

## Easter Egg Portion Distortion

*After its popularity last year, we are updating and reprinting the revealing nutritional information on those tempting Easter treats.*

At Easter, you are faced with fancy packaged chocolate tempting you to spend more on high fat, high sugar foods. Some advice for chocolate consumption this Easter, is to shop wisely and watch the portion size. Chocolate should only be eaten in very small quantities as part of a balanced diet because it is high in mainly saturated fat. Below is a comparison of some Easter eggs available this year, and what they contain in terms of fat and sugar!



Easter Egg	Energy (kJ)	Fat (teaspoons)	Sugar (teaspoons)
Hollow Egg (1kg)	22400	60	146
Moro Bar Egg (265g) including 2 single Moro Bars	8176	19	55
Novelty Hollow Egg (360g)	8064	22	73
Novelty Hollow Egg (134g) including 2 small bars	2935	7 ½	16 ½
Crème Egg (40g)	762	1 ½	6 ½
Large Marshmallow Egg (40g)	630	¾	5 ¾
Regular Marshmallow Egg (25g)	392	½	3 ¾
Caramel Egg (11g)	224	½	1 ½

## 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](http://www.cph.co.nz)

### B4 School Check

Only the English version of the information pamphlet for parents (MED0011 or HP4690) is currently available. Te Reo Maori, Samoan, and Tongan versions will be rolled out in the near future, with the other language variants (e.g. Chinese, Arabic and Hindi) for Health Professionals only. Posters have also been produced in both A4 and A3 formats in English, Te Reo Maori, Samoan and Tongan, and these will be available over the coming weeks.



### HPV Resources

Limited quantities of the various language variants of the HPV pamphlet (e.g. Cambodian, Hindi) are now available for Health Professionals only. Post-vaccination and consent information can now be ordered in a variety of languages, by contacting us directly.

### Newborn Hearing Screening Programme

This Ministry initiative is currently being rolled out nationwide, with the following resources being freely available.

- CHH0039 Newborn Hearing Screening Pamphlet (HE1921) - shown
- CHH0040 Newborn Hearing Screening Results A5 Flyer (HE1922)
- CHH0043 Referral to Audiologist Pamphlet (HE1924)



### Other Resources

The Mental Health Foundation has a new resource, **Stress and how to handle it** (MNH0025), which focuses on workplace stress.



**My Cool Lunchbox** (SAF0017 - shown) is a new resource from NZFSA looks at lunchbox food safety.

### **HPV Cervical Cancer Vaccination Programme**

At present, we are only able to supply the information pamphlets, posters and post-vaccination resources. Consent forms should not be required within most of the CDHB area, where the vaccinations will be given by GPs.

**Free Health Resources. Supporting active and healthy lifestyles**

# Revised and Deleted Resources

The Ministry of Health have revised the two healthy eating booklets pregnant and breastfeeding women (NUT0016 and 0017 respectively), around allergies and food safety including mercury levels in fish.

Healthy Weight for Adults (NUT0036 - shown) is now finally available after a long revision process, with the main change being the use of a single Body Mass Index (BMI) scale across all ethnic groups.



We have also been evaluating the usage of our non-Ministry resources and some have consequently been deleted, including:

- ENH0005 There's a Change in the Air
- NUT0103 A Winning Diet

Please note that resources for use by Health Professionals are not able to be ordered online from the Community and Public Health website.

# Resources Not Currently Available

At present, it is unclear when the following resources currently under Ministry of Health revision will become available:



- CHH0017 Protect Your Child Poster
- CHH0038 Everyone Please - shown
- DRU0054 It's Cool, It's Stink
- DRU0141 Changing Smoking in Pregnancy
- MED0084 Rubella and Women
- MED0094 Protect Your Child Sticker

- SEH0003 You and Your Teenager
- WOH0029 Cervical Cancer Vaccine Factsheet

Recently added resources on physical activity and mental health (PHY0026 and 27) have an uncertain future, and are currently out of stock.

Due to a change in supplier, copies of **Breastfeeding Your Baby** (all variants) and **Breastfeeding and Working** (both variants) will be limited to a maximum of 20 per month effective immediately. SPARC resources are also limited, to a maximum of 10 copies per month. Visit the SPARC website to order larger quantities.

Visit us at [www.cph.co.nz](http://www.cph.co.nz)!

## Awareness Dates

### April

2	World Autism Day
3-5	Red Puppy Appeal
5	Daylight Saving Ends
7	World Health Day
25	ANZAC Day
27	Term Two Begins

### May

5	World Asthma Day
15	International Day of Families
19	World Hepatitis Day
22-24	World Vision 40 Hour Famine
23-29	Coeliac Awareness Week
23-31	Youth Week
31	World Smokefree Day

## Useful Websites

### Autism New Zealand

[www.autismnz.org.nz](http://www.autismnz.org.nz)

### Royal New Zealand Foundation for the Blind

[www.redpuppy.org.nz](http://www.redpuppy.org.nz)

### Asthma and Respiratory Foundation of NZ

[www.asthmanz.co.nz](http://www.asthmanz.co.nz)

### Hepatitis Foundation of NZ

[www.hepfoundation.org.nz](http://www.hepfoundation.org.nz)

### Coeliac Society

[www.coeliac.co.nz](http://www.coeliac.co.nz)

### Youthweek

[www.youthweek.co.nz](http://www.youthweek.co.nz)

### World Smokefree Day

[www.worldsmokefreeday.org.nz](http://www.worldsmokefreeday.org.nz)



**HAVE A SAFE AND HAPPY EASTER.**

**Remember to watch out for hazards, both in the supermarket (e.g. the Easter Egg aisle) and on the road!**

From the Community Health Information Centre (CHIC) Staff: Sue, Lesley, Claire and Sarah

**Free Health Resources. Supporting active and healthy lifestyles**