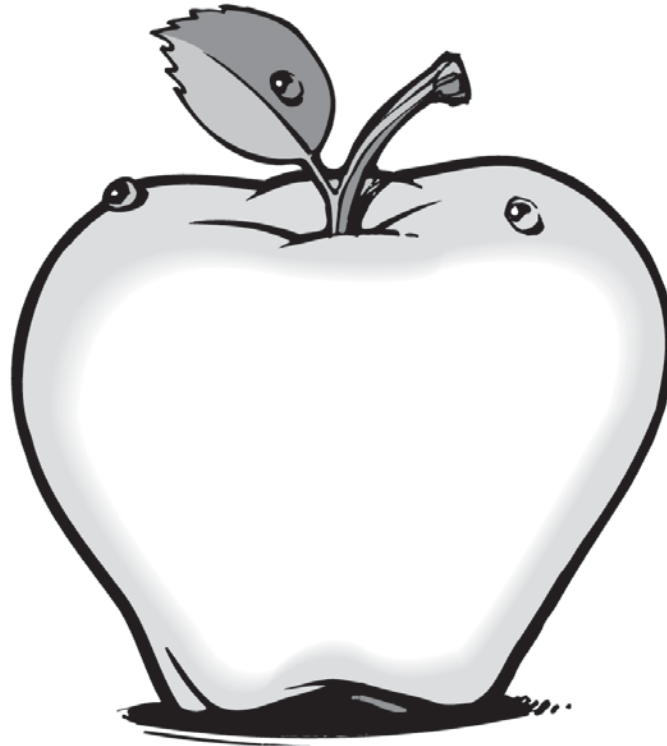


For Your



Health

Middlesex County Public Health Department
Health Education Division
711 Jersey Avenue
New Brunswick, NJ 08901
Tel: 732-745-8860
Fax: 732-745-8484

MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT



Health Education Division
711 Jersey Avenue
New Brunswick, NJ 08901
Tel: 732-745-8860
Fax: 732-745-8484

MUNICIPALITIES SERVED:

CARTERET
CRANBURY
DUNELLEN
EAST BRUNSWICK
HELMETTA
HIGHLAND PARK
JAMESBURG
METUCHEN
MILLTOWN
MONROE
NEW BRUNSWICK
NORTH BRUNSWICK

OLD BRIDGE
PERTH AMBOY
PLAINSBORO
SAYREVILLE
SOUTH AMBOY
SOUTH PLAINFIELD
SOUTH RIVER
SPOTSWOOD
PISCATAWAY
Health Education
and Nursing only
WOODBIDGE
Nursing only

David A. Papi
Director

HEALTH EDUCATION STAFF

Ann Dorocki
Julie Gottstein
Teri J. Manes
Twyla Paige

Mission Statement

The **Health Education Division of the Middlesex County Public Health Department** is a non-profit county agency that is dedicated to providing health education services to the residents of Middlesex County. The mission of the program is to promote a healthy lifestyle by stressing the importance of disease prevention, early detection and early treatment.

Informative programs that provide an opportunity for a rewarding learning experience are offered through the Health Education Division.

These programs are:













- Designed to fit any health topic that has not been described in this book
- Adaptable to specific needs of your group or community
- Free of charge
(There is a small fee for smoking cessation classes.)

Other Services offered by the Health Education Division include:

- Informative displays
- Educational literature
- Special programs to address specific health concerns

To Schedule a Program
Please call us at
(732) 745-8860

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CHRONIC DISEASES

BONE & JOINT DISORDERS

FEELING GOOD WITH ARTHRITIS

Learn tips on meeting the everyday challenges of arthritis. Current information on treatment options and exercises designed for the relief of arthritis pain are also included.

OSTEOPOROSIS – THE BACKBONE OF OUR FUTURE

There are many factors that determine who will develop osteoporosis. Since not everyone develops osteoporosis, an important first step is to determine whether you are at risk. Program reviews risks, prevention and treatment. This program may include a food demonstration.

CANCER

CANCER FOR MEN

This program is designed to teach men the importance of prevention and early detection for the cancers that are of greatest concern to men: prostate, testicular, colo-rectal, lung and skin cancers.

