

December 1 is World AIDS Day

AIDS (Acquired Immune Deficiency Syndrome) is caused by infection with the Human Immunodeficiency Virus (HIV) which results in a compromised immune system, where your body is no longer able to protect itself against infections which a normal immune system would otherwise be able to control.

HIV is passed from one person to another through infected blood, semen, vaginal fluids and breast milk. It is passed on in three main ways:

- through unprotected anal and vaginal sex
- through sharing contaminated injecting equipment (needles and syringes)
- from an HIV-positive mother to her unborn baby or through breast feeding.

Along with international trends, there has been a steady increase in the number of HIV diagnoses in New Zealand. There are now more people being diagnosed each year than in the 1980's during the hay day of the AIDS epidemic, and is affecting both homosexuals and heterosexuals.

Whilst there is no cure, there are a wide variety of medications available to help slow down the progression of HIV to AIDS, so that those infected are able to live normal, healthy and long lives with HIV.

For more information, visit :

www.nzaf.org.nz

www.positivewomen.org.nz

Sources: NZ AIDS Foundation and Positive Women

New Free Resources

Please note that only Ministry of Health and CPH resources can be viewed or ordered from our website: www.cph.co.nz

Safe Sleep Essentials (CHH0036 or HE1228) is a new resource designed to support the parental conversations of health professionals and Well Child practitioners, and replaces Back is Best. It also amalgamates the following resources which have consequently been deleted:

- Babies, Bed Sharing and Safety (HE1226)
- Protecting Your Baby's Head Shape (HE1227)
- Changing Smoking in Pregnancy (HE1231).

A new limited edition **Everybody Please Poster** (CHH0026) is also available to compliment this new resource, as well as a revision of the **Everybody Please** card (HE1229).

A new oral health A4 booklet **It's Easy to Protect Your Family's Smile A4 Booklet** (HYG0034 or HE2248) has been released along with a **Let's Talk Teeth A3 poster** available in either green (HYG0035) or blue (HYG0036). An information flyer (HE2247) is also expected to follow. It is proposed that Te Reo



Maori and Pacific versions will be available in the future.

Some new resources on Tuberculosis/BCG will be available before the end of the year:

- An information resource for LMC's and other health professionals (MED0074 or HE2204)
- A pamphlet to enable parents to make an informed decision about having their baby vaccinated (MED0066 or HE2205 - shown), and
- A flyer for parents on post-vaccination care (MED0075 or HE2226)



The latter resources are available in a variety of languages (some in limited quantities) as well as English, with additional language variants in Japanese, Myanmar/Burmese, Pushto/Afghani, Somali and Vietnamese. Some language variants (e.g. Te Reo and Cook Island Maori, and Tongan) will be online only, from www.health.govt.nz.

More new and upcoming resources overleaf →



CHIC will be closed from Thursday 17 December 2009, and will reopen on Monday 18 January 2010. Orders received prior to Monday 21 December will be processed.

Orders received after this date will not be actioned until mid January.

Revised Resources

The Well Child Book (CHH0004 or HE7012) has had a slight change for the last reprint (June 2009) with the removal of the boxes for head circumference at the 5 and 8-10 month checks.

The following Ministry resources have also been updated:

- DRU0125 Dance Party Goers. Revised September 2009. HE1304.
- MAH0080 Breastfeeding Your Baby - Te Reo Maori (formerly Paradigm). HE2099 – shown.
- MED0089 Childhood Immunisations. Reprinted June 2009. HE1323.
- MED0136 Immunisation Schedule. Revised September 2009. HE7011.
- You and Your Teenager (Pacific variants)
- NUT0016 Eating for Healthy Pregnant Women. Revised April 2009. HE1805.
- NUT0036 Healthy Weight for Adults. Revised June 2009. HE1324.
- WOH0005 HIV Testing in Pregnancy (with Photos). Revised September 2009. HE1832.



- WOH0077 Cervical Screening: A Guide for Women in NZ. Revised September 2009. HE1328.

Other resources recently revised include:

- CHH0014 Keeping Healthy in Early Childhood Centres
- DRU0142 Quit Services
- MED0040 Chickenpox
- SAF0014 National Poisons Centre

We are also pleased to announce that the brochure on the services that CHIC provides has been revised (HEI0001), so if you want to know more about us, then be sure to get a copy.



Revisions of the following resources are anticipated in the near future:

- MED0010 Getting Ready for a Flu Pandemic for Whanau, Hui, Marae ...
- MED0027 Hepatitis ABC
- MED0036 Meningitis is Serious
- NUT0001 Healthy Eating for Teenagers

FOR MORE INFORMATION ON SOON TO BE RELEASED RESOURCES: Check the Resources page on the Community and Public Health website or contact your local CHIC office in late November/early December.

