

Being SunSmart

Reference: NZ Cancer Society.

Being SunSmart in New Zealand is crucial. Our unique environment makes the population particularly vulnerable to damaging ultraviolet rays. Add to this the outdoor lifestyle of kiwis and some very fair skins and you have facts like:

- Skin cancer is the most common cancer in NZ
- NZ has one of the highest rates of skin cancer in the world
- Nearly 50,000 new skin cancers a year
- Over 300 deaths from skin cancer annually

Being SunSmart is as simple as remembering:

Slip, Slop, Slap and Wrap

SLIP – into a shirt and slip into some shade, especially between 11am and 4pm when the ultraviolet rays are the most fierce.

SLOP – on some sunscreen on skin not covered by clothes before going outdoors.

Choose a sunscreen that meets the Australian and New Zealand Standards AS/NZ52604 which is SPF30+broad-spectrum. Apply it liberally at least 15 minutes before going outdoors, and reapply 15 minutes after the first application to ensure complete coverage and also after physical activity, swimming or towel drying. Otherwise reapply every two hours to ensure protection.

SLAP – on a hat with a brim or a cap with flaps
More people get burned on the face and neck than any other part of the body.

WRAP – on a pair of sunglasses. Choose close fitting, wrap-around glasses that meet the Australian Standard AS1067.

For more information, visit these websites:

www.sunsmart.org.nz

www.sunsmartschools.co.nz



New Free Resources

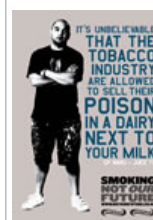
Please note that only Ministry of Health and C&PH resources can be viewed or ordered from our website: www.cph.co.nz

The Ministry of Health's National Screening Unit (NSU) late last year produced a new series of factsheets on benign breast conditions, and a position statement on Thermography (WOH0012) These resources will only be available for health professionals.



- WOH0015 Breast Calcifications (HE1813)
- WOH0016 Breast Pain (Mastalgia) (HE1814)
- WOH0028 Fibroadenoma (HE1811)

NZFSA have put out a new pocket-sized resource for pregnant women (SAF0010) to help decrease the risk of foodborne illness.

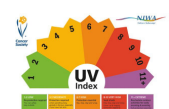


In late 2007, the Health Sponsorship Council launched the Not Our Future campaign around youth smoking behaviour, with the website www.notourfuture.co.nz, and a range of posters featuring NZ celebrities were released. Please quote us the celebrity featured when ordering. Shown is GP Waru (DRU0206).

HIV & AIDS: What are they? (SEH0010) is a new beginners guide booklet from the NZ Aids Foundation which covers transmission, testing and support.



The UV Index (UVI) is a measure of the level of Ultraviolet radiation at the Earth's surface. The higher the number, the greater the skin and eye damage, and people need protection from the sun when the UVI is 3 or above. During a Christchurch summer, the UVI ranges between 8 and 12, which is very high to extreme.



Resources Under Revision

Resources monitored by the National Screening Unit (NSU) have continued to be revised:

- My Health Affects My Family poster series
- WOH0051 Understanding Cervical Smear Test Results (HE4598)
- WOH0019 Cervical Smear Tests: What Women Need to Know (HE1256)

Several other resources are also on hold for review and these include:

- DRU0054 It's Cool It's Stink (HE6013)
- HIV Testing in Pregnancy poster series

- Meningitis is Serious pamphlet series

Several of the immunisation resources have been revised to support the Immunisation Schedule changes which come into effect from 1 June 2008. New resources are also planned.

- MED0168 Yr 7 Tetanus & Diphtheria... & Polio (HE1503)
- MED0145 Yr 7 Immunisation Post-vaccination letter (HE1312)
- MED0146 Yr 7 Immunisation Consent Form (HE1313)

More Resource Information



Eating for Healthy Pregnant Women (new code HE1805, was HE6002) and **Eating for Healthy Breastfeeding Women** (new code HE1806, was HE6003) have both been brought up to date, including changes to illustrations and design. These should be available by the end of February, with back orders given preference. We apologise for the extended delay in supplying these items.



Several Ministry of Health resources have recently been revised such as **When you drink so does your baby (DRU0021)** and **Lead and lead poisoning (SAF0011)**. Please check that you have the latest version: either Revised or Reprinted November 2007.

Visit us at www.cph.co.nz!

Awareness Dates

February

6	Waitangi Day
8-9	Coast to Coast
10-16	Heart Foundation Appeal Week
11-17	Epilepsy NZ Awareness
18-24	IHC Awareness Week
23-2/3	Bike Wise Week
23-18/3	Meningitis Trust Toddle Waddle
24-2/3	Muscular Dystrophy Bow Tie Appeal
27	Go By Bike Day

Our 2008 Awareness Calendar is now available!

Get a copy from CHIC or your local Fresh Choice Supermarket. Available for download from the Community and Public Health website.

Useful Websites

Heart Foundation

www.nhf.org.nz

Epilepsy New Zealand

www.epilepsy.org.nz

IHC

www.ihc.org.nz

Bikewise Week

www.bikewise.co.nz

Meningitis Trust

www.meningitis-trust.org.nz

Muscular Dystrophy NZ

www.mda.org.nz



Thank you to those who responded to our 2007 Early Childhood and School Survey. Your feedback has been invaluable to us, and we will be taking many of your suggestions onboard for further development.

Please don't hesitate to give us constructive feedback on the service we provide.

From the Community Health Information Centre (CHIC) Staff: Sue, Lesley and Claire
Free Health Resources. Supporting active and healthy lifestyles