Health
Education
Lending
Library
Catalog
BROCHURES

We have a wide variety of brochures in the Health Education Library. Here are the categories that we have available:

- Alcohol
- Allergies
- Alaska Boater’s Safety (handbook)
- Blood Pressure
- Cancer
- Cholesterol
- Depression
- Diabetes
- Domestic Violence
- Drugs
- Eating Disorders
- Elder Health
- Exercise
- Family Health Care (Handbook) All ages.
- Grief
- Heart Disease
- Immunizations
- Nutrition
- 5 a Day
- Parenting
- Pregnancy
- Prescription Drug Abuse
- Safety
- Self Cutting
- Sexually Transmitted Diseases (STD's)
- Sex Education
- Stroke
- Weight Control
DVDS

AIDS/STDs

(AS-148) “Breaking the Silence” 30 Minutes: General Audience
This DVD (Breaking the Silence Strengthening the Spirit community HIV Prevention) was produced by the Alaska Native Health Board in collaboration with the National Native DVD

(AS-149) RurAL CAP Community Voices Project. 2009 HIV/STD Prevention Digital Stories
Useful stories for promoting health choices in your community.
 DVD

(AS-150)- “HIV/ AIDS It’s up to you.” Designed for teens, this CD provides information about risks, symptoms, transmitting factors, prevention, and treatment of HIV/AIDS. This program includes solid information reviewed for scientific accuracy by experts in the field. Macintosh/Windows – CD Rom

 DVD

(AS-152)- “Digital Stories Sexual Health and Injury Prevention”

Useful stories for promoting health choices in your community.
 DVD
ALCOHOL/DRUG ABUSE

(ADA-201) **Physical Effects of Alcohol**” 20 Minutes: Adults/Youth
This title summarizes research that shows how alcohol effects the entire body, both immediately and long-term. Issues such as pregnancy, fetal alcohol syndrome, cirrhosis, cancer and heart disease are also discussed.

**DVD**

(ADA-203) **“DUI — Dead in 5 Seconds”** 18 Minutes: Teens
A realistic portrayal of drinking and its effects. A moving video that shows that drunk driving accidents are preventable.

**DVD**

(ADA-204) **“Alcohol and Drug Free Teens”** 32 Minutes: Teens
In this program real teenagers describe the world of alcohol and drugs that surrounds them and the hard choices they have to make. Viewers hear from teens that have actually experienced the physical, emotional, social, and academic consequences of abusing alcohol and drugs. Many have opted to choose a drug-free life, and their “success” stories clearly demonstrate the benefits of that choice. Teens focus on the “anti-drugs” in their lives: sports, music, family, achieving academic excellence, and setting goals for the future.

**DVD**

(ADA-206) **“Downfall”** *Recommended for a mature audience*
Thrust back into the life he thought he’d abandoned forever, Lance Summer is torn between his new life and his drug influenced past, the latter which could prove his... **Downfall**. The new Independent movie dealing with Methamphetamine abuse, addiction and recovery. A Hudson pro film.

**DVD**

(ADA-212) **“Be Who You Are: Wellness From Within”** 43 Minutes: General Audience
We have come through a period of rapid cultural change. Alcoholism, suicide, and unhealthy choices endanger and take the lives of our people. Yet among us are many who, despite the turmoil, lead healthy, productive lives. This video introduces us to eight people from our region who were recognized as role models of healthy living in their communities. They tell us their stories and how, despite hard times, they stay on a healthy path.

**DVD**
“The Meth Epidemic” 60 Minutes: General Audience
Speed. Meth. Glass. One the street, methamphetamine has many names. What started as a fad among motorcycle gangs in the 1970s has become big business, largely due to the efforts of two Mexican drug runners who began smuggling ephedrine – the same chemical used to make over-the-counter cold remedies – into California by the ton. FRONTLINE, in a reporting partnership with The Oregonian, investigates America’s addition to meth and exposes the inherent conflict between the illegal drug trade and the legitimate three-billion-dollar cold remedy business. DVD

“20/20 Drinking: Are You In Control?” General Audience
Dr. Nancy Snyderman examines beliefs and theories about drinking. Is alcoholism a disease or a behavior? When should it be treated with abstinence or moderation? 2000 DVD

“The Truth About Drugs (School Version)” 35 minutes: General Audience
Every twenty-four hours, 3,500 teens will try illegal drugs for the first time. Today, four million Americans currently use drugs, and it is painfully clear that “Just Saying No” is not enough. This is a powerful program that graphically demonstrates the direct physical effects and dangers of drug use, but also deals with the indirect dangers. DVD

“Reality Matters: Under the Influence” 25 Minutes: General Audience
No big deal. That’s what many kids and even some parents think about alcohol. It's everywhere: in commercials, on billboards, in clubs and restaurants, in our homes. But disturbing new research from the American Medical Association finds that alcohol permanently shrinks the part of a teenager's brain that controls memory and learning. This program will focus on the deadly decisions that alcohol can often lead to. DVD

“Forever Changed” 35 Minutes: General Audience
Have you ever gotten behind the wheel of your car after drinking alcohol? Did you ever tell yourself that you were fine to drive after drinking and that accidents only happened to “other people”? Tom Melin always referred to himself as a professional drunk driver. He began driving under the influence of alcohol at the age of 16 and never thought twice about the consequences until his life was forever changed. DVD
(ADA-273) **“Freedom from Alcohol” General Audience**
This video takes on the topic of alcoholism and its destructive influence on our families. What are the consequences of alcohol use? What are the costs? What is alcoholism? Why is alcohol so destructive among Native People? This episode of Native New Health will provide you with the tools you need to help overcome alcohol abuse and its effects.

**DVD**

(ADA-276) **“This is Your Brain on Alcohol” Grades 5-9**
High school students present to middle school students some on studies that show how the brain is a complex organ that builds its basic capacities and potential for the future during adolescent years. Alcohol use during this time has a major impact because it disrupts the growing brain's plasticity (encoding and programming process), which in turn impairs its response to stimuli essential to learning and memory. The message is clear: Alcohol use is not healthy and not cool; most kids do not use it; and those who do risk irreversible damage to their developing brains. Includes Resource Guidebook.

(ADA-277) **“Substance Abuse & Addiction” 27 Minutes: General Audience**
This collection of 18 video clips takes a close look at alcohol and tobacco and at addiction. Video clips include: fruit files & alcohol, booze-free brains, buzzed brain, fetal alcohol damage, alcohol & advertising, student drinking, teen drinking, smoking damage, smoking receptor, smoking stress & gender, smoking & fertility, smoking & ethnicity, riddle of addiction, why coffee works, caffeine withdrawal, teens & steroids, meth & the brain.

**DVD**

(ADA-278) **“Substance Abuse Education” Binge Drinking: Facts and Consequences. Grades 6th and up. 26 minutes.** In this program real teens share their reasons for drinking and the consequences of their behavior. 2003

**DVD**
(CE-310) "Weaving Breast Health Into Our Lives" CHA/P--2005
Learn how you can decrease your cancer risk, find breast cancer early when it can
be best treated, and live a healthier life! After using this CD-ROM, earn two CHA/P
credits by taking the CME quiz. This program includes CHA/P Breast Health
curriculum topics.
DVD

(CE-311) "Winds of Hope" CHA/P--2003
A CME program on cancer education, detection and prevention. Learn how to
prevent cancer, decrease risk, detect early and live healthier. CME quiz for CHA/P
includes curriculum for Session Four training.
DVD

(CE-312) "Staying Strong, Staying Healthy" 2006
Alaska Native Men Speak Out about Cancer. 26.57 minutes.

(GH-985) "The Story Basket" (2006) 29 Minutes: General Audience
Woven together in ‘The Story Basket’ are thee important choices women make to
find breast cancer early when it can be best treated. We see a clinical breast exam,
a mammogram and an Alaska Native woman doing a good self breast exam using
the vertical pattern and three levels of touch. Women talk about breast cancer.
DVD

(GH-1018) "The Truth About Cancer" 116 Minutes: General Audience
Told in the first person by award-winning filmmaker Linda Garmon, The Truth About
Cancer shares the personal story of her own husband’s battle with cancer. Garmon
returns to the same hospitals and institutions where her husband was treated to
chronicle the lives of patients, doctors and researchers who are united in the hope
for a cancer break-through. Part science, part personal catharsis, part character-
driven storytelling, this powerful documentary will uncover the truth about cancer
and tell us where we stand in fighting this decades-old war.
DVD

(CE-313) "From The Inside" 18 Minutes: General Audience
Recruitment video made by the University of Alaska Southeast for the Community
Wellness Advocate program they offer. The CWA program teaches students to
successfully implement health promotion and health education activities in their
community. DVD
DENTAL HEALTH

(DH-425) “Dudley Goes to Camp Brush and Floss” 6 Minutes: General Audience
Dudley's cousin Dean comes to visit and accompanies Dudley and pals to Camp Gitchy Goomy in this 6-minute video. Along the way, kids learn about proper brushing and flossing techniques, mouth-guards, and the importance of soft-bristle toothbrushes.

