

# Resource Update




May 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 / Health Information Centre / Newsletters

<p><b>Screening For Breast Cancer</b></p> <p><b>Layout:</b> DLE Pamphlet</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE1210</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>Revised and redesigned</b> – March 2017</p> <p><b>Discard old versions</b></p> <p>Gives information on the BreastScreen Aotearoa programme, including what the programme is, how to join, and benefits and potential risks/harms.</p>	
<p><b>Having a Mammogram</b></p> <p><b>Layout:</b> DLE Pamphlet</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE10102</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>Revised and redesigned</b> – March 2017</p> <p><b>Discard old versions</b></p> <p>General information in English on how to prepare for a mammogram, and the process involved in having a mammogram and getting the results.</p>	
<p><b>How Much Sugar in That Drink? (Te Reo Maori Version)</b></p> <p><b>Layout:</b> A3 Infographic Poster</p> <p><b>Source:</b> Health Promotion Agency</p> <p><b>Code:</b> NPA122 – Te Reo</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>New</b> – March 2017</p> <p>A resource helping to reduce the consumption of sugary drinks and promoting water as the drink of choice</p> <p>Also available - <b>How Much Sugar Do You Drink</b> (Adult and School versions both in Te Reo Maori)</p>	

## Swap This For That – Easy Healthy Changes

**Layout:** Narrow A3 Poster

**Source:** Health Promotion Agency

**Code:** NPA156

**View Content:** [Here](#)

**New** – January 2017

This poster shows a bright and colourful table of easy food swaps you can make to improve your health.



## Good Food – Made Easy

**Layout:** A3 Posters x4

**Source:** Health Promotion Agency

**Code:** NPA176 - 179

**View Content:** [Here](#)

**New** – April 2017

These Good Food posters show how easily you can prepare a tasty, affordable evening meal using every day ingredients.

- 1 - Pork Chop Suey (shown)
- 2 - Chicken and Vegetables
- 3 - Meatball Pita Pockets
- 4 - Minestrone Soup



## Got Time To Move? – Easy Ways To Be More Active

**Layout:** A3 Poster

**Source:** Health Promotion Agency

**Code:** NPA168

**View Content:** [Here](#)

**New** – January 2017

Got 5 minutes? 15? 30 or more? This A3 infographic poster shows easy physical activity ideas to do as a family or by yourself with the time you have available.

