

ADDICTIONS FOUNDATION OF MANITOBA AUDIOVISUAL RESOURCES

SUBJECT HEADINGS

HEALTH

Advancing quality in the name of patient safety (aohc)

Adult; 3 tapes
VHS; 2002
VTR/RA 399/.A2/2002

This video examines the issue of advancing the quality of medical care to ensure patient safety.

Alcohol & nutrition (asdv)

Grades 9 – 12; Adult; 15 minutes
DVD; 2005
Kinetic Inc.
DVD/RA784/.A43/2005

Presents information on how alcohol affects nutritional status and general health; male-female differences; effects on elderly; pregnancy and abstinence; health issues such as benefit-risk ratio; food guide pyramid tailored to alcohol recovery.

Balance : healing through helping (akgi)

Gr. 7-8; 44 minutes
VHS; 1997
VTR/E 98/.Y68/B3/1997

This video is a look into the lives of many of our First Nations, Inuit and Metis youth in Canada. They talk frankly about issues that affect their everyday lives and how they feel about the situations that they are faced with. The youth talk about peer pressure, family values, physical fitness, goals, personal health and other topics. The video was filmed on location throughout the country and includes excerpts from Toronto's cosmopolitan to Canada's far north.

Body image [amgk]

Senior 1-Senior 4; 27:12 minutes
VHS; 1998
Sport Medicine Science Council
VTR/RC 455.4/.S42/B63/1998

Body image is a half-hour program designed to separate media hype from reality, to help young people make the right choices, and develop an effective, healthy lifestyle.

Body image trap, The (ajnc)

Senior 1-Senior 4; 30 minutes
VHS; 1993
Hazelden
VTR/RC 522/.E18/B63/1993

Getting caught in the body image trap means to many young people that they never feel satisfied with their looks. This video looks at taking control of how we see our bodies. The young adults portrayed struggle against the pressures of parents, peers and media to have that "perfect" body.

Changement d'air (aktg)

Gr. 4-6; 15 minutes

VHS; 1991

VTR/BF 723/.D34/Y3/1991.v.10

Series : Tes choix ta santé

La santé n'est pas que l'absence de maladie: elle comporte des dimensions physiques, mentales, émotives, spirituelles. Notre santé est aussi influencée par des facteurs comme notre environnement, nos habitudes, nos relations avec nos proches.

Connecting body, mind and spirit through movement (alog)

Adult; 24 minutes

VHS; 2000

VTR/BF 637/.M4/C6/2000

In this video, you will learn simple movement that will help you integrate body, mind and spirit. Claire Cassell leads you in movement and meditation in the beauty and serenity of nature. The soothing woodland flute music that accompanies this video is written and performed by Jim Schattauer. His original composition "So Many Colours" is interpreted by Claire in American Sign Language.

Determinants of health : making decisions for a healthier population, The (aomt)

Adult; 10 minutes

VHS; 2002

VTR/RA 407.5/D4/2002

Examines our current knowledge of the determinants of health and how this information can be applied in decision-making.

The primary audiences for this video are the members of Community Health Councils and Regional Health Boards. This video will also be of interest to those who are involved in the management or delivery of health programs.

Developing healthy communities (aocl)

Adult; 12 minutes

VHS; 1998

VTR/RA 407.5/D4/1998

In this video presentation you will find explanations and examples of how the Determinants of Health can be incorporated into community-based programs.

THE DOCTOR IS IN SERIES

The Doctor is in : addictions and mental illness (akgd)

Adult; 28 minutes

VHS; 1994

VTR/RC 564.68/.D63/1994

These two disorders often go hand-in-hand and health professionals now recognize that treatment needs to be different. The video profiles two people – one with manic depression and alcoholism, the other with schizophrenia and alcoholism.

The Doctor is in : attention deficit disorder : children (alim)

Adult; 29 minutes

VHS; 199-

VTR/RJ 506/.H9/D6/199-

Now diagnosed in about 35% of children, this disorder causes impulsivity and easy distractibility. This video follows children at home and school, on and off medication, and explains treatment options.

The Doctor is in : over the counter drugs (alau)

Adult; 25 minutes
VHS; 1990
VTR/RM 301/.D6/1990

Explains how to protect yourself from dangerous combinations, complications, and protect vulnerable groups like children and the elderly.

The Doctor is in : pregnancy (aleq)

Adult; 28 minutes
VHS; 199-
VTR/RG 627.6/.D79/D6/199-

A look at how neonates develop. Discusses the impact of what pregnant women eat and drink. FAS is vividly described and new research on how fathers' exposure to toxic substances can harm fetuses is also discussed.

The Doctor is in : stress (alep)

Adult; 25 minutes
VHS; 199-
VTR/BF 575/.S75/D6/199-

A look at how stress can work for/against you, with explanations of how techniques like relaxation training/ biofeedback can help. Program for children is highlighted that shows techniques taught in elementary school.

Dupont pharma revia (naltrexone HC1): Dr. C. O'Brien – mechanism of action

Adult; 11 minutes
VHS; 200?
VTR/HV 5276/.D8/200?

This video is for health professionals. Provides information for diagnosis and treatment of alcoholism.