CANCER FOR WOMEN

A program for women focusing on prevention, early detection and best treatment options for the cancers that have the greatest impact on women; including breast, lung, uterine, cervical, ovarian, colo-rectal, and skin cancers.

CANCER PREVENTION

Cancer is the second leading cause of death in the United States. Many cancers can be prevented by simple life-style changes or arrested by early detection methods. This program includes discussions on nutrition, exercise, screenings, and early warning signs.

PROSTATE HEALTH

Prostate Cancer is one of the most common forms of cancer in American men today. Learn the advantages of early detection methods, such as the PSA exam, and your treatment options. This program is designed for men and/or for the women who love them.



CANCER *(continued)*

SKIN CANCER

Is it a healthy glow or a guarantee for future skin cancer? Find out about the risks of ultraviolet radiation from indoor and outdoor tanning.

TELL A FRIEND

Sometimes a few words of encouragement may be all that's needed. This program was designed by the American Cancer Society in order to train women over 40 to "Tell a Friend" to get a mammogram.

TESTICULAR SELF EXAM

Cancer of the testes is one of the most common forms of cancer found in men ages 15-35. Program will address the signs and symptoms of testicular cancer as well as the steps needed to take for early detection.

TOBACCO & ORAL CANCERS

Tobacco, whether chewed or smoked, puts you at risk for cancer. Your gums, throat, lungs or even your tongue may develop cancer from the tobacco habit. In this program, we will discuss the hazards of tobacco and some of the alternatives to smoking or chewing.

TRIPLE TOUCH: BREAST SELF EXAM

One in eight women are at risk for developing breast cancer. Learn the techniques of the American Cancer Society for self examination as well as the latest options for treatment.

CARDIOVASCULAR

CHOLESTEROL AWARENESS

This program addresses practical approaches to modifying diet to restrict fat intake, and other related topics for persons with elevated cholesterol, or are interested in maintaining a healthy cholesterol level.

HEART DISEASE: RISKS AND RESOLUTION

Coronary heart disease is the leading cause of death in the United States. There are many factors that can affect your risk of developing heart disease. Some risk factors are within your control. By working to eliminate these risk factors, and by adopting a healthier life-style in general, you can greatly reduce your risk for heart disease.



CARDIOVASCULAR (continued)

LIVING WITH HYPERTENSION

This program is designed to provide a thorough understanding of high blood pressure and how to control it to reduce the risk of stroke, kidney and heart disease.

STROKE: REDUCING RISK AND RECOGNIZING SYMPTOMS

Stroke is a "brain attack" which strikes 600,000 Americans annually. The good news is that most strokes can be prevented by reducing risk and recognizing the symptoms.

WOMEN AND HEART DISEASE

Because two-thirds of the women who die of sudden heart attacks have no previous warning of heart disease, women need to be particularly aware of their risk factors. The session will provide information on high blood pressure, smoking, exercise, diet and menopause.

DIABETES

A SPOONFUL OF SUGAR

This seminar addresses the presence of various types of sugar in the diet using food labels and sugar cubes. The relationship of sugar intake to diabetes and general wellness is addressed.

DOUBLE JEOPARDY

Designed just for those who have both diabetes and hypertension, this program discusses practical aspects of care and management to stay in control, thus reducing the risks for other complications.

THE HIDDEN DISEASE: DIABETES

What are the precursors to diabetes and how can they be controlled? What is diabetes and how can a person prevent it, detect it and treat it? This program may include a food demonstration.

PULMONARY

ASTHMA – OPEN AIRWAYS

Asthma is a common illness characterized by recurrent breathing problems and varies a great deal from one person to another. Symptoms may range from mild or moderate to severe and life threatening. This program includes facts about asthma, causes and treatments.



COMMUNICABLE DISEASES

BODYGUARDS: HOW TO WIN THE GERM WAR

Germs are making headlines almost weekly...E Coli in undercooked hamburgers, flesh-eating disease, contaminated drinking water. Cutting boards, kitchen sponges, and countertops are all sources of germs. Take a look at early research reports and learn helpful hints on how to avoid "trouble" areas and strengthen your immune system.

COLDS & FLU

Caution should be used during flu season. Hints and strategies to help reduce your risk for these seasonal "bugs" as well as tips to raise your comfort level if you "catch" a cold.