DIABETES

(DI-517) “Understanding Diabetes” General Audience
This video introduces the topic of diabetes and provides an overview of this dreaded disease. What is diabetes? Why does it occur? What is the impact of diabetes in your life and amongst Native Peoples? In order to manage this problem it is important to first understand diabetes. This episode of Native New Health, through simple language, sound medical information and hand drawn art will help you clearly understand diabetes.

(DI-518) “Managing Diabetes” General Audience
This video address the health-related challenges that diabetes brings to individuals and clearly describes what you can do to manage it. This episode of Native New Health will give you some easy to follow activities, practical dietary tips, simple exercises and sound medical facts that will help you manage this epidemic.

(DI-519) “Health Clips for the waiting room” Diabetes Edition has been specifically designed to show in waiting area. It contains 31 individual video segments interspersed with 10 health facts. The content focuses on diabetes self-management and healthy lifestyle behaviors. 2011 Milner-Fenwick 1hr. 51 min. DVD
DOMESTIC VIOLENCE

A story of adult sexual assault in rural Alaska. The events portrayed in this movie are played out everyday in rural Alaska and indeed many rural places across the country and around the world. Many victims feel they have no place to turn for safety and no one to talk to after they have been assaulted. Made by SAFE and Fear Free Environment.
DVD

(DV-2006) “First Impressions”...
Exposure to violence and a child’s developing Brain. 2008
DVD

(DV-2007) “Something My Father Would Do”
Overcoming Legacies of family violence. 15min. Shows the stories of three men who grew up with abusive fathers and had to grapple with their own choices as intimate partners and fathers.

(DV-2008) “Screen to End Abuse”
A domestic violence training/information video for healthcare providers. Produced by the Family Violence Prevention Fund. 32 min. 2003
DVD

(DV- 2009) “Making the Connection”
DVD

(DV-2010) “Hidden Victims: Children of Domestic Violence”
School Version. Grades 2-12, Adult. This program explores the devastating effects which domestic violence has on children. Graphic profiles of four families afflicted by domestic violence reveal the traumatic impact of these experiences- during childhood and later on in life. 30 minutes
DVD
FAMILY LIFE EDUCATION

(FLE-745) “Alcohol” 20 Minutes: Grades 8-12
The effects of alcohol, the risks involved with alcohol, alcohol use & peer pressure, long term health risks involved with alcohol, parts of the body responsible for breaking down alcohol, alcohol abuse & dependency, warning signs of dependency & organizations to help stop alcohol abuse.

(FLE-746) “Bill of Rights at School” 19 Minutes: Grades 8-12
Student’s right & weapons & the police on campus, Tinker Test, freedom of expression, teacher’s protection under law, school restrictions on freedom of expression, where to turn if students suspect their rights are violated.

(FLE-747) “Bullies & Harassment on Campus” 21 Minutes: Grades 8-12
Does bullying exist? Student harassment, how to deal with a bully, the law & it’s relevance, school rules, how to stand up for yourself & where to turn for help.

(FLE-748) “Drugs” 24 Minutes: Grades 8-12
The dangers of drug use, peer pressure & drugs, stimulant drugs & depressant drugs, addiction, physical & mental addiction, prescription drugs, the side effects of dangerous drugs, where to turn for help.

(FLE-749) “Eating Disorders” 22 Minutes: Grades 8-12
Why appearance is important, difference between anorexia & bulimia, why eating disorders are dangerous, what to do if you suspect an eating disorder, why diet pills and fads are dangerous, good nutrition for teens, where to turn for help.

(FLE-750) “Lessons of Love” 21 Minutes: Grades 8-12
How to define a “date”, choosing your date, what to do before the date, dating outside of one’s “circle”, emotions & dating, the first date, intimacy, dating options, safety & dating, dating & life’s lessons.

(FLE-751) “Peer Pressure” 21 Minutes: Grades 8-12
The positive/negative effects of peer pressure, how to avoid negative peer pressure, where do most peer pressure situations occur, where to turn for help.

(FLE-752) “Racial Tension on Campus” 20 Minutes: Grades 8-12
Racial cliques, racism on campus, how to diffuse tension, avoiding racism in life, accept other languages, importance of honesty.

(FLE-753) “Smoking” 23 Minutes: Grades 8-12
Why teens smoke, health risks, smoking & peer pressure, dealing with peer pressure, chemicals in cigarettes, addictions, tobacco products, resources to help quit smoking.
(FLE-754) “Stress” 20 Minutes: Grades 8-12
Sources of stress, how to reduce academic stress, pressure to “fit in”, why it’s important to accept yourself, reducing dating stress, what to do if there’s problems at home, solutions to stress.

(FLE-755)“The Dark Side of Dating” 19 Minutes: Grades 8-12
Why gossip is a problem, refusal skills & dating, respect & relationships, risks of sexual intimacy, dangers of drugs & alcohol, date-rape drugs, making dating a positive & safe experience.

(FLE-756) “Teens & the Law” 24 Minutes: Grades 8-12
Student’s rights on and off campus, school resource officer, avoiding trouble with the law, local & federal laws, common punishments for breaking the law, juvenile hall, role of the police, probation.

(FLE-757) “Teen Anger” 20 Minutes: Grades 8-12
Identifying anger, why anger is destructive, common sources of anger in teens, how to let out anger, anger & home life, anger on campus, violence & anger, expressing emotions in a positive way.

(FLE-758) “Teen Depression” 21 Minutes: Grades 8-12
Defining depression, warning signs, roots of depression, depression & home life, self-medication, self-destructive choices, getting help, teen suicide.

(FLE-759) “Weapons & Violence” 22 Minutes: Grades 8-12
Weapons on campus, safe learning environment, fighting & school penalties, anger & violence, how to avoid a fight, where to turn if threatened, punishment for weapons on campus and fighting on campus, anger management & peer-counseling, where to turn with an anger issue, programs available to help teens.

(FLE-760) “Adolescence and Puberty” Grades 9-12. Women Health. Defines puberty and describes some of the physical changes that a female experiences during puberty. Provides suggestions for parents about discipline, dating, and educating their child about sex. NOTE: Please preview before showing this program to students. 42 minutes. 2009 DVD
FETAL ALCOHOL SYNDROME

A clear, hopeful and practical outline of suggestions for helping alcohol affected children. It is beautifully supportive of caregivers and clearly cherishes the children in the process.
DVD

(FAS-102) “Students Like Me” 39 minutes: Teachers of FAS students
Describes classroom intervention strategies that have been found to best support children with FAS.
DVD

(FAS-103) “NO Safe Amount: Women, Alcohol and Fetal Alcohol Syndrome”
Interviews with real teens who have experimented with alcohol, animated sequences demonstrating how a growing fetus is affected by alcohol use inside the womb, plus an up-close and personal look at a young woman growing up afflicted with FAS. The biology of alcohol addiction and the link to permanent brain damage. 18 minutes. 2008
DVD

FITNESS

(FT-2999) “Amira’s Bellydance 101” 1hr. 20min.
Amira’s Bellydance 101 unveils the mesmerizing beauty and art of Middle Eastern Dance, and empowers you to celebrate your womanhood.

(FT)-2998- “Belly Dance for Beginners” 30min.
Have fun and feel great, increase tone and reduce stress, with 12 easy to follow routines.

(FT-3000) “Be Bone Wise - Exercise” 33 Minutes: General Audience
Congratulations on taking the first steps toward better bone health, flexibility and balance. John Lisa Hoffman, MA, as she leads you in this exercise the official weight-bearing and strength-training exercise video of the National Osteoporosis Foundation.
(FT-3001) **Leslie Sansone “Walk Away the Pounds”**
This DVD will show you all the basics for a brisk, upbeat walk, from perfect posture to using weights. This gentle and effective form of exercise will help you tone your legs, buns, and abs, condition your heart, speed up your metabolism and help fight aging! Four different segments of challenging and renewing exercise.

(FT-3002) **Leslie Sansone “Walk at Home”**
Lose weight and get fit with this workout created by renowned fitness expert Leslie Sansone. Mile Markers let you choose 1 mile, 2 mile, 3 mile, 4 mile or 5 mile walks!

