



Community Health Information Centre (CHIC) Newsletter

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Issue 151 - November 2023

	ISSUE 151 - NOVEMBER 2023		
New Resources			
	MAH0018 My pēpi is Māori and will be smokefree		
in 1/2 /	Pamphlet – HE8035		
My pipiis	Reintroduced resource		
Maori we was smokefree	Te Whatu Ora – Revised August 2023		
1.502	OLP0020 Strength, balance and a good yarn		
STRENGTH	A3 Poster		
BALANCE			
GOOD YARN			
The second secon	ACC		
I QUIT	SMF0019 I quit smoking for baby and me		
BABY AND ME	Booklet – HE2473		
	Reintroduced resource		
Continue Control Alla Control Alla	Te Whatu Ora – Revised August 2023		
	WOH0161 Breastmilk is superfood		
Ko Te Wal II to fino kai	A2 Poster		
	Actual title: Ko te wai ū te tino kai.		
	NZBA		
the up term of a Vary 900 and 5000 pilot per days the "Valua" because of a freely in Section 2016 freely in	WOH0161A During breastfeeding you and your pēpi produce the aroha hormone, oxytocin		
	A2 Poster		
	AZ I OSICI		
Total Control of the	NZBA		
Ko te wai ii	WOH0161B Human milk is superfood		
and the state of t	A2 Poster		
The same			
	Actual title: Ko te wai ū te tino kai.		
	NZBA WOH0161C Baby Feeding Cues		
Baby Feeding Cues	A2 Poster		
ASSIA			
	NZBA		

Revised Resources			
	CHH0004 Well Child Tamariki Ora My Health Book		
	Book – HE7012		
My Health Book			
	Te Whatu Ora – Revised June 2023		
Danger Signs Subjant Chief Relations	CHH0005 Danger Signs: Baby and child sickness		
Section of the control of the contro	Flyer – HE4240		
The state of the s			
Annual Control of the	Te Whatu Ora – Revised May 2023		
	CHH0009 Your Newborn Baby's Blood Test		
Your newborn boby's blood fest	Booklet – HE2310		
-13	BOOKIET TILLSTO		
Training fragients	Te Whatu Ora – Revised October 2023		
	DRU0064 Is your drinking okay?		
Is your drinking	Booklet – AL591		
displied and year health.			
Subdivisions	Te Whatu Ora – Revised September 2023		
Cutting	DRU0065 Cutting down Booklet – AL592		
down seeding and your health	BOOKIEL – AL392		
di.A.			
ANIA P 3	Te Whatu Ora – Revised September 2023		
	DRU0099 Stopping drinking		
Stopping drinking	Booklet – AL593		
Absoluted group grounds			
A Pi			
To white or class	Te Whatu Ora – Revised September 2023		
Maintaining	DRU0100 Maintaining the change		
Maintaining the change Alternational grow treatm	Booklet – AL594		
45 A			
AND A	Te Whatu Ora – Revised September 2023		
Immunise	IMM0013 Immunise against HPV Consent Form		
against HPV	Form – HE2044		
0000000	Te Whatu Ora – Revised June 2023		
	MAH0118 What is Syphilis? – Te Reo Maori		
te aka terri mea te pakewakewa?	Pamphlet – HE2577		
On facilities to beginning even to find at detail evaluation of the contract to find the contract on the to find the contract on the total contract on the total contract on the t			
	Te Whatu Ora – Revised June 2023		
HIGH BLOOD	MED0156 High blood pressure is the leading risk factor for stroke		
PRESSURE IS THE LEADING RISK FACTOR FOR STROKE	A3 Poster		
A penings cleans, to a galax, with simple step yield cast take to world steelige			
11	Previously titled "Arm yourself against stroke!"		
STROKE ************************************	Stroke Foundation – Revised for 2023		

肠道筛查	MED0261A National Bowel Screening Programme – Simplified Chinese
NOT THE STATE OF T	Flyer – HP6823
7 8E	
	Te Whatu Ora – Revised October 2023
	MED0277 All about bowel screening
All about howel screening	Pamphlet – HE2615
A 3 9 .	
16 mm	To Milesty, Ore - Positional Lynn 2022
	Te Whatu Ora – Revised June 2023
BREMERST MADE EAST I PRANKETER HEI	NUT0062 Breakfast made easy Sheet
Management of the second of th	Sileet
	Previously titled "Healthy breakfasts made easy".
* E * * * * E	Te Mana Ora – Revised September 2023
Bee Baster Food Song	SAF0117 Food safety when you have low immunity
Final safety what you have low immunity	Booklet
	Boomer
- Total 186	MPI – Revised August 2022
	SEH0087 What is Syphilis?
syphilis?	Pamphlet – HE2576
the first-state of the control of a control of the	
	Te Whatu Ora – Revised June 2023
Deleted Res	ources – No longer in print or being supplied
Implies their Residence campag and the	CHH0003 Gastroesophageal Reflux
	Pamphlet
Edg. Not of	
8	
	Gastric Reflux Support Network NZ
	MAH0099 Simple steps to healthier eating – Te Reo Māori
kia kaha te kai	Flyer
rga hua whorus me nga hua raksu kia ahusa msi te kai	
	Heart Foundation
	NUT0077 Simple steps to healthier eating
eat most	Flyer
est some	
translator acting	Heart Foundation
	NUT0142 Water is the best choice any time, any place, any activity
Water is the best choice service. Les jains, wy actify	A4 Poster
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	MNH0241H He waka eke noa postcards – Samoan
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Water O	
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Awareness Dates	Useful Websites
December Hakihea	
1 World AIDS Day	www.nzaf.org.nz
3 International Day of Disabled Persons	www.dpa.org.nz
20 World Human Rights Day	www.un.org/en/observances/human-rights-day
18 International Migrants Day	www.un.org/en/events/migrantsday
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

STOCKLIST

The latest version is now current until January 2024.

Download a copy of the latest version from our website or order a printed copy by email.

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