EMERGING PATHOGENS

Where did all these new diseases come from? This program looks at ebola, bubonic plague and other "new" diseases and analyzes your risk for contracting them.

HANDWASHING

This program for young children teaches proper handwashing technique. Basic information about germs and disease transmission will be included.

HIV/AIDS AND HEPATITIS B (HBV)

An overview of how HIV and HBV are spread, personal prevention practices, universal precautions, protective equipment, specific home and worksite practices, as well as management of exposures. This is not a substitute for OSHA and PEOSHA requirements.

HIV/AIDS: RESPONDING TO THE CHALLENGE

(Adults) Current treatment options, research trends, prevention strategies and basic information which will help clarify the misconceptions about HIV and AIDS are included in this frank discussion.

(Teens) This program will provide information for making smart decisions and resisting peer pressure that will help protect your health now and for the rest of your life.

(Lower elementary) Basic AIDS awareness information presented in a "muppet" type video. Addresses eating, swimming, daily health. Questions, answers and informative coloring book provided.

🍏 *For Your Health* 🍏

RABIES

Our cats, our dogs and even our families are at risk for contracting rabies. Learn the signs and symptoms of rabies in animals and prevention strategies for humans and animals.

SEXUALLY TRANSMITTED DISEASES

Learn up-to-date information concerning risk factors, symptoms, treatments and prevention strategies for today's most common sexually transmitted diseases.

SHOTS ADULTS CAN NOT DO WITHOUT

Just being alive puts us at risk for a host of different infections. Learn what immunizations every adult should have in order to maintain good health.

THE TRUTH ABOUT TICK BITES

Discuss how to recognize, prevent, and respond to tick-related illnesses, including Lyme disease, HGE and Tick paralysis, and what to do if you think you are at risk.



🍏 *For Your Health* 🍏

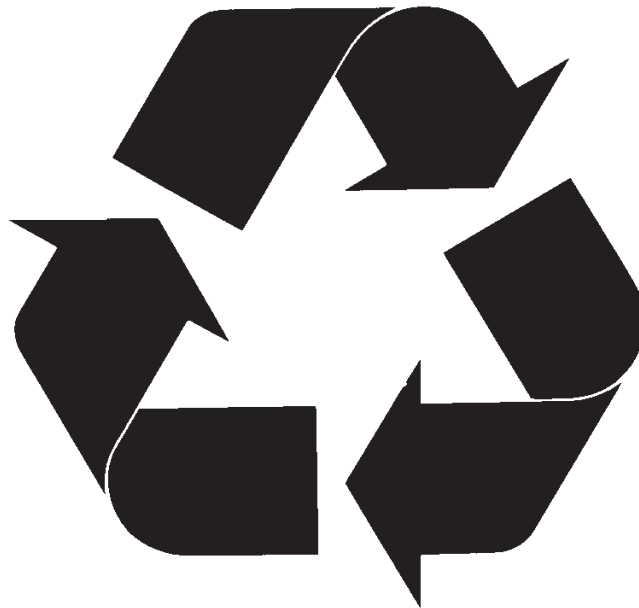
ENVIRONMENTAL HEALTH

HEALTHY ENVIRONMENT - HEALTHY ME

This is an “environmental health promotion” curriculum, designed to provide young people with the knowledge and understanding for creating a safe and healthy environment. The primary audience is school children in kindergarten through 5th grade. Topics include: “My Environment and Me,” “Reduce, Reuse, Recycle”, and “Exploring Water Pollution Issues”.

LEAD POISONING: POISON IN THE WALLS

Poisonous lead comes from many sources, but the predominantly from paint. Learn what lead poisoning is and how it can be prevented. This program can be adjusted for children or parents.





SAFETY & INJURY CONTROL

BABYSITTING BASICS

A three session course designed to teach young people, ages 11-18, the safest approach to child care; includes basic safety and discipline. A certificate will be presented to each participant upon completion of the course.

BICYCLE SAFETY

The importance of safe behavior, proper riding techniques, and safety equipment, such as wearing a bicycle helmet is emphasized to ensure maximum fun and minimal injury. A video is shown and activity sheets distributed.

BUCKLE UP FOR LIFE

Seat belts make sense. They are also required by law. **BELTMAN** is a special program just for preschoolers and kindergarten children that teaches the children the importance of seat belts.