(FT-3003) **Leslie Sansone “Walk at Home 5 Day Slim Down”**

(FT-3005) **“W.E. C.A.N.!”** 8 Minutes: General Audience
*We Can!*™ stands for Ways to Enhance Children’s Activity & Nutrition. *We Can!* is a national education program designed for parents and caregivers to help children 8-13 years old stay at a healthy weight. Parents and caregivers are the primary influencers for this age group. *We Can!* offers parents and families tips and fun activities to encourage healthy eating, increase physical activity and reduce sedentary or screen time.

(FT-3017) **“Elmocise”** 30 Minutes: General Audience
Come along at “Elmo’s Exercise Camp” a fun filled place where kids and Sesame Street muppets bend, stretch and hop their way to feeling good. There’s plenty of fun including a “workout in a chair”. Even host Monty becomes a big fan of exercising once he realizes how great it feels to be fit and strong and what fun it can be getting there...so will you!

**DVD**

(FT-3018) **“Food, Water & Exercise!”** 50 Minutes: General Audience
Join Elmo as he explores why food, eater and exercise are essential parts of our life! An apple talks about his family tree, Elmo scuba dives to depths unknown, and you can even join in the exercise by groovin’ to the Bunny Hop! With Elmo, your preschooler can learn about foods from around the world, dip into deep water and stay healthy and strong with exercise!

**DVD**
(FT-3019) **“Happy Healthy Monsters”** 45 Minutes: General Audience
It’s a fun filled, get-up-and-move fitness extravaganza! Grover is hosting his very own exercise show “Fuzzy, Blue and Healthy, Too” on the “Happy Healthy Monsters” TV network. Kids join Elmo and Zoe as they watch Grover and friends jump into shape by learning the importance of eating healthy snacks, moving your body, and getting plenty of rest. With the help of celebrity guest stars Andy Richter, Fred Willard, as the network announcer, and music superstars Wyclef Jean and India.Arie, Happy Healthy Monsters is the ultimate tool for helping kids be healthy while having fun!

**DVD**

(FT-3020) **“Island Girl Dance Fitness Workout For Beginners-Cardio Hula/Hula Abs and Buns” (2 Disk Set)** Approx. 40 Minutes/Program
Hula is a graceful Hawaiian tradition that combines hip movements, footwork, and hand motions to speed up your metabolism and target tone your entire body. These DVDs were recorded in Hawaii, taught by Kili and produced by Naturaljourneys.

1) On the **“Cardio Hula”** disk, you will master 6 basic hula steps: kaholo, hela, double hela, uwehe, lele‘uwhehe, and ka‘o. Kili combines these steps with traditional aerobic steps to create her innovative and enjoyable Cardio Hula!

2) On the **“Hula Abs and Buns”** disk, Kili combines traditional hula with fitness moves. You will master 8 basic hula steps: kaholo, hela, double hela, kawelu, kao, ku‘I, kalakaua and ‘ami. This dynamic combination delivers amazing results as you dance your way to a slim, toned body with hula Abs & Buns.

(FT-3021) **“Island Girl Dance Fitness Workout For Beginners-Tahitian Cardio/Hula Abs and Buns” (2 Disk Set)** Approx. 40 Minutes/Program
Tahitian dance is the most sensual of the South Pacific, and Kili revels how it is also an energizing workout. These DVDs were recorded in Hawaii, taught by Kili and produced by Naturaljourneys.

1) On the **“Tahitian Cardio”** disk, Kili demonstrates her workout, designed to specifically target and tone legs, buns and abs. You will learn three basic Tahitian moves: ‘ami, figure 8, and Tahitian bump. Combined with fitness steps, these moves offer an innovative and creative Tahitian Cardio workout to help you lose weight and shape the entire body!

2) On the **“Tahitian Hip Hop”** disk, Kili combines the art form of Tahitian dance with her favorite hip hop moves. You will learn 6 basic Tahitian moves: ‘ami, figure 8, bump, flower, shimmy, and fa‘arapu. These steps are designated to keep the hips moving quickly while the upper body stays strong and engaged. The result is a challenging and enjoyable dance fitness experience designed to help you stay slim and toned.
(FT-3022) **Jillian Michaels “30 Day Shred”** 3 Complete 20 Minute Workouts
Jillian Michaels is TV's toughest trainer, but she is committed to getting big results. Jillian will guide you through her exclusive 3-2-1 Interval System that combines strength, cardio and abs to blast through calories for a dramatic 30 Day Shred. The DVD has 3 complete 20-minute workouts which progress by level of intensity. *Start with Level 1 and advance through Level 3- in no time you’ll achieve a lean, shredded body.

(FT-3023) **Jillian Michaels “No More Trouble Zones”** Approx. 58 Minutes
Jillian Michaels will help you tackle stubborn problem areas with her surefire circuit training formula that combines upper- and lower-body sculpting moves to obliterate fat even faster! Say goodbye to saddlebags, muffin tops and wobbly arms with this heart-pounding, 40-minute circuit training workout!

(FT-3024) **Jillian Michaels “Banish Fat Boost Metabolism”** Approx. 57 Minutes
Fire up your metabolism with Jillian Michaels, and lose big with her fierce formla that adds strength and ab moves to dynamic cardio for increased fat loss. This 40-minute circuit workout blasts your heart rate with challenging intervals to turn up the burn and melt off the pounds. Whether you’re just getting started, or ready for a hard-core workout!

(FT-3025) **Jillian Michaels “For Beginners”** Approx. 97 Minutes
12 Fun interval training circuits for an amazing total body transformation! Jillian Michaels will take you through beginner circuits of cardio and strength exercises that will help melt away the pounds and build muscle. The **FRONTSIDE** workout focuses on the muscles in your chest, shoulders, triceps, abdomen, and quadriceps. The **BACKSIDE** workout targets your back, buns, hamstrings, and biceps. Former contestants from “The Biggest Loser”- Kimmi Dove, Shane Giles and Pete Thomas- will join you as they workout along with you and provide limitless motivation with their inspirational interviews!
GENERAL HEALTH

(GH-900) **“Coma”** 102 Minutes: General Audience
What is a coma? What is a “vegetable state”? What is the possibility for consciousness after emerging from a comatose state? What, in the end, makes life worth living? These are the questions posed in the HBO documentary *Coma.* This film explores the mystery of a coma and traumatic brain injury. It is estimated that traumatic brain injury affects more Americans each year than breast cancer, multiple sclerosis, HIV/AIDS and spinal cord injury combined. This video focuses on 4 stories of patients - following them over the course of one year, the critical window for recovery.

DVD

(GH-902) **“Austistic Children”** 15 Minutes: General Audience
Marc and Sophia Augier were overjoyed when their dream of a big family quickly became a reality with the birth of son Marcel and, little more than a year later, twin boys Christophe and Henri. Yet that dream turned into a nightmare when they found out that all three babies suffered from autism. This mysterious and complex developmental brain disorder which affects as many as one in 166 children has no known cause or cure.

DVD

(GH-903) **“SiCKO”** 123 Minutes: General Audience
Academy Award winning filmmaker Michael Moore returns with this hilariously scathing indictment of America’s failing health system. Combining powerful personal testimonies with shocking statistics, Moore pulls the curtain back on the greedy HMO’s, drug companies and congressmen who keep us ill. Traveling to Canada, England, France and Cuba - where free universal health care is the norm - he forces the question: Why can't this happen to the US? Timely and touching, “*SiCKO* is the most broadly appealing of Mr. Moore's movies. It is also the funniest.”

DVD

(GH-904) **“Thin”** 102 Minutes: General Audience
The HBO documentary film *Thin* takes us inside the walls of Renfrew Center, a residential facility for the treatment of women with eating disorders, closely following four young women (ages 15-30) who have spent much of their lives Starving themselves - often to the verge of death. The film deftly chronicles the Pervasiveness of disordered eating behaviors, as well as the failure of our current health insurance industry to address its clients’ needs, while never shifting focuses from the women themselves.

