











Health Promotion Resources




Risk Area	Resource type	Information	Source
Alcohol	Leaflet		<p><u>Facts about alcohol leaflet</u></p> <p>https://resources.drinkaware.co.uk/downloads/factsheets?product_id=445</p>
Alcohol	Leaflet		<p><u>Talking to your kids about alcohol</u></p> <p>https://resources.drinkaware.co.uk/downloads/factsheets?product_id=451</p>
Alcohol	Leaflet		<p><u>Risks associated with underage drinking</u></p> <p>https://resources.drinkaware.co.uk/downloads/factsheets/risks-associated-with-underage-drinking</p>




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Alcohol	Leaflet		<p><u>Drinkaware Units Poster</u></p> <p>https://resources.drinkaware.co.uk/downloads/posters?product_id=475</p>
Alcohol	Leaflet		<p><u>Self-assembly drink diary</u></p> <p>https://resources.drinkaware.co.uk/downloads/factsheets/Drink-diary</p>
Anatomy & Physiology	Leaflet		<p><u>Know Your Prostate - A Guide to Common Prostate Problems</u></p> <p>S:\ORG\PUBLIC HEALTH\02 Commissioning and Health Improvement\Adults & Health Improvement\Health Promotion Resources Service\PDF's\Know your prostate.pdf</p>




Risk Area	Resource type	Information	Source
Cancer	Leaflet		<p><u>Let's Eat and Drink Healthily</u></p> <p>https://publications.cancerresearchuk.org/publication/lets-eat-and-drink-healthy</p>
Cancer	Leaflet		<p><u>10 top tips for a healthy weight</u></p> <p>https://publications.cancerresearchuk.org/publication/ten-top-tips-healthy-weight</p>
Cancer	Leaflet		<p><u>Live a healthy Life – Cut your Cancer Risk</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/healthydl.html</p>


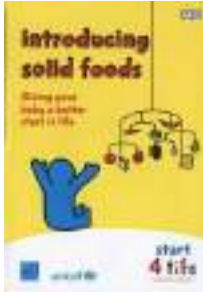

Risk Area	Resource type	Information	Source
Cancer	Leaflet		<p><u>Be Smokefree – Cut Your Cancer Risk (moved up)</u></p> <p>http://publications.cancerresearchuk.org/preventionhealthylifestyles/preventionsmoking/smokerleaflet.html</p>
Cancer	Leaflet		<p><u>Spotting the Signs of Cancer (for Men)</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/scemaleaflet.html</p>
Cancer	Leaflet		<p><u>Spotting the Signs of Cancer (for women)</u></p> <p>https://publications.cancerresearchuk.org/publication/spotting-signs-cancer-female</p>




Risk Area	Resource type	Information	Source
Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'BOWEL CANCER'. It features a white silhouette of a human torso against a blue background. The digestive system is highlighted in pink, with the colon and rectum being the most prominent. The text 'BOWEL CANCER' is at the top, followed by a subtitle 'How to spot the signs and symptoms, and how to prevent it'. The Cancer Research UK logo is in the bottom right corner.</p>	<p><u>Bowel Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/bowelleaflet.html</p>
Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'BREAST CANCER'. It features a white silhouette of a human torso against a blue background. The breast area is highlighted in pink. The text 'BREAST CANCER' is at the top, followed by a subtitle 'How to spot the signs and symptoms, and how to prevent it'. The Cancer Research UK logo is in the bottom right corner.</p>	<p><u>Breast Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/breastleaflet.html</p>
Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'CERVICAL CANCER'. It features a white silhouette of a human torso against a blue background. The pelvic area is highlighted in pink. The text 'CERVICAL CANCER' is at the top, followed by a subtitle 'How to spot the signs and symptoms, and how to prevent it'. The Cancer Research UK logo is in the bottom right corner.</p>	<p><u>Cervical Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/cervicalleaflet.html</p>