FIRE SAFETY

Learn about smoke detectors, "stop, drop, and roll", and other tips to increase your chance of survival in a fire. This program can be adapted to both children and adults.

HEALTH CARE OR QUACKERY

This program emphasizes sources of potentially harmful misinformation. Learn what good health care is and when you're being taken advantage of. Discussion includes questions to ask your health care provider and how to spot the difference between good and fraudulent health care.

HOW SAFE IS YOUR HOME?

Conduct a room-to-room home safety assessment by identifying those aspects of your home environment which you may be able to make more safe.

HYPERTHERMIA

Just as cold temperatures create the potential for health problems, hot weather can lead to heat-related illnesses. This program will include the signs and symptoms of heat stress and heat stroke.

HYPOTHERMIA

Accidental hypothermia occurs when an individual is exposed to cold and loses body heat faster than it is replaced. Many people think of low body temperature as a condition linked to hikers and boaters. Yet, older men and women sitting in their homes are also at risk of physical harm from exposure to cold. Learn tips on how to ensure your personal safety.

For Your Health

LEAVE IT ALONE

This program alerts preschool and K-3 grades to the potential dangers of poisons and medications commonly found around the home. Strategies for young children to use whenever they encounter unknown products are included.

MOTHER'S HELPER

A two hour session which provides children, ages 8-10, with an introduction to caring for a child while an adult is present. It addresses safety issues, feeding, playtime activities and responsibilities.

PERSONAL SAFETY & SELF PROTECTION

Practical tips and techniques to protect yourself while traveling, shopping and parking your automobile are all included in this program.

PREVENTING SLIPS AND FALLS

Each year thousands of older Americans fall at home. Many are seriously injured or disabled. In 1996, more than 8,500 people over age 65 died because of falls. This program will provide a checklist to identify hazards found in each room of your home as well as tips for preventing slips and falls.

SAFETY BINGO

This program teaches safety while playing BINGO. Key words are Bicycle, Injury, Negligent, Germs and Organization.

SAFETY Pictionary

This program is based on the ever popular game by drawing pictures related to safety.

SEASONAL SAFETY

Each season has its own distinct hazards and its own set of safety tips.

Programs are age and season appropriate, i.e.

- Summer – swimming safety, playground safety, bicycle safety, Lyme Disease and skin cancer.
- Winter – Hypothermia, alcohol-free parties, toy safety, holiday safety
- Fall – Halloween, etc.

SCAMS AND CON ARTISTS

A con artist is difficult to detect by looks alone, but you can often spot him/her by their words or expressions. Learn how to avoid being a victim of a scam or con artist.

For Your Health

SCHOOL BUS SAFETY

This is a program to raise awareness of safe behaviors and responsibilities to minimize injuries. Bus safety is important to every transported student whether on a daily basis or group trips.

STRANGER DANGER

This program emphasizes actions that children should take in order to protect themselves from strangers.

10 WAYS TO DECREASE YOUR RISK OF FOOD POISONING

How safely to you handle food? Discover how to protect your food through safe food preparation, handling and storage. Also, learn common mistakes that increase your risk of contracting food-borne illnesses.

U B SAFE

A poison prevention program targeted to pre-school and lower elementary grades utilizing a short video, accompanied by an interactive game.

To Your Health!



LIFE SKILLS

DENTAL HEALTH

Good dental health starts at an early age. Dental health activities for preschoolers can become part of a curriculum for elementary aged children. Program demonstrates proper dental care.

GOOD HEALTH FOR WOMEN

Feeling good about yourself as a woman involves lots of health decisions. Just what can you do to feel vibrant and healthy? A review of the many steps women need to take in order to preserve their wellness.

H--E--A--L--T--H

An interactive session which helps the audience find wellness tips in words beginning with the letters in the word HEALTH.

HEALTH BINGO

Learn about health while playing BINGO! Key words are Beware, Injury Prevention, Nutrition, Goals, and On the go. This program teaches young and old about safety, fitness, nutrition, and general wellness.

LAUGHTER AND WELLNESS

Can laughter and humor make us healthier? There are some that would answer with a resounding "Yes!" This program discusses the positive effects of humor and how laughter can be used to ease pain and prolong life. Each participant will learn how to enhance his or her "laugh-life" and steps on what to do when they are feeling blue. And, of course, a good dose of laughter is a part of every program.