Food for recovery (ajxp)

Adult; 36 minutes
VHS; 1992
Kinetic
VTR/RA 784/.F66/1992

Dr. Jeffrey Fortuna speaks to the importance of healthy nutrition in the recovery process. He discusses in detail the foods that are beneficial to recovering people, foods that work to restore brain chemistry that has been depleted through alcohol and drug use, and those foods which should be avoided because of their adverse effect on recovering people. He explains why many people feel tired and sluggish at times when they most need to be alert and focused, and why "when you are what you eat" is a factor.

The Gift of Diabetes (auab)

Senior 1 – Senior 4; Adult; 58 minutes
DVD; 2005
National Film Board of Canada
DVD/E 98/.D6/G5/2005

Filmmaker Brion Whitford is an Ojibway who lives with the pain of advanced diabetes. In 2001, complications from the disease left him with only 50 percent kidney function and blood sugar levels that were spiraling out of control.

Genetic responsibility : a father's part (ajhd)

Adult; 11 minutes; from CBC's Prime Time News
VHS; 1993
CBC Educational Sales
VTR/RG 627.5/.G79/G45/1993

Can a father's health and behaviour affect the health of his children? Although often overlooked because of a cultural blind spot, a father's drug use, chemical therapies, cigarette smoking, and exposure to environmental and occupational hazards can cause problems during conception and pregnancy, birth defects, and childhood cancer according to research.

Innocent addictions, The (ajii)

Senior 1-Senior 4, Adult; 2 parts
VHS; 1982
Sunburst
VTR/RC 552/.O25/I55/1982

Part 1: Foods – 14 minutes

Identifies specific health problems associated with over consumption of junk foods, which often contain two potentially health threatening ingredients, sugar and salt.

Part 2: Over-the counter drugs – 14 minutes

Program stresses that while these preparations are usually safe when used as directed, misuse and abuse can lead to getting hooked with serious health consequences.

Knowledge is the best medicine (alaa)

Adult; Kit includes 17 minute video and workshop planning guide
KIT; 1995
KIT/RA 776.95/.M8/K5/1995

Being better informed about your medication will keep you in the picture of health. This kit includes a guide as well as a video that reveals how mishaps can occur with prescription medicines and how easily they can be prevented.

Power health (aiwz)

Adult; 25 minutes
VHS; 1987
VTR/BJ 1695/.P68/1987

A group of young adults discuss the basic needs for good health, the weak and power solutions for those needs, and how to resist weak solutions, that seem to be so tempting.

Refusal skills for healthy living (ajdb)

Gr. 7-Senior 1; 15 minutes
VHS; 1993
Canadian Living
VTR/HQ 799.2/.P44/R44/1993

Learn effective techniques to refuse peer pressure to use drugs, commit crime and engage in sexual activity. Here are practical ways to identify potentially dangerous situations and make positive, safe and healthy decisions.

Understanding eating disorders : teens view their bodies, food, self-esteem and recovery (apzl)

Adult; 28 minutes

VHS; 1996

Aquarius

VTR/RC 552/.C65/U5/1996

This video explores anorexia, bulimia, compulsive overeating and obesity through the voices of their victims and medical professionals. As a society at large, we are obsessed with the "battle of the bulge," unaware of the environment we are creating that is ripe for eating disorders. From colleges to elementary schools, we see a resurgence in teaching individuals about healthy eating habits to either avoid potential health risks, or begin the healing process for those with an eating disorder. Hearing directly from people of all ages in recovery provides insights into the disease, what to look for and avenues for help. A great video for people working with teens, self-esteem and health issues.

What makes people healthy? The determinants of health (aock)

Adult; 11 minutes

VHS; 1997

VTR/RA 407.5/W5/1997

Explains the concept behind the Determinants of Health, and provides viewers with a clear understanding of each determinant.

Where there's smoke (arru)

Grades 7 – Senior 4

DVD; 2005

Health Canada

DVD/HV 5748/.W4/2005

Looks at one of Canada's most contentious public health issues. The voices come from the heart of tobacco country, in southern Ontario. Once a prosperous crop for the region, the "golden leaf" is known to cause the death of some of 45,000 Canadians every year, and health groups cite the alarming increase in cancer and teen smoking.

The powerful anti-tobacco lobby has set its sights on the town council of Norfolk County, which is pushing for a ban on smoking in public facilities. As decision day approaches, all eyes are on the feisty mayor to break a tie vote. Woven throughout is the poignant story of Heather Crowe, a non-smoking waitress diagnosed with lung cancer caused by second-hand smoke. As the war over tobacco regulation heats up, this insightful documentary provides a report from the front lines.

Your awareness of Hepatitis C (aosf)

Sr. 1-Sr.4; Adult; 10 minutes

VHS; 2003

VTR/RC 848/.H42/Y6/2003

Created by youth for youth in order to increase their safety and awareness around this serious health issue. Using an original soundtrack, storyline, voice-overs and graphics, this video reaches a diverse population of youth with a wide variety of learning styles. Information on viral transmission, symptoms, risk activities and prevention are presented via a series of interviews and voice-overs.