DVD
(GH-905) “Colon Cancer: Prevention & Treatment” 30 Minutes: General Audience
A Powerful Series which provides a base of knowledge on a variety of health related topics, combining scientific & clinical data with poignant stories and developed through real life experiences of physicians and their patients. Series content includes timely, topical, accurate information necessary for making informed choices so patients and families can work collaboratively with their doctors making them better prepared to be a partner in their own care.
DVD

(GH-907) “Heart Disease” 30 Minutes: General Audience
A Powerful Series which provides a base of knowledge on a variety of health related topics, combining scientific & clinical data with poignant stories and developed through real life experiences of physicians and their patients. Series content includes timely, topical, accurate information necessary for making informed choices so patients and families can work collaboratively with their doctors making them better prepared to be a partner in their own care.
DVD

(GH-908) “Living Old” 60 Minutes: General Audience
With 35 million people in America now age sixty-five and older, “the old old” – those over 85 – are now considered the fastest growing segment of the U.S. population. While medical advances have enabled an unprecedented number of Americans to live longer and healthier lives, this new longevity has also had unintended consequences. For millions of Americans, living longer also means serious chronic illness and a protracted physical decline that can require an immense amount of care, often for years and sometimes caregivers are dwindling. With families more dispersed than ever and a healthcare overburdened, many experts fear that we are on the threshold of a major crisis in care.
DVD

(GH-909) “The Science of Sleep” 60 Minutes: General Audience
Why do we sleep? Lesley Stahl visits sleep labs to find out, and learns that sleep is as essential to our health as nutrition and exercise. In fact, scientists are seeing a link between lack of sleep and serious health conditions such as diabetes, obesity, and heart disease. A good night’s sleep is also essential to memory, which is something college students should consider before their next all-nighter.
DVD
(GH-960) **“Cancer in the Great Land”** 17 minutes: General Audience
This informative video tells people about cancer, what causes it, how to prevent it and to tell people to get checked when they don’t feel good. It also tells how to lower the risks of getting cancer by watching what you eat and good habits to follow.

**DVD**

(GH-975) **“The heart Truth For Women”** 10 Minutes: General Audience
One in three American women dies of heart disease. It's the #1 killer of women, regardless of race. It strikes at younger ages than most people think, and the risk rises in middle age. Heart disease can diminish health and the ability to do even simple activities like climbing stairs. It can decrease your entire quality of life. Two-thirds of women who have heart attacks never fully recover. If you have a heart attack, your risk of having another increases.

**DVD**

(GH-977) **“Understanding: Stepping into the Light” (2004)** 35 Minutes: General Audience
This video was made by the Alaska Native Tribal Health Consortium. It is about ways of coping with your diagnosis and tells stories of different people and how they reacted to theirs.

**DVD**

(GH-978) **“Awakening Choices: Colon Health – Our Stories” (2006)** 29 Min: General Audience
Everyone has a colon. Across Alaska people share their stories of colon/rectum cancer. Alaska Native men and women talk about colon health. Yupik dolls guide our movie journey, showing us ways to keep our bodies strong and our communities healthy.

**DVD**

(GH-979) **“The Alternative Fix” (2004)** 60 Minutes: General Audience
The past few years have seen an explosive in the popularity and profitability of complementary and alternative medicine. Under pressure from everyone from consumers to Congress and tempted by huge grants, major hospitals and medical school have embraced therapies that they once dismissed as quackery. Do these treatments actually work? FRONTLINE examines the controversy over complementary and alternative medical treatments.

**DVD**
As medications play an ever-increasing route in modern health care, the importance of FDA approval to consumers, it would seem, has never been greater. For many, the phrase “FDA approved” signifies that a drug or product is completely safe and without risk. FRONTLINE investigates the FDA and drug safety, and questions whether the current system is adequate for protecting the public.

“Elmo Visits the Doctor” (2005) 53 Minutes: General Audience
Join Elmo on his first trip to the doctor’s office! Elmo and his Sesame Street friends learn how going to the doctor can help an ear ache, a fever and a stuff nose feel better. Loaded with clever songs, brand new animation, lighthearted lyrics and a never-before-seen Elmo’s World that explores being a doctor, this fun filled video will help preschoolers learn that going to the doctor can be a prescription for fun!

A video of 12 episodes of Little Bear & Friends. Between friends, Pillow hill, Little Bear’s sweet tooth, A flu, What will Little Bear wear?, Hide and seek, Little Bear goes to the moon, Gone fishing, Under the covers, The campfire tale, Up all night, Night of the full moon are the names of the episodes.

“Arthur’s Chicken Pox” (2004) 40 Minutes: General Audience
Join Arthur, D.W. and all their pals in a fun-filled animated series based on Marc Brown’s best-selling children’s books. This DVD includes THREE great adventures! Arthur’s Chicken Pox, Arthur and the True Francine and Double Tibble Trouble.

“Arthur’s Eyes” (2004) 40 Minutes: General Audience
Join Arthur, D.W. and all their pals in a fun-filled animated series based on Marc Brown’s best-selling children’s books. This DVD includes THREE great adventures! Arthur’s Eyes, Francine’s Bad Hair Day and Draw!

Woven together in ‘The Story Basket’ are thee important choices women make to find breast cancer early when it can be best treated. We see a clinical breast exam, a mammogram and an Alaska Native woman doing a good self breast exam using the vertical pattern and three levels of touch. Women talk about breast cancer. health...people supporting people, listening and sharing, the circle of life, handed from elder to youth in a life sustaining dance upon the drum of the Earth
(GH-986) **“The Quiet War”** 148 Minutes (total): General Audience
Five women speak candidly about their personal challenges in facing advanced breast cancer. (52 min.) Information from experts – 60 min. and one in-depth conversation about Hospice care – 36 minutes. Affinity films, Inc. is a nonprofit media production company based in Anchorage, Alaska since 1982. The Quiet War is the third film in The Between Us Project, the division of Affinity films, Inc. dedicated to breast cancer. The purpose of The Quiet War is to acknowledge the battle women wage against metastatic breast cancer, to provide in seeing strong women facing their disease, and to empower with current information.

DVD

(GH-987) **“All Hands On Deck”** General Audience
Germ tells all! This entertaining video explains the procedures for proper hand washing in an unforgettable way. You may think you know everything there is to know about limiting the spread of disease, but until you hear it directly from a germ, you ain't heard nothin'.

DVD

(GH-988) **“Unnatural Causes...Is inequality making us sick?”** (2008)
A four hour documentary exploring racial and socio-economic inequities in health: In Sickness and in Wealth, When the Bough Breaks, Becoming American, Bad Sugar, Place Matters, Collateral Damage and Not Just a Paycheck.

DVD

(GH-989) **“COPD”** 9 Minutes: General Audience
Profiling the personal experiences of three people diagnosed with chronic obstructive pulmonary disease, this DVD answers basic questions about the disease and its risk factors. It demonstrates how real people took steps to manage the disease and breathe easier.

DVD

(GH-990) **“Stay in Circulation”** 7:30 Minutes: General Audience
This DVD is intended for anyone interested in learning more about peripheral arterial disease. It answers key questions about PAD and provides useful information about signs, symptoms and risk factors. Learn more about the impact PAD has on People's lives through three personal stories told by people who were recently diagnosed with PAD.

DVD

(GH-991) **“The Medicated Child”** 60 Minutes: General Audience
A PBS Frontline video on the increase in using medications to treat behavioral issues in children, including very young children. The debate grows and Frontline confronts psychiatrists, researchers and government regulators about the risks and benefits of prescription drugs for troubled children. 2008.
(GH-992) “Understanding Stroke” 30 Minutes: General Audience
By the Healthy Body, Healthy Mind Information Television Network. 2006. DVD

(GH-993) “Managing Cholesterol” 30 Minutes: General Audience
By the Healthy Body, Healthy Mind Information Television Network. 2008
Mayo Clinic: Wellness Solutions Series 2007—Take Charge of Your Health
Each video contains a section on 1) Understanding your condition; 2) Eat well to feel well and 3) Soothing Therapies

(GH-1001) “Arthritis” 91 minutes: Gen. Audience

(GH-1002) “Menopause” 90 Minutes: Gen Audience

(GH-1003) “Fibromyalgia” 90 Minutes: Gen Audience

(GH-1004) “Back Pain” 93 minutes: Gen. Audience

(GH-1005) “Diabetes” 92 minutes: Gen. Audience

(GH-1006) “Weight Loss” 98 Minutes: Gen. Audience

(GH-1007) “High Blood Pressure” 93 minutes: General Audience

(GH-1008) “Heart Health” 95 minutes: General Audience

(GH-1009) “Insomnia” 83 minutes: General Audience

BODY ATLAS Series by the Discovery Channel takes the viewer on the most amazing journey in the universe—the one through the human body (2002)

(GH-1010) “In the Womb AND Glands & Hormones” 50 Minutes: General Audience
Continuing General Health

GH-1011) “Muscle & Bone AND Breath of Life” 50 Minutes: General Audience

(GH-1012) “Skin AND The Food Machine AND Taste and Smell” 75 Minutes: Gen. Audience

(GH-1013) “Visual Reality AND Defend and Repair AND Sex” 75 Minutes: General Audience
(GH-1014) “The Human Pump AND Now Hear This AND The Brain” 75 Minutes: General Audience