MEMORY & WELLNESS: THE LONG & SHORT OF IT

Our memories define who we are. As we age, we may become concerned about memory changes and how they impact on our general well-being.

PERSONAL HYGIENE

How you take care of your body affects your physical and mental health. The program may be modified to the age of the population, from emphasizing cleanliness and its role in the prevention of illness, to communicable diseases and the changes of puberty.

For Your Health

POWER OF POSITIVE THINKING

When you suffer any minor health problem, get diagnosed with a chronic medical condition, or undergo surgery, your attitude can go a long way toward determining how well you recover. Discuss the importance of attitude, positive affirmations, and subconscious thinking in improving your health.

REMINISCING AND HEALTHY AGING

An interactive program to help folks communicate more effectively. Includes a discussion on the myths of aging, and exercises on active listening, and sharing of memories.

SELF-ESTEEM

Essential for psychological survival, this program encompasses:

- Simple exercises to focus on your good points
- How to combat your critical inner voice
- Techniques to stop your "shoulds"
- Effective ways to deal with criticism
- Putting "on" a positive image

STRESS REDUCTION

Learn strategies for identifying and dealing with the physical and mental stressors in your life. Some relaxation exercises will be demonstrated. This program is appropriate for any age group and may also be implemented in work places.

WELLNESS IS AGELESS

Discover the latest medical research on how to positively affect the aging process of your body and mind. Includes:

- Chronic Disease Risk
- Skin Care
- Strong Bones
- Physical & Mental Fitness
- Anti-Aging Drugs

WORDS OF WISDOM AND HEALTH

Health messages in a fortune cookie format. This program is interactive, motivational and it helps the audience to think more positively and to put the negative in prospective.



NUTRITION

A BALANCED DIET ON A BALANCED BUDGET

Today's high cost of living makes eating right a real challenge. Yet, even on a budget, you can learn how to prepare cost-effective, tasty and healthy meals.

CHILDHOOD OBESITY

Poor eating habits often begin during childhood. Consequently, the percentage of young people who are overweight today has more than doubled in the last 30 years. This program will address nutritional recommendations, exercise and weight loss behavior.

DINING OUT HEALTHY

So many restaurants, so little time! Can you make it delicious and still keep it nutritious? Learn to spot the hidden fats and salts on a menu, and still keep the pleasure in dining out.

EATING DISORDERS

Societal pressures for being thin effect everyone, but take a greater toll on pre-teen and teenage girls. This program discusses the causes, results, and treatments of eating disorders including anorexia, bulimia, and compulsive eating.

EATING ON THE RUN

People are always on the move - and foods chosen away from home are a big part of the daily diet. It could be an ice cream at the mall, popcorn at the movies, or even a brown bag lunch. Set the stage for eating, learn about making healthier choices and reading menus, and learn the truth about fast foods and vending machine food.

FAT ATTACK PLAN

A program to get fat out of your diet and reduce your risk for high cholesterol, coronary heart disease, stroke, cancer, and diabetes.

FIT TO BE A HEALTHY ME

This program is intended to improve the knowledge, attitudes, and behaviors of lower elementary school children in the areas of nutrition and fitness. The program includes a discussion, a short video, activity sheets and coloring books.

For Your Health

GOOD FOOD FRIENDS

This interactive program introduces the basic components of good nutrition to young children through the use of hand puppets and games.

GOOD NUTRITION

This program will address the components of good food nutrition based upon the Food and Drug Administration's food pyramid and Recommended Daily Allowances. The program may be modified in accordance with the age-specific needs and the nature of the audience.

HEALTHY HOLIDAY FEASTING

Eating healthy is not such a frightening task, even when it comes to holidays. Learn and discuss some helpful tips on eating right and making healthier, wiser choices during the stressful holiday season.

HEALTHY-WOOD SQUARES OR NUTRITION JEOPARDY

Interactive nutrition awareness games which involve two teams. Everyone is a winner. (specific to upper elementary).

THE HEART OF A HEALTHY LIFE

A program to increase awareness of the fat/sodium content of foods. It may include a cooking demonstration.

NUTRITION BINGO

Based on the age old game of BINGO, words with a nutritional meaning are used to increase the knowledge of the participants.

