

# virtually healthy

The newsletter for schools from the Children's Health Development Foundation  
Centre for Health Promotion, Women's and Children's Hospital

No.32 Term 2 2004



**'With our current knowledge, at least one-third of cancer is actually preventable.'**

*<sup>1</sup>National Cancer Prevention Policy 2001-3, The Cancer Council Australia*

This issue of Virtually Healthy has been prepared in partnership with The Cancer Council South Australia and Quit SA.



## Please distribute to:

- Principal**
- Student counsellors**
- Health and PE staff**
- Other interested teachers**
- School council members**
- OSHC staff**
- Parents**
- Local community agencies**

The Children's Health Development Foundation is part of the Centre for Health Promotion at the WCH.



## Healthy lifestyle works! We can reduce cancer risk

**P**revention is better than cure – that old adage is still true today. School communities can play a role in cancer prevention, through providing a supportive environment that promotes healthy behaviours.

Current scientific knowledge informs us that at least one-third of cancers are preventable, and the number of cancer deaths could be almost halved by implementing effective cancer prevention programs<sup>1</sup>. Smoking, sun exposure, poor eating habits, alcohol consumption and physical inactivity are significant and modifiable risk factors for cancer.

Cancer prevention needs a variety of interventions and strategies. In South Australia two organisations that are working to reduce the impact of cancer are The Cancer Council South Australia and Quit SA. Much has been done in the areas of tobacco control and skin cancer prevention and the knowledge base around these factors is now substantial.

The Cancer Council South Australia and Quit SA provide guidelines for schools to take a comprehensive, whole school approach to sun protection and tobacco reduction. The guidelines are based on the internationally recognised Health Promoting Schools approach which provides schools with a framework to not only address individual behaviour, but to provide and support a range of environmental and structural



factors. Many schools are using the guidelines and implementing effective sun protection and tobacco reduction strategies. More about this work is reported in the following pages.

The role of nutrition, physical activity and alcohol consumption in relation to cancer prevention is also gaining a convincing body of evidence, and the results of some recent research into alcohol and cancer are reported on page 6. Many schools are also promoting healthy eating and physical activity using the Health Promoting Schools approach, and some school stories on healthy eating are reported on page 7.

Schools are to be congratulated for their extensive efforts in relation to tobacco, sun protection, healthy eating and physical activity. Not only are they improving the health of their school communities now, but it is anticipated that these efforts will contribute towards reducing the incidence of cancer in SA in the future.



## Tobacco and disease: the facts

**'If you really want to kill yourself, you have to do two things: start young and keep smoking. If you do both you have a 50% chance of success.'**

Peto et al *Mortality from smoking in developed countries 1950-2000*, 2nd ed, 2003

- ♦ Tobacco is the single largest preventable cause of death and disease in Australia.
- ♦ Over 19,000 people die every year of tobacco related diseases. Most are likely to die from:
  - cancer including lung, mouth, throat, bladder, kidney, pancreas, stomach and cervix
  - coronary heart disease
  - stroke
  - peripheral vascular disease
  - emphysema/chronic obstructive pulmonary disease.

People with these diseases often live for some years with painful and debilitating disabilities.

- ♦ Lung cancer is expected to overtake breast cancer as the number one killer of women in Australia in the near future.
- ♦ Unlike breast cancer, lung cancer is almost entirely preventable. 85% of lung cancers occur in people who smoke. In contrast to breast cancer, where survival rates are increasing, only 15% of people diagnosed with lung cancer will be alive 5 years later.
- ♦ Smoking is a major cause of cancers of the oral cavity, oesophagus and larynx. The use of alcohol in combination with smoking greatly increases risk of these cancers.

## A whole school approach to tobacco

*Candy Fleming, Quit SA*

Eight out of 10 people take up smoking before the age of 18, and the latest research suggests that young people are more likely to become addicted to nicotine than adults who take up the habit (see 'Teenage Brains on Nicotine', p 3).

In a school setting there may be students who:

- ♦ currently do not smoke
- ♦ are experimenting with smoking or thinking about it
- ♦ smoke regularly and are dependent.

Schools therefore have the opportunity to reinforce a non-smoking lifestyle, influence those experimenting and support those who wish to quit.

Providing a supportive and positive environment is a major influence in the prevention of health-risk behaviours in young people, and in particular, is linked to the prevention of smoking behaviour. Tobacco prevention is best addressed using the Health Promoting Schools approach which covers the following aspects:

### Curriculum, teaching and learning

Provide programs that are sequential and relevant to the students' age and stage of development. Programs should begin before young people start to make decisions about drug use.