Risk Area	Resource type	Information	Source
Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'OESOPHAGEAL CANCER'. It features a white silhouette of a human head and neck against a blue background. A red line highlights the esophagus. Text on the cover includes 'OESOPHAGEAL CANCER', 'How to spot the signs and symptoms and reduce your risk', and the Cancer Research UK logo.</p>	<p><u>Oesophageal cancer leaflet</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/oesophagealcancer.html</p>
Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'LUNG CANCER'. It features a white silhouette of a human torso against a blue background. Pink lungs are highlighted. Text on the cover includes 'LUNG CANCER', 'How to spot the signs and symptoms and reduce your risk', and the Cancer Research UK logo.</p>	<p><u>Lung Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/lungcancerleaflet.html</p>
Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'MOUTH CANCER'. It features a white silhouette of a human head and neck against a blue background. A red area highlights the mouth. Text on the cover includes 'MOUTH CANCER', 'How to spot the signs and symptoms and reduce your risk', and the Cancer Research UK logo.</p>	<p><u>Mouth Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/mouthleaflet.html</p>




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Cancer	Leaflet	 <p>The image shows the cover of an 'Ovarian Cancer' leaflet. It features a white silhouette of a woman's torso against a blue background. The text on the cover includes 'OVARIAN CANCER' in large pink letters, a subtitle 'Learn about the symptoms and see how you can help', and the Cancer Research UK logo.</p>	<p><u>Ovarian Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/ovarianleaflet.html</p>
Cancer	Leaflet	 <p>The image shows the cover of a 'Prostate Cancer' leaflet. It features a white silhouette of a man's torso against a blue background. The text on the cover includes 'PROSTATE CANCER' in large pink letters, a subtitle 'How to spot the signs and symptoms', and the Cancer Research UK logo.</p>	<p><u>Prostate Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/prostateleaflet.html</p>
Cancer	Leaflet	 <p>The image shows the cover of a 'Skin Cancer' leaflet. It features a white silhouette of a person's head and shoulders against a blue background. The text on the cover includes 'SKIN CANCER' in large pink letters, a subtitle 'How to spot the signs and symptoms', and the Cancer Research UK logo.</p>	<p><u>Skin Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/skinleaflet.html</p>

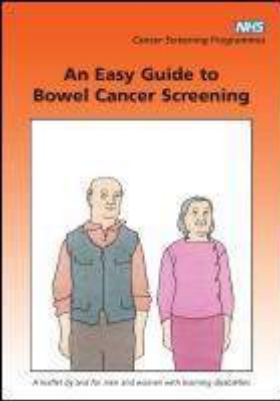
Risk Area	Resource type	Information	Source
Cancer	Leaflet		<p><u>Testicular Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/testicularleaflet.html</p>
Cancer	Leaflet		<p><u>Let's Stay Safe in the Sun</u></p> <p>http://publications.cancerresearchuk.org/preventionhealthylifestyles/preventionsun/sunsmartleaflet.htm</p>
Cancer/HPV	Leaflet		<p><u>HPV vaccination record card 2014</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=2902474</p>




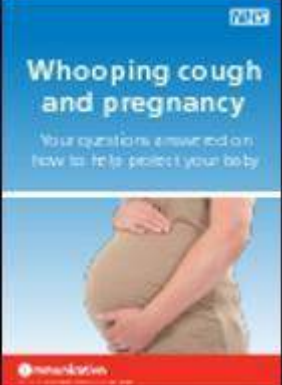
Risk Area	Resource type	Information	Source
Child Care and Development	Leaflet	 <p>The leaflet features a yellow background with a red silhouette of a person. Text includes 'healthy habits for baby and you', 'start 4 life', and 'DH'. There are also speech bubbles with icons.</p>	<p><u>Healthy Habits for Baby and You (A3 poster bundle)</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=C4L288</p>
Child Care and Development	Leaflet	 <p>The leaflet has a yellow background with a blue hand holding a spoon. Text includes 'introducing solid foods', 'DH', and 'start 4 life'.</p>	<p><u>Introducing solid food.</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=2903780</p>
Coronary Heart Disease	Leaflet	 <p>The leaflet is red with a white clock face. Text includes '10 MINUTES TO CHANGE YOUR LIFE', 'Time to get moving', and 'DH'.</p>	<p><u>Time to get moving</u></p> <p>https://www.bhf.org.uk/publications/being-active/10%20minutes%20to%20change%20your%20life%20-time%20to%20get%20moving%20challenge%20chart</p>