(GH-1015) “The Human Body Pushing the Limits” 72 Minutes: General Audience
A ground breaking series portraying the human body as never before—meeting those who have pushed their bodies to the max. Sight—Strength—Sensation—Brain Power. 2008. DVD

Discovery Channel explores—how can a bone withstand 1,000 pounds of force—why do some people bleed more easily than others? Amazing photography gives an intimate looks at nature’s most complex machine—the Human Body. 2006 DVD

(GH-1017) “The Hidden Epidemic” 116 Minutes: General Audience
Heart disease is the number one killer in America and one of the nation’s greatest health challenges for both men and women. More than half of all people who die of heart disease succumb without warning—the other half have the disease lurking in their body for years before it strikes. And while there is no cure, doctors are learning remarkable new things about the disease, including where it starts, how it occurs and what that means for us. DVD

(GH-1019) “The Forgetting: A Portrait of Alzheimer’s” 90 Minutes: General Audience
This video takes a dramatic, compassionate, all-encompassing look at this fearsome disease and aims to help all Americans better understand and cope with its impact. The documentary weaves together the intense real-world experiences of Alzheimer's patients and caregivers, the history and biology of Alzheimer’s and the ongoing struggle to end the disease. David Hyde Pierce hosts two panel discussions with experts providing practical advice on coping with Alzheimer’s disease. At this critical time in our nation’s struggle with Alzheimer's, THE FORGETTING offers insight and context, help and hope. DVD

(GH-1020) “Depression: Out of the Shadows” 90 Minutes: General Audience
Many Americans are keeping and important, possibly deadly secret: depression. Approximately 15 million American adults live with this devastating disease that affects all age, race, gender and socioeconomic groups. Through the voices and stories of people living with depression and interviews with scientists, this film provides an unprecedented portrait of the disease. DVD
(GH-1021) **“FAT-What no one is telling you”** 90 Minutes: General Audience
With 66% of U.S. adults either overweight or obese, our girth is a serious public health issue. Yet many of us still view being overweight as a character flaw, a lack of self-control, or even a moral crime. This video explores the myriad psychological, physiological and environmental factors that can make it so tough to shed pounds and keep them off. It offers new scientific knowledge about hunger, eating and human metabolic operation, and explains our psychological responses to food. FAT also features real Americans telling their stories about the biological barriers, cultural habits and economic realities contributing to their struggle to keep fit.
**DVD**

(GH-1022) **“Managing Your Weight”** General Audience
This video addresses the challenges of obesity. What is the trend of obesity among Native people? Why is obesity such a “big problem”? Am I obese? What can I do to manage my weight? This episode of Native New Health offers a manageable plan to challenge you to bring your weight under control with a no-nonsense lifestyle change that works.

(GH-1023) **“Keep Your Heart Healthy”** General Audience
This video takes on the topic of heart disease. What is cardiovascular disease? How do I prevent it? How do I manage it? This episode of Native New Health will provide you with facts and some essential tips to help you on the road to a healthy heart and an enhanced lifestyle.
**DVD**
Time-Life Medical Series
Milner-Fenwick distributes the acclaimed video series developed under the direction of former Surgeon General, C. Everett Koop, M.D. Each video is approximately 30 minutes in length. The videos are hosted by award-winning TV journalists like Linda Ellerbee, Boyd Matson, or Mike Schneider. This series provides a new source of valuable information to patients and their families. Research has shown that better informed consumers have more realistic expectations about treatment and are more confident in managing their medical conditions. The videos provide a complete review of each topic including an explanation of the diagnosis and the options for treatment and management. Commentary from top national experts in each field of medicine is combined with high quality animation and footage of real people sharing their experiences. The programs are divided into 4 parts:

1. **Understanding the Diagnosis:** What's going on inside the body and what were the potential causes?
2. **What Happens Next:** Types of professionals the patient may encounter, how a condition is monitored and how day-to-day life may change.
3. **Treatment and Management:** An exploration of the options for treatment and management of a condition.
4. **Issues and Answers:** A look at the practical issues surrounding the condition and insightful answers to the most common questions.

(GH-1024) **“Alcoholism”** General Audience

(GH-1025) **“Alzheimer’s Disease”** General Audience

(GH-1026) **“Anorexia & Bulimia”** General Audience

(GH-1027) **“Arthritis (Osteoarthritis)”** General Audience

(GH-1028) **“Asthma in Children”** General Audience

(GH-1029) **“Back Pain (Lower Back)”** General Audience

(GH-1030) **“Breast Cancer”** General Audience

(GH-1031) **“Breast Lumps”** General Audience

(GH-1032) **“Cataracts”** General Audience

(GH-1033) **“Colon & Rectal Cancer”** General Audience

(GH-1034) **“Coronary Artery Disease”** General Audience
Keeping toddlers and young children in tip-top health requires nutritious foods, adequate sleep, and exercise. This video will review the nutritional requirements for children, appropriate serving sizes, and the importance of variety, balance, and moderation in their diet.
(GH-1055) “What is Coronary Artery Disease?” 16 Minutes: General Audience
Developed for patients at high risk or for those newly diagnosed, this program explains what coronary artery disease is. It illustrates the progression of atherosclerosis and the effect it has on the amount of oxygen and nutrients the heart receives.
DVD

(GH-1056) “Secondary Prevention of Heart Disease” 20 Minutes: General
This program details ways patients can lessen the impact that heart disease has on their lives through managing their risk factors. The risk factors discussed include: smoking, diabetes, high cholesterol, high blood pressure, obesity, physical inactivity, and stress.
DVD

(GH-1057) “Heart Health” 21 Minutes: General Audience
This segment of the six part program deals with cardiovascular disease. The program features an overview of the risk factors in postmenopausal women, understanding the warning signs and symptoms of potential cardiovascular illness, and how to more effectively communicate your symptoms to your healthcare provider.
DV

(GH-1058) “What’s the Big Deal?” Getting ready for your colonoscopy: A how to video. 35 min
DVD

(GH-1059) “Inside the Living Body” National Geographic traces workings of a living, functioning body in ways not seen before. 95 min. 2007
DVD

(GH-1060) “Hypertension” High Blood Pressure Patient and Consumer Health Education Video from Krames StayWell.

(GH-1061) “Coronary Artery Disease: Risk Factors and Prevention” Patient and Consumer Health Education Video from Krames Staywell.

(GH-1062) “Cholesterol Screening” Patient and Consumer Health Education Video from Krames StayWell.

(GH-1063) “Krames Wellness Collection Disk 1” Back Health: Lifting, Guide to Physical Activity, Hand Washing and Cleansing, Healthy Eating and Snacking, Keeping Your Back Healthy, Managing Stress
(GH-1064) “Krames Wellness Collection Disk 2” Managing Your Weight, Obesity, Sleep Hygiene, Smoking Cessation-Relapse Prevention, Smoking Cessations-Stages of Change, Vital Signs-Know Your Numbers.

(GH-1066)”Krames Cardivvascular Collection Disk 1” Atherosclerosis, Cardiac Arrhythmias, Cardiac Catheterization, Cardiac Rehabilitations, Cardiac Stress tests, Cholesterol Screening, Coronary Artery Bypass Surgery, Coronary Artery Disease: Risk Factors and Prevention.

(GH-1065) “Krames Cardiovascular Collection Disk 2” Heart Attacks, Heart Murmurs, How Your Heart Works, Hypertension, ICD’s-Implantable Cardioverter Defibrillators, Mitral Valve Prolapsed, Pacemakers.

(GH-1066) “A helping Hand” keeping your family safe from botulism. 30 min. VHS and DVD also in Yupik.

(HS-5023) “From Double Helix to Human Genome” Health Staff
In April 2003, the International Human Genome Sequencing Consortium, led the United States by the National Genome Research Institute and the Department of Energy, announced that the Human Genome Project had achieved its primary goal of sequencing the human genome. That month also marked the 50th anniversary of James Watson and Francis Clark’s scientific paper describing the structure of the molecule that encodes genetic information - deoxyribonucleic acid, DNA. This DVD set commemorates these historic achievements.