### School environment, ethos, culture, policies and procedures

The education setting is smoke-free and tobacco smoking is addressed primarily as a health and safety issue. Provide fair and consistent messages that are culturally and socially acceptable.

### Partnerships and services

All members of education settings should work together to enable and maintain a smoke-free environment.

Schools' efforts in reducing tobacco prevalence is also supported by a range of public health efforts by Quit SA and others including:

- ♦ media campaigns
- ♦ cessation support for individuals, and groups eg Quitline 131 848
- ♦ reducing access – eg restricting sales to minors
- ♦ legislation - including smoke-free dining to reduce exposure to toxic passive smoking, advertising prohibition, OH&S expectations 'duty of care'
- ♦ normalising non-smoking
- ♦ taxation and pricing – limiting affordability.

## Who smokes?

People's perception of the number of people who smoke is usually higher than reality. In fact, the majority of people in Australia do not smoke. Adult daily smoking rates are now less than one in five. The 2002 School Students Survey shows that 12% of 12-15 year olds

(10.7% males and 13.1% of females) and 18.8% of 16-17 year olds (19.2% males, 18.6% of females) had smoked in the last week. Since 1984 the smoking rate has continued to decline.



## Opportunities to talk with your students about tobacco

There are many news items throughout the year that stimulate public discussion. They provide opportunities to talk about tobacco with your students.

### Graphic warnings planned for cigarette packets

The federal government is going to replace the current warnings on tobacco products with graphic images of diseases caused by smoking, see [www.health.gov.au/mediarel/yr2004/tw/picsindex.htm](http://www.health.gov.au/mediarel/yr2004/tw/picsindex.htm). The tobacco industry has launched several counter initiatives, including a smokers' rights campaign and health information inserts in selected packets. Visit the Action on Smoking and Health (ASH) website for more information [www.ashaust.org.au](http://www.ashaust.org.au).



Source: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

### Cinema without cigarettes

The AMA is asking Australian governments to screen anti-smoking health warnings before movies in which characters smoke cigarettes, see [www.smokefreemovies.ucsf.edu](http://www.smokefreemovies.ucsf.edu) and the ASH website.

**Jim Bacon, Premier of Tasmania**, has recently been diagnosed with lung cancer. (Tobacco Control Supersite).

### Smoking in pubs, clubs and gaming rooms

Go to the ASH and Tobacco Control Research and Evaluation websites for more about this issue including a report on the SA public's thoughts on going smoke-free. [www.cancersa.org.au/i-cms?page=1.7.860.862.863](http://www.cancersa.org.au/i-cms?page=1.7.860.862.863) (Chapter 17).

### How famous faces muddle the message on cancer

Nicole Kidman and Sarah O'Hare publicly support the fight against breast cancer and yet by their actions apparently ignore the consequences of smoking. (Tobacco Control Supersite, News-Nov 3, 2003).

## More tobacco websites

### OxyGen [www.OxyGen.org.au](http://www.OxyGen.org.au)

An Australian interactive anti-tobacco site for young people and teachers, presently being extensively updated. It has the latest information on tobacco and resources from other Australian states to support schools.



### National Tobacco Campaign [www.quitnow.info.au](http://www.quitnow.info.au)

'Every cigarette is doing you damage'. Help with quitting available online.

### Tobacco Control Supersite [www.tobacco.health.usyd.edu.au](http://www.tobacco.health.usyd.edu.au)

Has information about the activities of the tobacco industry in Australia and recently published press and journal articles. Developed by University of Sydney's Tobacco Industry Documents Project Team.

### Teenage Brains on Nicotine, ABC Radio National [www.abc.net.au/rn/science/mind/s971444.htm](http://www.abc.net.au/rn/science/mind/s971444.htm)

New evidence from neuroscience research suggests young people are more likely to become addicted to nicotine than adults.

## Quit SA: Resources for schools

Quit SA has a number of resources that support schools' implementation of the Health Promoting Schools approach, as well as other innovative curriculum resources.

### Smoke-free education and child care guidelines

Provides guidelines on using the Health Promoting Schools approach to tobacco prevention. Assists schools and early childhood centres to identify and address a range of tobacco issues. All other school resources from Quit SA support the guidelines.

### Keep Left youth smoking cessation guide for schools

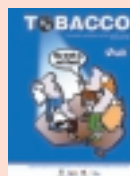
A new resource available in term 2 providing schools and



others with an innovative approach to supporting young people to quit, cut down or manage their smoking so they don't smoke at school.

### TOBACCO - the truth is out there

A resource for middle schools aiming to assist young people make informed decisions about tobacco smoking. Most experimentation with cigarettes occurs in young people aged from 12 to 15 years.