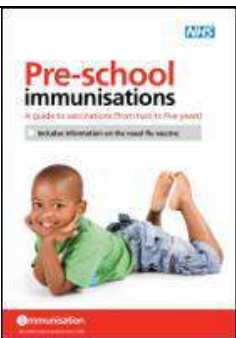
Risk Area	Resource type	Information	Source
Coronary Heart Disease	Leaflet		<p><u>This label could change your life</u></p> <p>https://www.bhf.org.uk/publications/healthy-eating-and-drinking/this-label-could-change-your-life</p>
Coronary Heart Disease	Leaflet		<p><u>Physical activity and your heart</u></p> <p>https://www.bhf.org.uk/publications/heart-conditions/physical-activity-and-your-heart</p>
Coronary Heart Disease	Leaflet		<p><u>Eating Well</u></p> <p>https://www.bhf.org.uk/publications/healthy-eating-and-drinking/eating-well</p>




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Coronary Heart Disease	Leaflet	 <p>The leaflet cover features the title 'Get active, stay active' at the top. Below the title, it says 'Prevent heart disease by staying active'. The central image shows three people holding a large whiteboard with a diagram of a human heart. The bottom of the cover has the text 'Get active, stay active'.</p>	<p><u>Get active, stay active</u></p> <p>https://www.bhf.org.uk/publications/being-active/get-active-stay-active</p>
Coronary Heart Disease	Leaflet	 <p>The leaflet cover has the title 'COPING WITH STRESS' at the top. Below the title, it says 'Get more control over your stress'. The central image shows three people holding a large whiteboard with a diagram of a heart and a stress curve. The bottom of the cover has the text 'TAKE CONTROL'.</p>	<p><u>Coping with stress</u></p> <p>https://www.bhf.org.uk/publications/stress/coping-with-stress</p>
Coronary Heart Disease	Leaflet	 <p>The leaflet cover has the title 'BE ACTIVE FOR LIFE' at the top. Below the title, it says 'Heart disease prevention through active living'. The central image shows three people holding a large whiteboard with a diagram of a heart and a person walking. The bottom of the cover has the text 'IMPROVE YOUR HEART'.</p>	<p><u>Be active for life</u></p> <p>https://www.bhf.org.uk/publications/being-active/be-active-for-life</p>




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Coronary Heart Disease	Leaflet		<p><u>Women and heart disease</u></p> <p>https://www.bhf.org.uk/publications/living-with-a-heart-condition/women-and-heart-disease</p>
Coronary Heart Disease	Leaflet		<p><u>Diabetes and your heart</u></p> <p>https://www.bhf.org.uk/publications/heart-conditions/diabetes-and-your-heart</p>
Cardiovascular disease	Leaflet		<p><u>Healthy Living, healthy Heart – for Asian communities</u></p> <p>https://www.bhf.org.uk/publications/other-prevention/healthy-living-healthy-heart-south-asian</p>


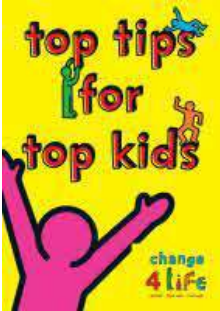

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Cancer	Leaflet		<p><u>An easy guide to bowel cancer screening</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=BCSEASY</p>
Cancer	Leaflet		<p><u>An easy guide to breast screening</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=2901159</p>
Cancer	Leaflet		<p><u>An easy guide to cervical screening</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=CSLD2006</p>