DVD
MATERNAL CHILD HEALTH

(MCH-1004) “Breastfeeding Comprehensive” 130 Minutes: Mothers
Topics include:
Why Breastfeed; The real story; Before Delivery; Breastfeeding Education; How to Breastfeed; FAQ’s; Problems & Solutions; Homecoming; Returning to Work; Extended Breastfeeding; Weaning; Special Circumstances.
DVD

(MCH-1005) “In the Womb” 89 Minutes: General Audience
From the moment of conception, every human embryo embarks on an incredible nine-month journey of development. Now cutting-edge technology makes it possible for National Geographic to open a window and explore in amazing detail. 2005.
DVD

(MCH-1007) “Surviving Motherhood” 262 minutes: Mothers and others
A refreshing blend of information, bold discussion and real life stories on topics including: post partum depression, separation anxiety, competing for attention, temper tantrums, weaning, the shy toddler, only listens to dad, bedtime challenges and More! 2008 Discovery Channel/TLC.
DVD

(MCH-1008) “The Happiest Baby on the Block,” 128 minutes
The new way to calm crying and help your baby sleep longer. Dr. Harvey Karp, pediatrician and child development expert reveals the amazing secret used for centuries by the world’s top parents...the calming reflex.
DVD

(MCH-1009) “Face up to wake up” A video CD to help reduce the risk of Sudden Infant Death Syndrome.
MENTAL HEALTH

(MH-1102) “Suicide: No Turning Back” 25 Minutes: General Audience
Learn why some people are more susceptible to suicidal tendencies than others are. Various theories about what causes a person to take his or her own life are discussed. Students will learn how to recognize pre-suicidal behaviors and they'll receive information about where they can seek help for themselves or for a friend.
DVD

(MH-1103) “Eternal High” 30 Minutes: Teens/General Audience
Crying uncontrollably at the kitchen table, mind racing with thoughts of suicide. How could this happen to a teen who has everything: a budding film career, popular in school, an all-state athlete, a good student, loving parents and a wonderful girlfriend? Meet Bryce Mackie, a filmmaker who captured his true-life battle with depression and suicide in a 25-time award-winning short film.
DVD

(MH-1104) “Anger Management” 21 Minutes: General Audience
Our anger can create a lot of trouble for us when we don't know how to manage it properly. Learn what causes anger and understand why our bodies react as they do when we're angry. Effective techniques for assuaging anger are discussed, and you'll understand that in the long run, issues that rile you are more likely to be resolved when you restructure your thinking and communicate calmly.
DVD

(MH-1121) “every 21 seconds...or why I scream at the refrigerator” (2005) 60 Minutes: General Audience
Each person sees through eyes that know there is a world which is more stable, more concrete, one in which the air is not so thick, a world that is gentler with its time, patience and movement. 8 stories of brain injury in 7 parts – narrated by Woody Harrelson.
DVD

(MH-1122) “Teens, Family and Stress” 30 Minutes: Grade 7-Adult
In this documentary-style program, real teens reveal how they meet the challenge of coping with stress in their family. Natalie Hamilton, a counselor in the Irving Unified School District in California, leads this revealing and helpful stress-management group. Viewers learn to recognize the physical cues that indicate they are under stress, define the issues that cause them the most stress, and understand
the difference between negative and positive coping strategies for dealing with stress. (Also comes with a teacher guide)

DVD

(MH-1123) “Identifying Depression: Preventing Suicide” 20 Minutes: Grade 5-Adult
One out of five teenagers becomes depressed as a result of serious school, family or social problems. In some cases these teens can become suicidal. For some youngsters, feeling they are a social outcast or an academic failure can precipitate depression.

DVD

(MH-1124) “Stressed Out: Stress Management 101” 26 Minutes: Grade 7-Adult
Program describes different forms of stress and explains how important it is for young people to learn effective techniques for coping with stressful situations. Special attention is given to two common complaints among teens: panic attacks and social anxiety. Also discussed are test anxiety, parental demands and peer pressure. Personal stories are shared to help students understand that many people suffer from stress and that individuals often react in different ways.

DVD

(MH-1125) “More than Sad” 25 minutes for each video: Teens suicide prevention education for teachers and other school personnel. Developed by The American Foundation for Suicide Prevention. One DVD on Teen Depression and one on Preventing Teen Suicide. DVD contains PowerPoint slides to assist the trainer in presenting the program in a group setting.

DVD

(MH-1126) “Dealing with Anger” Grades 6-8. Uncontrolled anger among teens is one of our nations’ largest concerns. This program gives middle school students the tools they need to recognize and deal with their own frustration and stress. The video teaches students to take not of the warning signs of rage. 18 minutes. 2000

DVD

(MH-1127) “Am I Normal: Teens and Emotional Health” Grades 7-12. Video covers the basics of good mental health emphasizing what to do when ordinary anxiety deepens, or when worries become too overwhelming to handle without intervention. 22 minutes. 2008

DVD

(MH-1128) “A youth Suicide Prevention Seminar” For Parents and Communities Presentation that consists of statistical information, warning signs, risk factors, what a parent can do and resources for assistance. 100min.
(MH-1129) **“A Staff Development Training Seminar”** Group Presentation Format on Suicide. 4 discs

**NUTRITION**

(NT-1201) **“Smart Nutrition”** 21 Minutes: Grade 6-Adult
In a world of countless food choices and nutrition messages, it can be challenging to know what teens should and shouldn’t eat. The host and 2 teens set the facts straight about breakfast, body image, portion size, physical activity, the importance of fruits and vegetables, beverages, significant nutrients, late night snacking, vegetarian diets and acne in this fun and entertaining title.

DVD

(NT-1202) **“Snack Smarts”** 18 Minutes: Grade 6-Adults
Come along with Ricardo and his friends as they fill their cart with good choices at the grocery store and more! Reading nutrition labels, options to choosing foods, finding new foods to eat. Finding healthy choices when craving for: salty snacks, crunchy snacks, creamy snacks and sweet snacks.

DVD

(NT-1203) **“Obesity in a Bottle”** 21 Minutes: Grade 5-Adult
The choices you make have the potential to greatly affect your health—for better or for worse. An RD presents: the effects of beverages on weight gain, beverage size, the dangers of regular & diet sodas, comparison of sport and energy drinks, nutritional breakdown of other popular beverages and the benefits of drinking water.

DVD

(NT-1205) **“Super Size Me”** 100 Minutes: Jr. High/High School/Adults
In SUPER SIZE ME, filmmaker Morgan Spurlock unravels the American obesity epidemic by interviewing experts nationwide and by subjecting himself to a “McDonald’s only” diet for thirty days straight. His Sundance award-winning feature is as entertaining as it is horrifying as it dives into corporate responsibility, nutritional education, school lunch programs and how we as a nation are eating ourselves to death. Contains some swearing and descriptive language. *This film is not affiliated with or endorsed by the McDonald’s® Corporation.*

DVD

(NT-1206) **“Food, Health and Exercise: Putting It All Together”** 25 minutes: Grades 7-12 DVD
Poor eating and exercise habits are a significant problem for today’s youth. This newly updated program delivers a clear explanation for this growing dilemma and suggests healthy remedies. Introduction of the New Dietary Guidelines offers easy-to-follow tips for improving health. The New Food Pyramid touts smaller portions, healthier food choices, more exercise and basic information about nutrition and food labeling.

(NT-1211) “Food Safety” (2007) 10 Minutes: Grades 9-12
Everyone loves a cookout, but look out! Cookouts and picnics can also be prime breeding grounds for harmful bacteria that can make people sick. Learn safe food-handling techniques, including avoiding cross-contamination, properly washing fruits and vegetables, cooking all meats thoroughly, and keeping items properly chilled. It’s all the information you’ll need to have fun and stay safe.

DVD

(NT-1212) “At Home in the Kitchen” (2007) 10 Minutes: Grades 9-12
Are you a stranger in your own kitchen? Can’t tell a paring knife from a pitchfork? Learn about the basic equipment every kitchen should have and how to use it. See how easy it is to make a nutritious dinner with a single pan.

DVD

(NT-1213) “Family Fun” (2007) 10 Minutes: Grades 9-12
Make mealtimes fun instead of frustrating by getting the whole family involved. Young children can help stir ingredients. Teenagers can take control of the kitchen for an evening. The benefits of cooking together as a family go far beyond nutrition.

DVD

(NT-1214) “Recipes Made Easy” (2007) 10 Minutes: Grades 9-12
Sauté, dice, au gratin. Recipes don’t have to be a jumble of unclear words and directions that cause you to give up in frustration. Learn how to decipher a recipe and prepare the ingredients like a pro. Once you’ve mastered basic cooking skills, you’ll realize why there’s nothing quite like “homemade.”

DVD

(NT-1222) “Shopping Smarts” (2007) 10 Minutes: Grades 9-12
Food shopping doesn’t have to be a tedious task. With a little planning, you can whip through the supermarket, pick up only items you need, save money, and have ingredients for a week’s worth of nutritious meals. Learn how to use coupons wisely, determine the best value by using unit pricing, and avoid temptation.

