.nz

Northland Resource Unit may not stock resources for featured awareness days, please order in advance

Resource Unit (Public & Population Health Services) Free Health Resources.
Supporting active and healthy lifestyles



PRINT RESOURCES ORDER FORM

Organisation

Contact Person

Postal Address

Ph/ Fax/ Email

Today's Date

Fax to 09 4304493 Attention Maree Lamerton

Or scan to resources@northlanddhb.org.nz

NH use only:					
Resource Title	Resource Code	Quantity	No. sent	Date sent	Backorder

Healthy People.....

Healthy Communities

Health Information & Resource Unit,
Ph: 09 4304101, Ext 60608,
Central Stores Building, NDHB, Carparks 10-15, Hospital Road,
Child, Youth, Maternal Public & Oral Health Services

Private Bag, Whangarei. 0148.
Fax: 09 4304493
resources@northlanddhb.org.nz
www.northlanddhb.org.nz