SMART SNACKING

Everyone loves to snack. What impact do snacks have on your diet relative to nutrients and caloric intake? In this program, we will compare the nutritional content of snack foods so that healthier choices can be made.

SUPERMARKET NUTRITION

There is a link between food buying decisions you make at the supermarket and your nutritional status. Learn about nutrients, how to balance meals, the latest information on vitamins and food additives, and meeting your Recommended Daily Allowances.

SUPER NUTRITION FOR WOMEN

A food-wise guide for health, beauty, energy and immunity. Program includes easy menus, recipes, and super-female foods list.

For Your Health

PHYSICAL FITNESS

DESK-ERCISE

This program includes a series of stretching, strengthening, and toning exercises that can be done right at your desk. You don't need any special equipment and it doesn't take much time.

EXERCISES FOR ARTHRITIS

This program includes a demonstration of exercises which help relieve the pain and discomfort of arthritis.

KIDS IN ACTION

Children are involved with school, watching television, working computers and playing video games. Are they getting as much exercise as they should? This interactive program is suitable for children of all ages, parents or both.

REDUCE YOUR STRESS

This is an interactive program in which students/adults are shown exercises to reduce stress in their daily lives.

SITTERCIZE

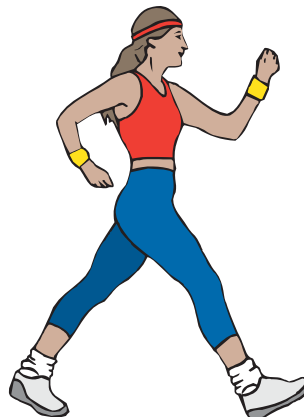
A demonstration of chair exercises which provide a range of motion movement for all muscle groups. Individuals may do these exercises in the comfort of their own home.

TRAVEL FITNESS

Learn how to reduce your discomfort while traveling by car, bus or plane. Helpful hints are included to ease strained backs and achy necks and knees. Program also addresses eating out, exercising away from home and enhancing quality of sleep.

WALKING FOR FITNESS

Exercise isn't just for athletes. It's for everybody. It is easy, inexpensive, and fun. Learn how to set your pace, how far to walk, do's and don'ts, as well as stretching exercises for warm-up and cool-down. The program includes an actual walk and an educational program. The Health Department will offer additional assistance if your group desires to set up a regular walking program.





SUBSTANCE ABUSE

CLUB DRUGS

What are the hottest drugs in the marketplace and how accessible are they? Learn about GHB, ecstasy and others.

COMMUNICATING WITH YOUR CHILD ABOUT DRUG ABUSE

This program, geared for parents, addresses the reasons why students may choose to use drugs, and techniques for communicating with your children about alcohol.

FOOD-DRUG INTERACTIONS & DRUG-DRUG INTERACTIONS

Everyone knows that alcohol and sedatives don't mix, but why? What other interactions should we all be on the lookout for? Do specific disease conditions interfere with certain drugs? Learn about what you can do to reduce your risk of a possible interaction or overdose and how to get the most of your medications.

HIV & SUBSTANCE ABUSE

Drug use impairs judgment, possibly putting the user at risk for contracting HIV. Learn what precautions can be taken to reduce the risk. Program focuses on harm reduction.

IT CAN HAPPEN TO ANYONE: SUBSTANCE ABUSE & OLDER ADULTS

Sometimes older adults develop problems with alcohol, prescription and over the counter medications due to specific age-related factors. They may also be triggered by life changes, transitions and losses. This program will review warning signs, intervention and sources of help and treatment.

MEDICATION USE AND ABUSE

If you've ever used a medication, either by prescription or over the counter, then it's important to know what medications do, why we take them and how they affect us. Food/Drug interactions are also discussed.

OVER-THE-COUNTER PILLS AND PROMISES

Over-The-Counter Medicines are a part of our daily lives, yet they should not be taken lightly. Session addresses the issues surrounding these easily obtained drugs.

SUBSTANCE ABUSE AWARENESS

Education and presentation on substance abuse and resisting peer pressure with focus on alcohol, tobacco and marijuana for 7th and 8th graders. (includes video, discussion and informational pamphlets)

For Your Health

TEST YOUR ALCOHOL KNOWLEDGE

Basic introduction to alcohol. How do societal standards affect alcohol use? What is the impact of alcohol on the body? This program may be modified to discuss the effects and impact of laws concerning alcohol and society.