(NT-1288) “Diet Wars” (2004) 60 Minutes: General Audience
Americans spend $40 billion a year on books, products, and programs designed to do one thing: help us lose weight. From Atkins to Ornish and Weight Watchers to
the Zone, today's dieters have a dizzying array of weight loss programs from which to choose - yet the underlying principles of these diets are often contradictory. In *Diet Wars*, FRONTLINE examines the great diet debate.

**DVD**

(NT-1289) - **“Create a Great Plate”** My Plate Dietary Guidelines. This DVD shows what healthy eating looks like and tells you how to eat healthy. 20 minutes, Grade 6-Adult. 2012.

**DVD**

(NT-1290) - **“Energy Balance”** Being physically active and eating from all the food groups is key to balancing your energy. Registered dietitian Melissa Halas-Liang discusses the nutrition basics of the energy equation, while a personal trainer Dwayne Arthur Jones explains the importance of balancing the equation by using that energy.

**SAFETY**

(SF-1501) - **“Staying Safe in Bear Country”** 48 Minutes: General Audience

Staying Safe in Bear Country provides information to help reduce human injuries and property damage from grizzly and black bears throughout North America. This video is the consensus opinion of leading experts on bear behavior and its relevance to human safety. This video will increase your knowledge of bear behavior and help you prevent bear encounters and attacks. It will allow you to appreciate bears and the places where they live.

**DVD**

(SF-1506) - **“Play It Safe with Your Eyes!”** 10 minutes: Preschool-Elementary

Each year, thousands of children 5 and under have eye accidents at home, at play, or in the car. This is an eye safety video in English and Spanish, featuring two lively, colorful puppets named Iris and Ira who teach simple, easy to remember safety messages as they go about their activities at home and outside.

**DVD**

(SF-1507) - **“Safety On Wheels with the Safety Sarge”** 30 min: Elementary

Learn what you should do before you ride. See how important your helmet is on bikes, trikes, scooters, skateboards and skates and seatbelts in cars and trucks.

**DVD**
(SF-1508) **“Outdoor Adventures: Hunter Safety”** 60 minutes: General Audience
Stories of hunting and bow hunting to show personal safety, selection and preparation of equipment and techniques. Teaches responsibility and respect.
**DVD**

(SF-1509) **“Outdoor Adventures: Boating & Fishing Safety”** 60 Minutes: Gen. Audience
Designed for beginning sportsmen with demonstrations of common mistakes and safety tips that could save your life as well as basics of sports fishing.
**DVD**

(SF-1510) **“Stranger Safety”** 42 Minutes: Ages 4 and up
John Walsh and the founder of Baby Einstein create a training video for kids and parents about stranger safety.
**DVD**

(SF-1511) **“Internet Safety”** 49 Minutes: Ages 6 and up
John Walsh from America’s most wanted and the founder of Baby Einstein team up to create a video about internet safety.
**DVD**

SAFETY cont.

(SF-1525) **“Cold Water Boating” (2008)** By the State of Alaska, Office of Boating Safety
**DVD**

(SF-1531) **“Firefighter George & Fire Engines 1”** Ages 2-8
Learn about fire safety and how fire fighters do their job! 2005
**DVD**

(SF-1532) **“Firefighter George & Fire Engine 2”** Ages 2-8
Learn how to Stop Drop & Roll and how firefighters prepare and help others. 2005.
**DVD**

(SF-1535) **“Troo, the Traumaroo Bicycle/ Playground Safety”** 30 Minutes: K-2
"Troo, the Traumaroo" bicycle and playground safety education program created for kindergarten, first, and second grade students, was provided to a convenience sample of seven elementary schools in a Southwestern city. Favorable principal, classroom teacher, and school nurse evaluations indicated that the "Troo, the Traumaroo" program was successful in providing young children with bicycle and playground safety in a fun and entertaining way. Results of this pilot study indicated that kindergarten children pre-tested for bicycle safety knowledge prior to
participating in the program, had significantly higher bicycle safety knowledge scores 30 days after participating in the program.

**DVD**

(SF-1537) **“8 safety videos in 1” 125 Minutes: General Audience**
A complete outdoor education course on one DVD! It contains the following: The Hunter's Path, Firearms Safety & The Hunter, Shoot/Don't Shoot, Introduction to Bow hunting, Survival!, The Skill of Survival, Judgment on the Water and Swept Away.

**DVD**

(SF-1538) **“Judgment on the Water - Sportsman” 13 Minutes: General Audience**
Judgment on the Water—Sportsman Version is an instructional video designed for all sportsmen - both fisherman and hunters - who use small boats, often in cold water and in inclement weather. It combines Small Boat Safety for the Fisherman and Small Boat Safety for the Hunter into one compelling video that has a great deal of life-saving information for this large and at-risk segment of the small boat using public.

**DVD**

(SF-1539) **“Small Boat Safety for the Recreational Boater” 9 Minutes: General Audience**
Intended specifically for families, fair-weather cruisers, water-skiers, and recreational boaters of all skill levels. This impactful video teaches the safety issues that all small boat owners and operators should possess. Included in this list are the dangers of sun, alcohol, vibration and noise on small boat operations, as well as the importance of PFDs.

**DVD**

(SF-1540) **“Small Boat Safety for the Hunter” 10 Minutes: General Audience**
All hunters who use small boats in pursuit of their game are a high-risk group that would benefit greatly from viewing this exciting and informative video. Through the dramatic re-enactment of a near-fatal mishap involving a duck hunter, his dog, and his woefully inadequate johnboat, many life saving lessons are learned about small boat operations in near frigid waters. The importance of proper clothing, knowledge of weather and water conditions, the importance of PFDs and the avoidance and treatment of hypothermia are all discussed.
SEXUAL ABUSE PREVENTION

(SAP-1603) **“Silent Message” (2006)** *Recommended for a mature audience*
Silent Message is the fictional story of three high school students: “Maria, Clint and Lily” who have all been sexually abused by family members and focuses on their behavioral response to their victimization. The fiction is all too real as it represents what is happening in our society today. “Silent Message” also includes the making of and how a small production company and a group of high risk teenagers came together to make a difference. Also included is advice by professionals on how to protect your family from sexual predators. Finally is the heart wrenching testimony of real life sexual abuse victims? Truly “This Silence Must Be Heard.”

DVD

**“Life, Reinvented”** A guide to healing from Sexual Trauma for survivors & loved ones

SMOKELESS TOBACCO

(ST-1710) **“A Wad of Trouble” (2001)** 24 Minutes: Jr./Sr. High/Young Adults
This video informs chewers that what they are doing is very dangerous and that they’re putting themselves at risk for something drastic like mouth cancer. It stresses that even though they’ve been chewing for a long time, they should really think about quitting.

DVD

SMOKING

(SM-1828) **“Tobacco and Death: Perfect Together”** 27 Minutes: Grades 7-12
Documentary interviews of real people whose lives have been ravaged by tobacco use are intertwined with actual images of diseased lungs, damaged hearts, and various cancers to give viewers a true picture of the effects of tobacco. Real victims deliver a powerful no-use message. This compelling program delivers an unflinching expose on the terrible toll of smoking—one that will linger in the minds of teens long after viewing it. Program opens with riveting photos, transforming a healthy Bryan
Curtis into a diseased shadow of his former self. Bryan’s widow tells her emotional story of losing her husband, and the father of their young child, only weeks after his cancer diagnosis. In each case depicted, viewers learn the terrible toll of smoking, chewing tobacco, and second-hand smoke exposure. Leading anti-tobacco experts weigh in with the latest statistics on morbidity and mortality rates, including the rising numbers of deaths of young adults due to tobacco use. In conclusion, real people speak about their own tobacco addictions, or those of beloved family members, and tobacco’s eroding effects on health and family. Armed with a barrage of damaging testimony, pictures, facts and graphics, viewers will be “grossed out” into “tossing out” tobacco.

**DVD**

(SM-1837) **“I Can’t Breathe. A Smoker’s Story.”** 20 minutes: Target group 11-14

This video tells a compelling, emotional story about a woman who started smoking as a young girl and, as a result, died from a smoking-related disease. Her story may be upsetting to young people, particularly those whose family members smoke, or those who have experienced the death of a loved one. Therefore, we recommend that you point out to young people, before and after viewing the program, that 1) smoking related diseases such as emphysema are preventable by never smoking; 2) individuals who smoke can lessen their chances of developing tobacco related diseases by quitting; 3) if someone you love is smoking, you can encourage them to quit. They may choose to keep smoking. So remember, only you can make the healthy decision to not smoke; and 4) if we make good choices in our lives, and act on them, we have a better chance of staying safe and healthy.

