

# Resource Update

September 2018

Regional Public Health

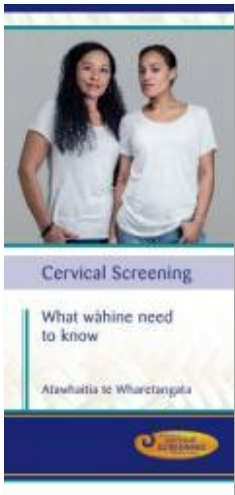

HAUORA Ā IWI KI TE ŪPOKO O TE IKA A MĀUI  
Better health for the greater Wellington region


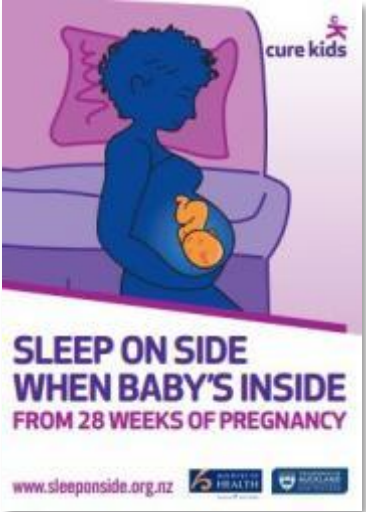
***New or revised resources now stocked in the Resource Room, Regional Public Health, 1st floor Community Health Building, Hutt Hospital, High Street, Lower Hutt.***

To order please contact:

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E-version: [www.rph.org.nz/resources/health-education-resources](http://www.rph.org.nz/resources/health-education-resources)

<p><b>CERVICAL SCREENING – WHAT WAHINE NEED TO KNOW</b></p> <p><b>Format:</b> DLE Pamphlet</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE1837</p> <p><b>Language:</b> English</p> <p><b>Revision Date:</b> August 2018</p>	<p><b>Description:</b> Pamphlet promoting and explaining the benefits of regular cervical screening (smear test) for women aged between 20 and 70.</p> <p><b>View Content:</b> <a href="#">Here</a></p>	 A vertical pamphlet with a blue header and footer. The top section features a photograph of two women. Below the photo, the text reads 'Cervical Screening' in a blue box, followed by 'What wahine need to know' and 'Atawhātia te Wharetangata' in a white box. The bottom section has a blue background with the 'Hutt Valley District Health Board' logo.
<p><b>CERVICAL SCREENING – (MAORI)</b></p> <p><b>Format:</b> A3 Poster</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE1838</p> <p><b>Language:</b> English</p> <p><b>Revision Date:</b> August 2018</p>	<p><b>Description:</b> Poster for the Māori community promoting cervical screening (smear tests).</p> <p><b>View Content:</b> <a href="#">Here</a></p>	 An A3 poster with a blue header and footer. The top section features a photograph of two women. Below the photo, the text reads 'Cervical Screening' in a blue box, followed by 'Care for your wharetangata. Your wellbeing, tamariki and whānau and us here in central and eastern Bay of Plenty. The National Cervical Screening Programme is for women aged 20 and this year 70.' and 'Atawhātia te Wharetangata' in a white box. The bottom section has a blue background with the 'Hutt Valley District Health Board' logo.

<p><b>ALCOHOL AND PREGNANCY – WHAT YOU MIGHT NOT KNOW</b></p> <p><b>Format:</b> DLE Pamphlet</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE2523</p> <p><b>Language:</b> English</p> <p><b>Publication Date:</b> August 2018</p>	<p><b>Description:</b> Gives information for pregnant and breastfeeding women and their partners about the impact of drinking alcohol in pregnancy and while breastfeeding on their unborn and breastfeeding infants.</p> <p><b>View Content:</b> <a href="#">Here</a></p> <p>(Replaces HE4160 – When You Drink Alcohol So Does Your Baby)  <b>Please discard old copies</b></p>	
<p><b>SLEEP ON SIDE WHEN BABY'S INSIDE</b></p> <p><b>Format:</b> A4 Leaflet</p> <p><b>Source:</b> HealthEd</p> <p><b>Code:</b> HE2551</p> <p><b>Language:</b> English</p> <p><b>Publication Date:</b> Sept 2018</p>	<p><b>Description:</b> Gives clinical information to inform health professionals about how advising a women to sleep on her side in her 3rd trimester of pregnancy is proven to reduce the risk of stillbirth by half.</p> <p><b>View Content:</b> <a href="#">Here</a></p>	
<p><b>BLOOD PRESSURE AND STROKE</b></p> <p><b>Format:</b> DLE Pamphlet</p> <p><b>Source:</b> Stroke Foundation NZ</p> <p><b>Languages:</b> English, Eng/Maori</p>	<p><b>Description:</b> Information about the relationship between blood pressure and stroke and ways of reducing risks for blood pressure</p> <p><b>View Content:</b> <a href="#">Here</a></p>	