WHEEL OF MISFORTUNE

Test your drug knowledge about stimulants, depressants, alcohol, cocaine, steroids, and other substances of abuse. In this game, questions are asked regarding identification, effects & values.

TOBACCO

AD LIBBING IT

General presentation on the tobacco/alcohol companies and the impact of advertising on daily life (video and presentation).

DUSTY THE DRAGON & DR. MARGIE HOGAN TALK ABOUT TOBACCO

Dusty is a cartoon character and Dr. Margie Hogan is his pediatrician. Together they put a cigarette named "Nicky Teen" on trial. Animated characters such as "The Lungs", and "Handsome Heart" explain the dangerous medical and social cost of tobacco use.

HEALTHY HOWARD

This interactive program involves the story of Howard and how he stays healthy. It discusses the unhealthy consequences of tobacco and the importance of staying smoke free.

MOE Q. MCGLUTCH

A story hour in which Moe Q. McGluch is read. The story centers around Moe's smoking and all the negative consequences that can follow.

QUIT SMART

Are you addicted to nicotine? Are you worried about weight gain or nervousness? If you answered "yes" to any of these questions Quitsmart is for you. Quitsmart is a 6 week smoking cessation course that allows you to explore what started you smoking and reasons why you should quit. No scare tactics, aversive conditioning, or group psychotherapy; just simple methods developed by Dr. Robert Shipley. (There is a fee for the course which includes workbook and relaxation tape)

For Your Health

SECOND-HAND SMOKE

A smoking presentation about the perils of secondhand smoke. This presentation will increase your awareness of the tobacco industry's promotional campaigns and provokes discussion about the hazards of second-hand smoke.

SMOKING – TRUTH OR DARE

A presentation regarding the effect tobacco has on everyday life and decision making. (video and presentation)

TOBACCO 101

General education presentation on tobacco prevention and awareness. Highlights include: Why tobacco is the biggest cause of preventable death today, What's really in a cigarette, and much, much, more. (video & presentation)

TOBACCO FREE TEENS

School based teen cessation programs that institutes behavior modification techniques with quitting.

THE TRUTH ABOUT SMOKELESS TOBACCO

Is smokeless tobacco a harmless alternative to smoking? No! Smokeless tobacco is a deadly killer in it's own right. This program discusses the hazards of dipping and chewing.

WHAT'S WRONG WITH TOBACCO

This program explains all types of tobacco, cigarettes, chewing tobacco, snuff, and dip, how they are dangerous to use and how young people can choose not to be victims; focuses on peer pressure and self-esteem(video & presentation).

SUPERHEROES VS. SMOKING

A presentation on the negative consequences of tobacco and the importance of good decision making. (video and discussion)

INTERACTIVE GAMES

SMOKING FEUD

ALCOHOL TOBACCO & OTHER DRUGS (ATOD) JEOPARDY

SMOKING Pictionary

SMOKERS ROULETTE

**SERVICES OF THE
MIDDLESEX COUNTY PUBLIC
HEALTH DEPARTMENT**

If You are interested in scheduling a program, or have any questions please call:

**MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT
HEALTH EDUCATION DIVISION
Tel: 732-745-8860
Fax: 732-745-8484**

OTHER PUBLIC HEALTH SERVICES

ADULT HEALTH SERVICES	732-745-3100
Influenza Immunizations	
Screening Clinics	
Senior Citizen Blood Pressure	
 CHILD HEALTH SERVICES	
Child Health Conference	732-745-3100
Childhood Immunization Program	732-745-4626
By Appointment Only	
Lead Poisoning Prevention	732-745-3100
School Health	732-745-3100
Special Child Health Services	732-745-3100
 COMMUNICABLE DISEASE CONTROL	732-745-3117
Tuberculosis Control	732-321-6550
 TOBACCO CONTROL	732-745-3100
 HIV CARE COORDINATOR	732-745-3100
 IMPROVED PREGNANCY OUTCOME	732-745-3100
Home visits for high-risk pregnant women and babies	
 MAIN OFFICE OF THE MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT	732-745-3100
 NURSING SERVICES	732-745-3100

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