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Drug & Alcohol	Booklet		<p><u>Hertfordshire's Adult Drug and Alcohol Service Provider Booklet</u></p> <p> drug and alcohol booklet.pdf</p>
Immunisations	Leaflet		<p><u>Protect your child from flu</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=2902552</p>
Immunisations	Leaflet		<p><u>Whooping cough and pregnancy</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=DOH1331</p>



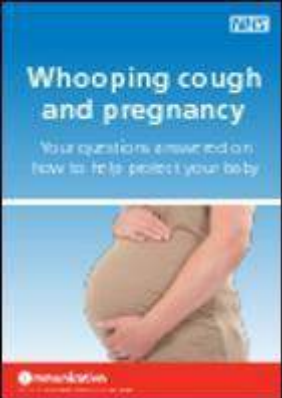
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Immunisations	Leaflet		<p><u>Flu and your pregnancy</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=3079112</p>
Immunisations	Leaflet		<p><u>The Flu Vaccination Winter 2017/2018</u></p> <p>The flu vaccination Winter 2017/18 - Gov.uk</p>
Immunisations	Leaflet		<p><u>Pre-school Immunisations</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=2901234</p>




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Cancer	Leaflet		<p><u>Spotting the Signs of Cancer (for Men)</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/scemaleleaflet.html</p>
Cancer	Leaflet		<p><u>Testicular Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/testicularleaflet.html</p>
Cancer	Leaflet		<p><u>Lung Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/lungcancerleaflet.html</p>



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Cancer	Leaflet		<p><u>Bowel Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/bowelleaflet.html</p>
Nutrition	Leaflet		<p><u>Live a healthy Life – Cut your Cancer Risk</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/healthydl.html</p>
Nutrition	Leaflet		<p><u>Let's Eat and Drink Healthily</u></p> <p>https://publications.cancerresearchuk.org/publication/lets-eat-and-drink-healthily</p>




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Nutrition	Leaflet		<p><u>Cut down on salt</u></p> <p>https://www.bhf.org.uk/publications/healthy-eating-and-drinking/cut-down-on-salt</p>
Nutrition	Leaflet		<p><u>Top Tips for Kids</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=C4L034</p>
Nutrition	Leaflet		<p><u>Why your child's weight matters</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=2903793</p>




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Older People	Leaflet		<p><u>Be active for life</u></p> <p>https://www.bhf.org.uk/publications/being-active/be-active-for-life</p>
Older People	Leaflet		<p><u>Keep Warm, Keep Well</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=403300</p>
Physical Activity	Leaflet		<p><u>Get active stay active</u></p> <p>https://www.bhf.org.uk/publications/being-active/get-active-stay-active</p>




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Physical Activity	Leaflet		<p><u>Coping with Stress</u></p> <p>https://www.bhf.org.uk/publications/stress/coping-with-stress</p>
Physical Activity	Leaflet		<p><u>Put your heart into walking</u></p> <p>https://www.bhf.org.uk/publications/being-active/put-your-heart-into-walking</p>
Pregnancy and Birth	Leaflet		<p><u>Whooping cough and pregnancy</u></p> <p>https://www.orderline.dh.gov.uk/ecom_dh/public/saleproduct.jsf?catalogueCode=DOH1331</p>




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Pregnancy and Birth	Leaflet		<p>Premature Babies</p> <p>https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/624731/Immunisation_premature_quickguide_2017.pdf</p>
Pregnancy and Birth	Leaflet		<p>Pregnancy: How to protect you and your baby</p> <p>https://www.gov.uk/government/publications/pregnancy-how-to-help-protect-you-and-your-baby</p>
Pregnancy and Birth	Web Link		<p>Start for Life</p> <p>https://www.nhs.uk/start4life</p>




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Sexual Health	Leaflet		<p><u>Chlamydia</u></p> <p>http://www.fpa.org.uk/product/chlamydia-sexually-transmitted-infections-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>
Sexual Health	Leaflet		<p><u>Contraceptive implant</u></p> <p>http://www.fpa.org.uk/product/implant-contraceptive-methods-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>