### Critics' Choice

This successful program will be run again in terms 2 & 3, 2004. Your students can watch and critique 12 anti-tobacco commercials, and vote for which they think would be most effective for them. New teaching materials



around Critical Literacy and Essential Learnings will be available.

### Peer Support program activities for tobacco and smoking

Developed by Quit SA and the Peer Support Foundation of SA and available to schools where a staff member has completed peer support training. Peer leaders can be effective in tobacco prevention if carefully selected, properly trained and well supported by trained staff.

For further information contact:  
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Schools and Young People Project Officer  
Ph: 8291 4143  
[cdfleming@cancersa.org.au](mailto:cdfleming@cancersa.org.au)  
[www.quitsa.org.au](http://www.quitsa.org.au)  
Quitline Ph: 131 848

## Sun protection: more than hats!

*Carmel McNamara, The Cancer Council South Australia*

Most primary schools in SA have a sun protection policy in place and have had for some time now. A comprehensive sun protection policy should cover a wide range of strategies aimed at reducing ultraviolet radiation (UVR) exposure and involve the whole school community.

Strategies include:

- ♦ appropriate school hat and uniform design that protect from the sun (shirts with collars, longer sleeves etc) and wearing T-shirts or rash vests for swimming lessons
- ♦ rescheduling of sports days and outdoor activities to outside peak UVR times or to be held in shaded areas where possible
- ♦ providing shade and encouraging its use as much as possible
- ♦ SPF 30+ broad spectrum sunscreen being available to all students and staff
- ♦ sun protection and skin cancer awareness incorporated into the curriculum at all year levels
- ♦ teachers being role models by wearing appropriate hats and clothing.

Many schools are working with teachers, students and parent groups in the decision making process around uniforms and hat styles. They are also consulting with these groups when considering rescheduling activities such as sports days to be held in term 3, when UVR levels are lower.

School environments are becoming more shaded, as the provision of shade becomes an important consideration for budgeting and infrastructure planning requirements.

In general SA schools are making significant progress in reducing skin cancer risk factors in their communities.

## About skin cancer

- ♦ Skin cancer is the most common, the most expensive, and the most preventable cancer in Australia today.
- ♦ Australia has the highest incidence of skin cancer in the world.
- ♦ Skin cancers account for around 80% of all new cancers diagnosed each year in Australia.<sup>1</sup>
- ♦ Evidence shows that over exposure to UVR during childhood and adolescence increases the risk of skin cancer later in life.<sup>2</sup>

<sup>1</sup> Australian Institute of Health & Welfare & Australasian Association of Cancer Registries 2000. Cancer in Australia 1998

<sup>2</sup> Marks et al. Medical Journal of Australia 1990 V 152



*Shade at St Raphael's School, Parkside*

## SunSmart Schools Program

The Cancer Council conducts a SunSmart accreditation program for primary schools and early childhood services. This program, which is part of a national initiative, has been offered to South Australian primary schools (reception to year 7) since 1998. Schools need to meet certain criteria to gain SunSmart accreditation.

The criteria include having a comprehensive sun protection policy in place that is routinely followed. If a school's policy and practices meet the criteria then they are awarded SunSmart School status and presented with a large aluminium sign for the school fence. This acknowledges that they are committed to providing a sun

safe environment for their school community.

Currently there are over 200 SunSmart Schools in South Australia and the number is still growing.

### Sun protection is part of everyday life at Willunga PS

Willunga PS has been a SunSmart School since 1999. Paul Denver, the school's principal states that 'sun protection is now ingrained throughout the school and has become part of normal school activities'. In 2001 a class from Willunga PS was involved in the ABC program *Take on Technology*, in a segment that focussed on different types of hats. The students made sun protective hats and explained

what was needed to make a hat SunSmart. The program aired again in March this year.

For further information contact:  
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The Cancer Council  
Ph: 8291 4149  
[cmcnamara@cancersa.org.au](mailto:cmcnamara@cancersa.org.au)



## How can secondary schools help protect their communities from UVR?

*Peta Conon, The Cancer Council South Australia*

It is clear that schools with a comprehensive sun protection policy in place, are better at protecting their school communities from the effects of the sun. The number of schools with sun protection policies is growing with 65% of schools having a policy in 2002 compared with 53% in 1999.