More New Free Resources

Coping with financial stress (MNH0013 or HP4963) is another new resource from the Ministry of Health, produced in response to the current economic climate.



An **HPV appointment card** (WOH0105 or HE2253) is now available for use by Health Professionals only. Additionally an HPV Question and Answer booklet (HE2254) is expected to be released before the end of the year.

The Mental Health Foundation has launched a new series of posters **Support From Friends and Family** as part of the Like Minds Like Mine campaign, which focus on the importance of support from friends and family in making a difference in the experience of mental illness



- MAH0019 English with Maori imagery (shown)
- MAH0021 Te Reo Maori
- PAP0114 Samoan
- PAP0115 English with Pasifika imagery

Also available are **Make Your Mark for Mental Health** (MNH0032), and **Absolutely Nothing** (MNH0033), the latter of which promotes having a 15-minute vacation during your day with a relaxing ocean scene.

Community and Public Health has also developed a double-sided A3 resource **Physical Activity and Mental Wellbeing** (PHY0025) which gives information on the services available in Canterbury to those with mental health issues to help them get active, as well as ways to get active.



Hey! We Don't Hit Anybody Here (VIO0011) from the Office of the Children's Commissioner, is an excellent conversation starter on rough play/violence for young children, with text in English, Te Reo Maori and Samoan.



The Cancer Society has released new pamphlet on gynaecological cancers (**WOH0013**) covering abnormal signs to look for and some ways to reduce the risk.

Visit us at www.cph.co.nz/

Free Health Resources. Supporting active and healthy lifestyles

Deleted Resources

The following Ministry of Health resources have been withdrawn:

- CHH0035 Babies, Bed Sharing and Safety
- CHH0036 Back is Best
- CHH0037 Protecting Your Baby's Head Shape
- DRU0141 Changing Smoking in Pregnancy
- MAH0020 Pregnant? Worried About HIV? Poster - Te Reo Maori
- PAP0004-8 Useful Information: Children 0-5 Years series in Pacific languages
- PAP0067-71 Pregnant? Worried About HIV? Poster (all Pacific languages)
- PAP0087 Influenza Poster - Tongan
- PAP0089 Influenza Poster - Samoan
- PAP0090 Influenza Pamphlet - Cook Island Maori
- WOH0013 Pregnant? Worried About HIV? Poster



Please note that the popular **How Much Sugar is in Drinks Poster (ZZZ0016)** is currently unavailable until early 2010. Supply of the Te Reo Maori version (ZZZ0015) is unaffected.

The following resources have also been deleted:

- DRU0202 Smokefree Resources for Schools
- MAH0002 Kia Tika Te Kai A1 Poster (shown)
- MAH0086 If I Have Type II Diabetes - Te Reo Maori
- MED0032 Back Pocket Prescriptions
- MED0033 The Bugs are Catching On Poster
- PAP00119 & PAP0122-4 Push Play brochure in Pacific languages
- SAF0061 Keep Kids Safe Near Water
- SEH0009 Safe Relationships, Safer Sex
- SEH0041-2 Family Planning resources in Chinese



Also due to the end of funding for HEHA projects, the Food and Beverage Classification Kits for ECEs and Years 1-13 in both Te Reo Maori and English) will not be reprinted. Once stocks are depleted, they will only be available for download from the HealthEd website.

Don't know what to get that family member or friend for Christmas?

How about the popular Recipes for One or Two cookbook? Full of simple recipes using ingredients found in your pantry, this cookbook is ideal for those living alone, couples, or those wanting quick easy and nutritious meal ideas.

Only \$5 each, and for an extra charge we can post to you!



Awareness Dates

November

25 International Day for the Elimination of Violence Against Women

December

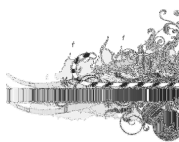
1 World AIDS "Red Ribbon" Day

3 International Day for People with Disabilities

5 International Volunteers Day

10 Human Rights Day

The staff of CHIC would like to wish all our customers a very Merry Christmas and a safe and Happy New Year.



Useful Websites

White Ribbon Day

www.whiteribbon.org.nz

NZ AIDS Foundation

www.nzaf.org.nz

Disabilities Information Service

www.disinfo.co.nz

Health and Disability Commissioner

www.hdc.org.nz

Human Rights Commission

www.hrc.co.nz

Christmas and holidays can be stressful, so check out www.mentalhealth.org.nz for some helpful hints and tips.



Get Your Immunisation Registers Early!

If you are a school or early childhood teacher, then don't forget to get copies of this A3 chart (MED0087 or HE1111) to keep an immunisation record for those new entrants in January/February.

Also available in Te Reo Maori (MAH0058 or HE1112) for Kohanga Reo and Kura Kaupapa.

From the Community Health Information Centre (CHIC) Staff

Free Health Resources. Supporting active and healthy lifestyles