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Sexual Health	Leaflet		<p><u>Contraceptive patch</u></p> <p>http://www.fpa.org.uk/product/patch-contraceptive-methods-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>
Sexual Health	Leaflet		<p><u>Vaginal Ring - Contraceptive methods booklets</u></p> <p>http://www.fpa.org.uk/product/vaginal-ring-contraceptive-methods-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>
Sexual Health	Leaflet		<p><u>HIV</u></p> <p>http://www.fpa.org.uk/product/hiv-sexually-transmitted-infections-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>

Risk Area	Resource type	Information	Source
Sexual Health	Leaflet		<p><u>Gonorrhoea</u></p> <p>http://www.fpa.org.uk/product/gonorrhoea-sexually-transmitted-infections-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>
Sexual Health	Leaflet		<p><u>Your guide to contraception methods</u></p> <p>http://www.fpa.org.uk/product/your-guide-contraception-contraceptive-methods-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>
Sexual Health	Leaflet		<p><u>Genital Warts</u></p> <p>http://www.fpa.org.uk/product/genital-warts-sexually-transmitted-infections-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>

Risk Area	Resource type	Information	Source
Sexual Health	Leaflet		<p><u>Genital Herpes</u></p> <p>http://www.fpa.org.uk/product/genital-herpes-sexually-transmitted-infections-booklets</p> <p>Leaflets can be purchased or downloaded for free from the FPA website</p>
Sexual Health	Poster		<p><u>FYI Contraception A4 poster</u></p> <p>Email publichealth@hertfordshire.gov.uk</p>
Sexual Health	Leaflet		<p><u>FYI Contraception information pads</u></p> <p>Email publichealth@hertfordshire.gov.uk</p> <p>These A4 'tear off' pads provide a simple guide on the various forms of contraception. They can help initiate conversations about sexual health and contraception with service users.</p>

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Smoking	Leaflet		<p>Resources on stopping smoking can be found on the following website: https://www.hertfordshire.gov.uk/services/health-in-herts/professionals/smoking-professionals.aspx</p>
Cancer	Leaflet		<p><u>Spotting the Signs of Cancer (for women)</u></p> <p>https://publications.cancerresearchuk.org/publication/spotting-signs-cancer-female</p>
Cancer	Leaflet		<p><u>Bowel Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/bowelleaflet.html</p>

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Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'OESOPHAGEAL CANCER'. It features a white silhouette of a human head and neck against a blue background, with a red vertical line indicating the esophagus. Text at the top includes 'OESOPHAGEAL CANCER' and 'How to spot the signs and symptoms, and reduce your risk'. The Cancer Research UK logo is visible in the bottom right corner.</p>	<p><u>Oesophageal cancer leaflet</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/oesophagealcancer.html</p>
Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'LUNG CANCER'. It features a white silhouette of a human head and torso against a blue background, with pink lungs highlighted. Text at the top includes 'LUNG CANCER' and 'How to spot the signs and symptoms, and reduce your risk'. The Cancer Research UK logo is visible in the bottom right corner.</p>	<p><u>Lung Cancer</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/lungcancerleaflet.html</p>
Cancer	Postcard	 <p>The image shows a postcard featuring a photograph of a young woman with blonde hair. At the bottom of the postcard, there is text that reads 'SUNBEDS SEE BEYOND THE TAN' and the Cancer Research UK logo.</p>	<p><u>Sunbeds – See Beyond the Tan</u></p> <p>http://publications.cancerresearchuk.org/publicationformat/formatpostcard/SS013B.html</p>

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Cancer	Leaflet	 <p>The image shows the cover of a leaflet titled 'BREAST CANCER'. The cover features a white silhouette of a woman's upper body against a blue background. A red breast is visible on the silhouette. At the top, the text reads 'BREAST CANCER' in bold, followed by 'How to spot the signs and symptoms, and what to do next'. The Cancer Research UK logo is at the bottom right.</p>	<p>Breast Cancer</p> <p>http://publications.cancerresearchuk.org/publicationformat/formatleaflet/breastleaflet.html</p>