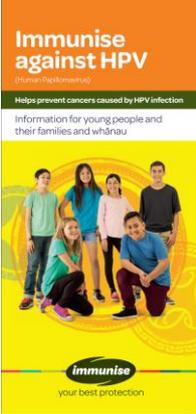
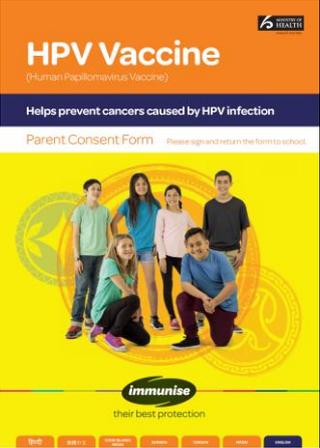


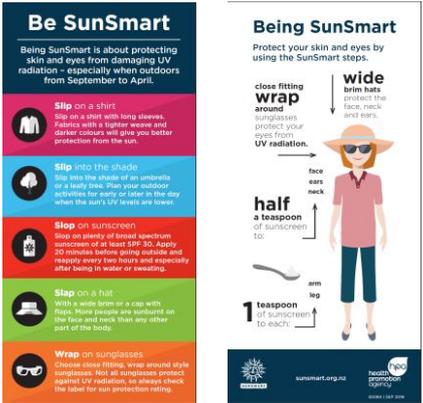
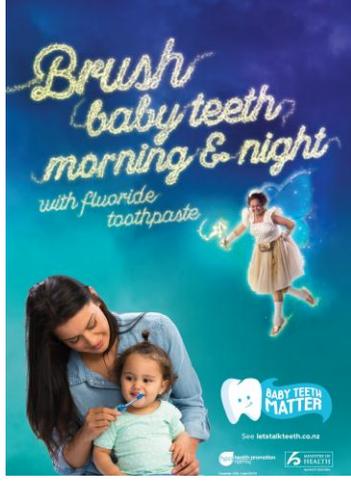
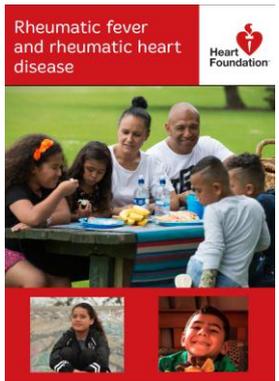
# Resource Update

January 2017

New or revised resources now stocked in the Resource Room, Regional Public Health, 1<sup>st</sup> floor Community Health Building, Hutt Hospital, High St, Lower Hutt

To order please contact - Laurina Francis **P** – 570 9691 **F** – 570 9211  
**E** - [laurina.francis@huttvalleydhb.org.nz](mailto:laurina.francis@huttvalleydhb.org.nz)  
**E Version** – [www.rph.org.nz](http://www.rph.org.nz) – Resources / RPH Resource Centre

<p><b>Immunise Against HPV</b></p> <p><b>Layout:</b> DLE Pamphlet</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE2012</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>Revised</b> – Dec 2016</p> <p>Human papillomavirus (HPV) immunisation helps protect against a virus that causes several cancers affecting both men and women.</p> <p>The HPV vaccine is available free for everyone aged 9–26 years.</p>	
<p><b>HPV Vaccine – Parent Consent Form</b></p> <p><b>Layout:</b> A4 Brochure</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE2044</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>Revised</b> – Dec 2016</p> <p>Consent form in English for vaccination against human papillomavirus (HPV), including information for parents and guardians</p>	
<p><b>After Your School Immunisation</b></p> <p><b>Layout:</b> A5 Pad</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE1313</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>Revised</b> – Nov 2016</p> <p>Information for school children and their families following immunisation.</p>	