**DVD**

(SM-1838) **“Smoke & Mirrors: A History of Denial”** 75 Minutes: Jr. High to Adult

This video documents the rise of the cigarette, and the tobacco industry’s subsequent attempts to conceal its emerging link with cancer and other smoking-related illnesses. Throughout the 1940’s, the scientific case against the cigarette was building. Tobacco companies began conducting successful campaigns of misinformation designed to weave cigarettes into the social fabric of America by emphasizing the “glamorous” and “sophisticated” side of smoking. Today, fifty years of documented denial is finally coming back to haunt the industry. Smoke and Mirrors examines this sordid past, and illuminates the issues that threaten tobacco’s future.

**DVD**

(SM-1852) **“They’re Rich, You’re Dead”** 55 Minutes: General Audience

This video is a smoking prevention science and music videos. There’s a rap music video, patient histories and medical explanations, social outrage and techno music video and a rap karaoke – you’re the rapper. Great video.
(SM-1854) **“Up in Smoke”** 30 Minutes: General Audience
Young people know they shouldn't smoke. But do they really know why? Up In Smoke presents the ugly side of nicotine addiction that is sure to persuade young viewers not to start smoking. This prevention video presents powerful testimonials from laryngectomies (neck breathers) to paint a terrifying portrait of what really happens to smokers after the glitz and glamour are gone.

DVD


DVD

( SM-1856) **“Freedom from Smoking”** General Audience
This video addresses the dangers of smoking tobacco. Why do people smoke? What is tobacco? What effect does tobacco have on the body? On the family? How do I quit? This episode of Native New Health dramatically shows you the effects of tobacco use and gives you five proven steps to help you quit.

DVD

( SM-1858) **“Teen Files Flipped: Tobacco”** 21 Minutes: Grade 6-Adult
We explore the themes of addiction and the dangers of tobacco through the lives of two ambitious teenagers. For 24 hours, reality is controlled and belief is suspended as these two teenagers find their worlds upended and “flipped”.

DVD

( SM-1862) **“Smoking: Truth or Dare”** 35 Minutes: Grade 4-Adult
6,000 American teenagers light a cigarette for the first time every day. Today, the number of teen smokers in the United States is the highest it's been in two decades. A total of 4.5 million teens smoke or chew tobacco.

DVD

(SM-1863) - **Story Telling about Tobacco. 2012- 30 min.**

DVD

(SM- 1863)- **Beyond Cold Turkey: Tobacco Quitting Methods**
This video identifies the major medical quitting methods that are currently available to anyone who wants to stop smoking or chewing tobacco. 18 minutes. 2003

DVD & CD and Teacher’s Resource Book (PDF file)

(SM-1900) **“you can quit!”** 18 Minutes: Women
This important program reaches out to the group most likely to smoke during pregnancy: women in their teens or twenties. Drawing from research-based, positive approaches, You Can Quit! Motivates pregnant women to beat their
cigarette addiction and develop a healthier lifestyle. As they watch this program, viewers will create their own quit plans and take the first step toward a smoke-free lifestyle.

**DVD**

(SM-1901) **“Women & Tobacco” Seven Deadly myths.** Learn the truth and quit for good.

(SM-1902) **“Anatomy of a Puff”** Using scientific & targeted humor, program alerts viewers to the variety of toxic, carcinogenic & addictive substances found in every puff of cigarette smoke.

(SM-1903) **“Tobacco Gross out Video”** this video goes for the gross out factor, presenting students with a graphic look at all the things vile & disgusting about using tobacco.

(SM-1904) **“Everything you need to know about Tobacco”** This video provides a summary of everything students need to know about the dangers of using tobacco.

(SM-1905) **“Your brain on Tobacco”** This program takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain.

(SM-1906) **“Spit This”** Give your students the facts to counter the recent 30% rise in male adolescent smokeless tobacco use.

(SM-1907) **“Tobacco Horror Picture Show”** This chat kicks off the tobacco horror picture show, a hit video combining humor with horror in a memorable format to drive home the message that nicotine hooks you.

(SM-1908) **“Quitting time”** This video explores nine older smokers who quit & the myths that kept them smoking many years.

(SM-1909) **“The truth about Tobacco”** Topic of teen & adult tobacco use.

(SM-1910) **“Lifestyle disease & how to change avoid them”** The decisions teenagers make about diet, exercise, smoking & alcohol have an immediate impact on their health.
RESOURCE BOOKS

These resources are available to be loaned from the Health Education Library. Books may be loaned out for up to one month. If you would like a resource book please call us at 1-800-478-5201 ext 6548 or email: snunn@bbahc.org or mnewman@bbahc.org

- ACE's guide to Exercise Testing & Program Design: A Fitness Professional’s handbook
- ADHD 2nd edition
- A Parents Guide to Childhood Obesity
- Anatomy and Physiology
- Autism- Pivotal Response Treatments-A Providers Guide
- Best Practices: Innovative Domestic Violence Programs in Health Care Settings
- Building Domestic Violence Health Care Responses in Indian Country:
- Caring for Your Baby and Young Child
- Cigarettes, what the warning label doesn’t tell you
- Changing for Good: Overcoming Bad Habits & Moving Forward Positively
- Chronic Diseases
- CPR/First Aid
- Cultural/Regional
- Fetal Alcohol Syndrome: Guidelines for Referral and Diagnosis
- FASD Competency-Based Curriculum Development Guide for Medical Practice
- Guide to Lowering your Cholesterol With TLC
- Gastrointestinal Disorders & Nutrition
- Gluten Free Diet
- Health
- In Defense of Food: Eat food not too much, mostly plants
- Journey Women: A Native Woman’s Guide to Wellness
- KEEP QUIT A motivational guide to a life without smoking
- Life Skills: on drugs, relationships, stress, food, and self esteem
- Medical Management of Type 1 Diabetes
- Medical Management of Type 2 Diabetes
- Motivational interviewing, Preparing people for change
- Nutrition
- National Health Care Standards Campaign on Family Violence
- Nutrition (info and strategies needed to meet dietary needs of children)
- Real Life With Celiac Disease
- Reproductive Health and Partner Violence Guidelines: Response to intimate partner
- The Breastfeeding Answer Book
- The I Hate to Exercise Book For People With Diabetes
• The Inflammation Cure: Simple Steps for Reversing Heart Disease, Arthritis, Diabetes, Asthma, Alzheimer’s Disease, Osteoporosis, other Diseases of Aging
• Treating Tobacco Use and Dependence
• Thin for Life: 10 keys to success from people who have lost weight and kept it off
• The China Study: Startling Implications for Diet, Weight Loss and Long-term Health
• Parenting
• Public Health
• Science
• Sports Nutrition Guidebook
• STD’S
• Underage & Overweight: A 7 point plan for raising healthy weight children
• Violence
• “Quick & Easy Cookbook”
• Life, Reinvented
• 7 steps to a smoke free life

Work Books

A program for Women About Choosing Healthy Behaviors

Health Curriculum:-6 books, includes ready to use worksheets for grades 7-12. Topics include: Diet & Nutrition, Substance abuse preventions, stress management and self esteem, sex education, consumer health and safety, relationship and communications activities.

Living Well with Diabetes: A Self-Care Workbook
Display Boards

Binge Drinking Folding Display
Dangers of Smoking
Dangers of Spit Tobacco
Diabetes
Diseases & Conditions of the Mouth
Effects & Hazards of Smoking
Effects & Hazards of Second hand Smoke
Effects & Hazards of Smokeless Tobacco
Exercise Facts
Hazards of Alcohol
Health Facts About Obesity Display board
Immunizations Folding Display
Inhalants – Their Effects & Hazards Folding Display
Lice Folding Display
Medical Hazards of Smokeless Tobacco Folding Display (2)
Mr. Dip Lip
Mr. Gross Mouth Display (2)
Overweight & Obesity Folding Display
Preventing Cardiovascular Disease Folding Display
Smokeless Tobacco
Smoking & your Baby
Smoking – It’s Effects & Hazards Folding Display
Standard BSE Model
Substance Abuse Identification Kit
Think Twice Before you Smoke
Think Twice Before Sniffing Folding Display
Tobacco: What to know
Toothbrush Model w/a mouth
POSTERS

We have a variety of posters. Please call or email us your request. If we have your request in stock we will be happy to mail them to you. Thanks.

Phone # (907)842-9548
E-mail- snunn@bbahc.org

The BBAHC Health Education Department has a lending library that is available to the public. Anyone interested in using the educational materials is welcome to do so by calling 1-800-478-5201 ext. 6548. Email mnewman@bbahc.org or ordering on our website at www.bbahc.org

NOTICE:
This list is subject to change. If you have questions or concerns about the lending library please contact the Health Education Department.

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