Resource Update

May 2017

New or revised resources now stocked in the Resource Room, Regional Public Health, 1st 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

E Version - www.rph.org.nz - Resources / Health Information Centre / Newsletters

Screening For Breast Cancer

Layout: DLE Pamphlet

Source: HealthEd

Code: HE1210

View Content: Here

Revised and redesigned — March 2017

Discard old versions

Gives information on the BreastScreen Aotearoa programme, including what the programme is, how to join, and benefits and potential risks/harms.



Having a Mammogram

Layout: DLE Pamphlet

Source: HealthEd

Code: HE10102

View Content: Here

Revised and redesigned — March 2017

Discard old versions

General information in English on how to prepare for a mammogram, and the process involved in having a mammogram and getting the results.



How Much Sugar in That Drink? (Te Reo Maori Version)

Layout: A3 Infographic Poster

Source: Health Promotion Agency

Code: NPA122 - Te Reo

View Content: Here

New – March 2017

A resource helping to reduce the consumption of sugary drinks and promoting water as the drink of choice

Also available - How Much Sugar Do You Drink (Adult and School versions both in Te Reo Maori)



Swap This For That – Easy Healthy Changes

Layout: Narrow A3 Poster

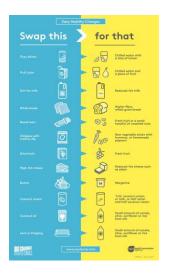
Source: Health Promotion Agency

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.

