

HEALTH EDUCATION NEWSLETTER

Welcome to our latest newsletter featuring new and revised health education resources.

June 2019



In this issue:

- Influenza
- Latest resources
- New and revised resources

Influenza

Influenza

This year we are moving to using the HealthEd resources rather than influenza-specific ones for post vaccination advice, immunisation during pregnancy and immunisation for older people.

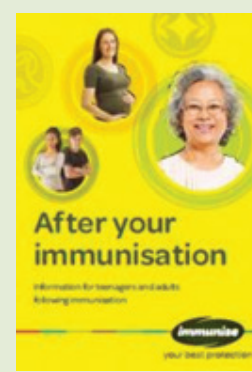
Please destroy old resources (shown to the right) and replace with the yellow HPA resources shown below.



IMAC1812

IMAC1703

- Immunisation during pregnancy (HE2503)
- Immunisation for Older People (HE2540)
- After your child is immunised (HE1504)
- After your immunisation for teenagers and adults (HE2505)



New mental health resources

A new booklet *There is a way through* (code HE2570), which advises how to recognise and seek help for stress, depression and anxiety, has been released by HPA, using the Māori framework of Te Whare Tapa Whā. This is very timely given the traumatic events of last month.

To help connect people with their local communities for specific or wider support the Mental Health Foundation has released a booklet *Helplines and local health services* which includes blank pages for you to fill in with any local helplines and personal supports. Download only from:

https://www.healthed.govt.nz/system/files/resource-files/HE2546_MHF%20Helplines.pdf

The Ministry of Health has also released the A4 sheets *Coping after a traumatic event* and *Advice on supporting your kids after a traumatic event*. Both can be downloaded:

<https://www.health.govt.nz/system/files/documents/pages/supporting-your-kids-after-a-traumatic-event-16mar2018-v2.pdf>

<https://www.health.govt.nz/system/files/documents/pages/coping-after-a-traumatic-event-16mar-2019-v2.pdf>



Translating for Pacific language resources: an organisational approach

Translating health and other resources into easy-to-read information and in Pasifika languages helps equip Pasifika people with the right knowledge to make important decisions. It can also enhance access to the right help, and support people to be more informed about their wellbeing.

The team at Le Va developed this as an internal document to help guide their work. Due to demand, they are now offering to share this information so that the public are aware of Le Va's process for translating material to Pacific languages, and also so that others may utilise their approach. A secondary gain is that we are contributing

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to the preservation of Pasifika languages, protecting and nurturing cultural traditions and identity for the future.

Le Va prioritises a simple-language, health literacy approach to all their resources. Their approach is aligned with the Ministry of Health guidelines and follow the World Health Organisation recommended processes for translating or adapting resources.



https://www.leva.co.nz/uploads/files/LV%20190121%20Translation%20guidelines_WEB2.pdf

NEW RESOURCES

Alcohol and drugs

Alcohol & drug resources now available in Samoan and Tongan languages. Suitable for all young people, 'Did You Know' is a series of comic strips developed with young people which contains expert facts about alcohol and other drugs. Use these factsheets to have an early conversation with young people – it could make all the difference.



How to help someone after they use synthetic cannabinoids — a wallet-size fold out card



Is it time to rethink your relationship with alcohol? — a wallet-size fold out card



Living Sober have produced 3 new A3 posters and wallet card.



Sunsmart

There are three new sunsmart posters available to order, targeted to a young adult audience with the theme 'dumb burn':

What's your look? Don't make it #dumbburn – Female

What's your look? Don't make it #dumbburn – Male

Working outside? Avoid #dumbburn



Skin Cancer in New Zealand infographic with ABCDE guide for melanoma on reverse.

Only available as a download:

<https://www.sunsmart.org.nz/sites/default/files/resources/2019-04/4.3%20SS102%20Skin%20Cancer%20Facts%20Infographic.pdf>



Physical activity

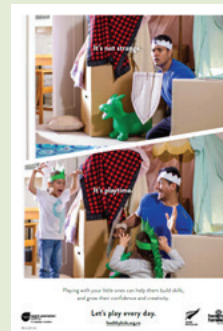
Let's play every day

There are three key messages for the campaign:

Play with your kids – it's fun and helps with their learning and development.

- Provide your kids with lots of opportunities to play, both alone and with others, indoors and outside, and in ways that move all of their bodies.
- Play doesn't need to be formal, structured or cost money.

The three new A3 posters (fort, bunny and beach) are available to order in English and Te Reo



Pregnancy

Sleep on side when baby's inside gives information to pregnant women about how sleeping on her side in her third trimester is proven to reduce the risk of stillbirth by half. Now available in Māori (HE2572), Samoan (HE2573), Tongan (HE2574) and Hindi (HE2575).



Please destroy old copies and order replacements

Cervical screening

*Cervical screening: What wahine need to know (HE1837), Cervical screening: What Pacific women need to know (HE1831), Cervical Smear Tests What Women need to Know Revised January 2019 (HE1256) and Understanding cervical screening results (HE4598) have been redesigned with the latest National Screening Unit branding and have had minor content changes. **The National Screening Unit is moving away from the term ‘smear test’ and towards using ‘screening test’.***



- HE1831 Cervical Screening What Pacific women need to know Revised March 2019 04/19
- HE1837 Cervical Screening What Wahine Need to Know Revised January 2019 02/19
- HE1202 Colposcopy: Information for women Revised December 2018 01//2019
- HE1256 Cervical Screening What women need to know Revised January 2019 02/19

BCG

BCG Vaccine (HE2204) was revised April 2019. Please destroy old copies and order updated versions.



Protect your unborn child

HE4172 Protect your unborn child tear off pad replaces Rubella & Women. Revised May 2017 04/19. Please destroy old copies.



Move your Butt June 2019

<https://bowelcancernz.org.nz/wp-content/uploads/2019/03/MYB-Follow-A4-Poster-FINAL.pdf>



For health education resources please contact:



Wendi Wolfen-Duvall, Health Education Resources Authorised Provider

Phone: 06 834 1815 ext 4162

Email: wendi.wolfen-duvall@hbdhb.govt.nz

Visit: Napier Health, 76 Wellesley Road, Napier

Hours: 7am-12pm Monday, Tuesday, Thursday & Friday

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