<p><b>Year 8 – The Time to Protect Against Most HPV Cancers</b></p> <p><b>Layout:</b> A3/A4 Poster</p> <p><b>Source:</b> Health Promotion Agency</p>	<p><b>New – Jan 2017</b></p> <p>PDF versions only – we have to print</p>	 <p>A yellow poster for Year 8 HPV immunisation. It features a group of diverse children and young people. The text reads: 'YEAR 8 THE TIME TO PROTECT AGAINST MOST HPV CANCERS'. Below the image, it says: 'Free HPV immunisation for Year 8 boys and girls. Available now through schools, or visit your general practice. health.govt.nz/hpv'. At the bottom, there are logos for 'immunise their best protection' and 'Health Promotion Agency'.</p>
<p><b>Be SunSmart</b></p> <p><b>Layout:</b> DLE card</p> <p><b>Source:</b> Health Promotion Agency</p> <p><b>Code:</b> SS084</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>New – Sept 2016</b></p> <p>The Be SunSmart card promotes the five SunSmart steps to protect skin and eyes from UV radiation.</p>	 <p>The image shows two parts of the SunSmart campaign. On the left is a 'Be SunSmart' card with five steps: 1. Slip on a shirt (slip on a shirt with long sleeves, fabrics with a tighter weave and darker colours will give you better protection from the sun); 2. Slip into the shade (slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or late in the day when the sun's UV levels are lower); 3. Slap on sunscreen (slap on plenty of broad spectrum sunscreen of at least SPF 30. Apply 30 minutes before going outside and reapply every two hours and especially after being in water or sweating); 4. Slap on a hat (slap on a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body); 5. Wrap on sunglasses (choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for sun protection rating). On the right is a 'Being SunSmart' diagram showing a person wearing a wide-brimmed hat, sunglasses, and a long-sleeved shirt. It includes instructions: 'close fitting WRAP around sunglasses protect your eyes from UV radiation', 'wide brim hats protect the face, neck and ears', 'half a teaspoon of sunscreen to face, ears, neck', and '1 teaspoon of sunscreen to each arm, leg'. Logos for 'immunise', 'Health Promotion Agency', and 'sunsmart.org.nz' are at the bottom.</p>
<p><b>Baby Teeth Matter</b></p> <p><b>Layout:</b> A3 Poster</p> <p><b>Source:</b> HealthEd – health Promotion Agency</p> <p><b>Code:</b> HE2514</p>	<p><b>New – Dec 2016</b></p> <p>A poster to promote twice daily brushing with fluoride toothpaste, by parents of small children.</p> <p>Please note this will be arriving shortly and is <b>limited to a maximum of 15 posters per order.</b></p> <p>Translations will also be available in <b>Maori, Samoan and Tongan limited to 5 per order</b></p>	 <p>A poster for 'Baby Teeth Matter' with a blue and green background. The text reads: 'Brush baby teeth morning &amp; night with fluoride toothpaste'. It features an illustration of a woman brushing a child's teeth and a tooth fairy. At the bottom, it says 'BABY TEETH MATTER' and 'See letstalkteeth.co.nz'. Logos for 'Health Promotion Agency' and 'HealthEd' are also present.</p>
<p><b>Rheumatic Fever Heart Disease</b></p> <p><b>Layout:</b> A5 Booklet</p> <p><b>Source:</b> Heart Foundation</p> <p><b>View Content:</b> <a href="#">Here</a></p> <p><b>Order Forms:</b> <a href="#">Found</a> at the top of this page</p>	<p><b>Revised – Nov 2016</b></p> <p>This booklet explains to families affected by rheumatic fever what to expect in the journey ahead and what rheumatic heart disease is.</p> <p>Limited stock available – each organisation can order 25 free each month.</p>	 <p>The cover of a booklet titled 'Rheumatic fever and rheumatic heart disease' from the Heart Foundation. It features a photograph of a family (a woman, a man, and two children) sitting at a table outdoors. The Heart Foundation logo is in the top right corner. Below the main image are two smaller inset photos of children.</p>

## Food Portions

Layout: A4 Sheet

Source: Heart Foundation

View Content: [Here](#)

## New

Using your own hand can be an easy way to check the size of your portions. When serving up for someone else, use the size of their hand.

### Food portions

Using your own hand can be an easy way to check the size of your portions. When serving up for someone else, use the size of their hand.

#### Components of a meal

**Vegetables (non-starchy)**  
Your two hands cupped together is a good guide for the amount of non-starchy vegetables like carrots, broccoli or cauliflower you should include in your meal. Include more if you can.  
**Tip** - Choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients.



#### Grain foods and starchy vegetables or legumes

A portion of grain foods and starchy vegetables is the size of your closed fist. This group includes foods like potatoes, rice, corn, rice, grain, beans or a bread roll. A portion of legumes is also the size of your closed fist. Legumes include chickpeas, lentils and beans.  
**Tip** - If you want more than one grain food or starchy vegetable in your meal, reduce the size of each one so the total portion is the size of your fist.



#### Fish

The whole of your hand is a good portion guide for a piece of fish.  
**Tip** - your whole hand is about the size of one fish fillet, which is enough for a meal.



#### Poultry or meat

The palm of your hand is a guide for a portion of red meat, chicken or pork.  
**Tip** - skin thickness of the meat should be about the same thickness as the palm of your hand.



#### Snacks

**Vegetables (non-starchy), fruit or nuts**  
A single portion of vegetables, fruit or nuts is what fits into the palm of your hand.  
**Tip** - This is a good size for your snacks.

