

# Resource Update

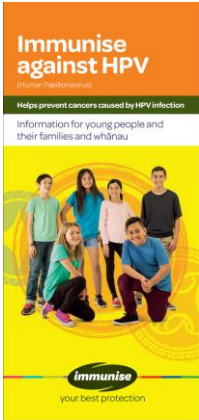
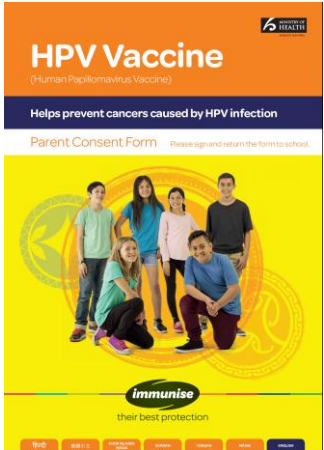
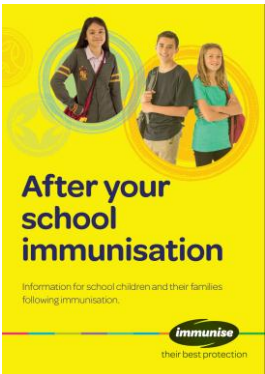
January 2017


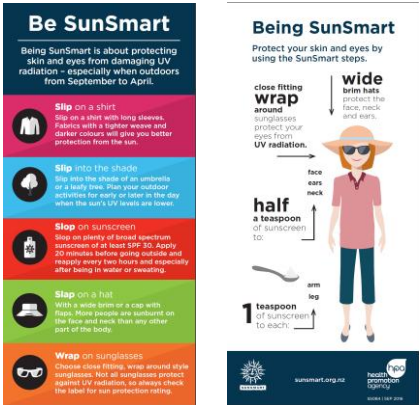


**New or revised resources now stocked in the Resource Room, Regional Public Health, 1<sup>st</sup> floor Community Health Building, Hutt Hospital, High St, Lower Hutt**

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**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>The pamphlet cover features a group of diverse young people standing together. The title 'Immunise against HPV' is at the top, followed by the subtitle '(Human Papillomavirus)'. Below that, it says 'Helps prevent cancers caused by HPV infection' and 'Information for young people and their families and whānau'. The 'immunise' logo is at the bottom with the tagline 'your best protection'.</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>The brochure cover has an orange header with 'HPV Vaccine' and '(Human Papillomavirus Vaccine)'. It includes the text 'Helps prevent cancers caused by HPV infection' and 'Parent Consent Form Please sign and return the form to school'. It features the same group of young people as the first pamphlet. The 'immunise' logo is at the bottom with the tagline 'their best protection'.</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>The pad cover shows three young people. The title 'After your school immunisation' is prominent. Below it, it says 'Information for school children and their families following immunisation.' The 'immunise' logo is at the bottom with the tagline 'their best protection'.</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 students about HPV. It features a group of diverse young people standing in a circle. The text reads: 'YEAR 8 THE TIME TO PROTECT AGAINST MOST HPV CANCERS'. At the bottom, it says 'Free HPV immunisation for Year 8 boys and girls. Available now through schools, or visit your general practice. health.govt.nz/hpv'. Logos for 'immunise' and '6 HEALTH' are at the bottom.</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 Be SunSmart card is divided into two parts. The left part lists five steps: 'Slip on a shirt', 'Slip into the shade', 'Slap on sunscreen', 'Slap on a hat', and 'Wrap on sunglasses'. The right part shows a diagram of a person with arrows indicating protection for the face, ears, neck, and legs, with text like 'wide brim hats', 'close fitting wrap around sunglasses', and 'half a teaspoon of sunscreen to each arm and leg'.</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' featuring a woman brushing a child's teeth. The text says 'Brush baby teeth morning &amp; night with fluoride toothpaste'. At the bottom, it says 'BABY TEETH MATTER' and 'See letstalkteeth.co.nz'. Logos for 'Teach for Children' and '6 HEALTH' are at the bottom.</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 the 'Rheumatic fever and rheumatic heart disease' booklet. It features a photo of a family sitting at a table. The text reads 'Rheumatic fever and rheumatic heart disease' and 'Heart Foundation'. At the bottom, there are two small 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 at 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, lentils, corn, rice, grain breads, 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** - the 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.