

# Community Health Information Centre (CHIC) Newsletter

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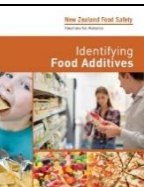

**Issue 116 – September 2020**

## New Resources

	<p><b>IMM0072 MMR Vaccine Consent Form</b> Form – HE2597</p> <p>MoH</p>
	<p><b>MAH0132 How to hand rub – Te Reo Māori</b> A4 Poster</p> <p>HSQC</p>
	<p><b>MED0272 How to hand rub</b> A4 Poster</p> <p>HSQC – Also available in Arabic, Traditional Chinese, Simplified Chinese, and Hindi</p>
	<p><b>MED0273 Face masks do's &amp; don'ts</b> A4 Poster – HP7433</p> <p>MoH</p>
	<p><b>MED0274 How to use a face mask safely</b> A4 Poster – HP7414</p> <p>MoH</p>
	<p><b>NUT0143 Behind the Hype: Sugar</b> Sheet</p> <p>HPA</p>

Order CHIC resources online from: [www.cph.co.nz/order-resources/](http://www.cph.co.nz/order-resources/)

View or order the new resources available from CHIC: [www.cph.co.nz/resource\\_list.php?mc=999](http://www.cph.co.nz/resource_list.php?mc=999)

	<p><b>NUT0144 Behind the Hype: Nutrition supplements in pregnancy and breastfeeding</b> Sheet</p> <p>HPA</p>
	<p><b>NUT0145 Behind the Hype: Plant-based milk alternatives</b> Sheet</p> <p>HPA</p>
	<p><b>NUT0146 Behind the Hype: Butter</b> Sheet</p> <p>HPA</p>
	<p><b>NUT0147 Behind the Hype: Milk for infants and toddlers</b> Sheet</p> <p>HPA</p>
	<p><b>NUT0148 Behind the Hype: Food and immune function</b> Sheet</p> <p>HPA</p>
	<p><b>NUT0149 Behind the Hype: Low-carbohydrate high-fat diets</b> Sheet</p> <p>HPA</p>
	<p><b>PAP0163 How to Hand Rub – Samoan</b> A4 Poster</p> <p>HSQC – Also available in Tongan (PAP0163A).</p>
<p><b>Revised Resources</b></p>	
	<p><b>NUT0009 Identifying Food Additives</b> Booklet</p> <p>MPI – Revised September 2020</p>
	<p><b>NUT0045 Ka Pai Kai: Easy steps to great lunches!</b> Leaflet</p> <p>CPH – Updated August 2020</p>

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	<p><b>NUT0075 Behind the Hype: Salt</b> Sheet</p> <p>HPA – Revised June 2019</p>
	<p><b>NUT0078 Behind the hype: Carbohydrates</b> Sheet</p> <p>HPA – Revised June 2019</p>
	<p><b>NUT0079 Behind the hype: Sports Drinks</b> Sheet</p> <p>HPA – Revised June 2019</p>
	<p><b>NUT0080 Behind the hype: Coconut Oil</b> Sheet</p> <p>HPA – Revised June 2019</p>
	<p><b>NUT0089 Behind the hype: High protein supplements</b> Sheet</p> <p>HPA – Revised June 2019</p>
	<p><b>NUT0090 Behind the hype: Sweeteners</b> Sheet</p> <p>HPA – Revised June 2019</p>
	<p><b>NUT0102 Behind the hype: Caffeine</b> Sheet</p> <p>HPA – Revised June 2019</p>
	<p><b>NUT0109 Behind the hype: Weight loss diets</b> Sheet</p> <p>HPA – Revised June 2019</p>
	<p><b>NUT0110 Behind the hype: Lite vs Light Claims</b> Sheet</p> <p>HPA – Revised June 2019</p>

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	<p><b>NUT0119 Behind the hype: Energy Drinks</b> Sheet</p> <p>HPA – Revised November 2019</p>
<p><b>Deleted Resources – No longer available to order</b></p>	
	<p><b>MNH0244 He Waka Eke Noa: Arabic</b> A4 Poster Set</p> <p>All Right?</p>
	<p><b>NUT0107 Behind the hype: Using health stars to choose healthier packaged food</b> Sheet</p> <p>HPA</p>
	<p><b>OLP0011 Live Stronger: Love your independence</b> Book</p> <p>ACC</p>
	<p><b>SAF0071 Poisons around the home</b> A3 Poster – HE1121</p> <p>MoH</p>

**Awareness Dates**

**Useful Websites**

**October**

**Whiringa-ā-nuku**

Health Literacy Month

[www.healthliteracymonth.org](http://www.healthliteracymonth.org)

Breast Cancer Awareness Month

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

**1** International Day for Older Persons

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

**10** World Mental Health Day

[www.who.int/campaigns/world-mental-health-day](http://www.who.int/campaigns/world-mental-health-day)

**12** World Arthritis Day

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

**15** World Hand Washing Day

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

**20** World Osteoporosis Day

[osteoporosis.org.nz](http://osteoporosis.org.nz)

*CHIC may not stock resources for featured awareness days.*

Find the latest editions of the Healthy Nibbles series online: [www.cph.co.nz/your-health/healthy-nibbles/](http://www.cph.co.nz/your-health/healthy-nibbles/)

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# STOCKLIST

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The latest version is now current until **October 2020**.  
Order a copy by fax or email or download from our website.

*From the Community Health Information Centre (CHIC) Staff  
Free Health Resources. Supporting active and healthy lifestyles.*

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