The Cancer Council resource *UV risk reduction: a planning guide for secondary school communities* provides a practical framework for policy or plan development. This guide:

- ♦ uses the term UV risk reduction to encourage school communities to think more broadly than hat wearing when developing their strategies
- ♦ advocates a whole school approach to sun protection
- ♦ encourages the formation of a sun protection group with representatives from all sections of the school community
- ♦ includes practical tip sheets on a range of sun protection strategies including environmental (shade provision), structural (organisation of outdoor lessons and breaks, all-day events), and

behavioural (clothing, hats and sunscreen)

- ♦ includes information on legal issues, duty of care and OH&S
- ♦ provides curriculum activity ideas.



*Students at Urrbrae Agricultural HS.*

For further information contact:  
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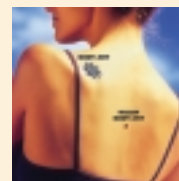
## Are teenagers getting the message?

SA teenagers are still getting sunburnt despite being aware of the connection between sun exposure and skin cancer, according to a recent survey undertaken by The Cancer Council. The survey of nearly 3,000 students aged 12-17 found:

- ♦ the number of students who like to get a tan has decreased over the past decade, but about 2/3 still like to tan
- ♦ 3/4 reported being sunburnt in the previous summer
- ♦ many reported wearing caps which do not offer adequate sun protection
- ♦ very few reported wearing clothing covering their arms and legs when in the sun
- ♦ sunscreen use is decreasing in this age group.

This sends a powerful message to educators about the need to continue to promote sun protection wherever possible.

A new cross curricula resource, based on the TV ad *Tattoo*, is being developed (see page 8).



*Image based on the new TV ad*

## A whole school approach at Westminster

Keys to success: lead-in time and planning

In 2003, Westminster School decided to plan for the introduction of compulsory hat wearing for senior students. It was to be implemented from the start of the 2004 school year, as one of its sun protection strategies. The junior school had already introduced compulsory hat wearing.

Brian Kennelly, Head of Senior School is delighted with student enthusiasm and with the whole school approach in the planning phase. 'Our success is due to a long lead-in time with plenty of preparation, involving lots of people - parents, staff and students as well as support from The Cancer Council South Australia.'

Choice of hat style was seen as significant to the success of the strategy. Students had the opportunity to vote on a wide range of hat styles prior to implementation. Following consultation with The Cancer Council and the school's SRC, year 10 students gave a presentation to assemblies to provide background and a rationale for the changes.

Brian encourages other schools to focus on changes that they can manage and to proceed slowly with sun protection strategies. He also believes that it is important to point out that hat wearing is just one aspect of sun protection and that the provision of shade and

increasing the availability of sunscreen are among other strategies that have been implemented at Westminster.



*Westminster students and staff*

## Key prevention factors: Fruit and vegetables, and physical activity

Rebecca Haigh, *The Cancer Council South Australia*

In Australia, more than 6,000 deaths from cancer each year are attributable to three major risk factors:

- inadequate intake of fruit and vegetables
- inadequate physical activity and
- overweight or obesity<sup>1</sup>.

In relation to these factors, the habits we learn as children stay with us as adults. Developing healthy eating and physical activity habits early is crucial to life-long health and the significant reduction of cancer risk.

### Fruits and vegetables

The Cancer Council supports the National Health and Medical Research Council Dietary Guidelines for Children and Adolescents, which recommend:

**Vegetables: children should eat between 2 and 3 serves of vegetables (at least) a day.**

One serve of vegetables equals:

- 75g or half a cup of cooked vegetables
- 75g or half a cup of cooked legumes
- 1 cup of salad vegetables
- 1 medium sized potato.

**Fruit: children should eat between 1 and 3 serves of fruit (at least) a day.**

One serve of fruit equals:

- 1 piece of medium sized fruit eg apple or orange
- 1 cup diced or tinned fruit in natural juice
- half a cup fruit juice
- one and a half tablespoons dried fruit.



The 1995 National Nutrition Survey found:

- 30% of children aged 2-7 years ate no fruit and a similar percentage ate no vegetables on the day of the survey
- as children get older, the amount of fruit and vegetables eaten decreases. For example, 60% of 16-18 year olds reported eating no fruit at all on the day of the survey.



### Physical activity

The Cancer Council endorses the National Guidelines for Physical Activity which recommend:

**Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days. If you can, enjoy some regular, vigorous exercise for extra health and fitness benefits.**

Moderate intensity activity is:

- brisk walking, digging in the garden, medium-paced swimming or cycling.

Vigorous activity:

- includes football, squash, netball and basketball and activities such as aerobics, circuit training, jogging, or fast cycling or brisk rowing
- makes you 'huff and puff'.

An Australian Bureau of Statistics survey *Children's Participation in*

*Cultural and Leisure Activities* (2000) found that in the 12 months prior to the survey:

- 30% of children did not participate in any organised sport
- 60% of children are driven to school.

It also found that children aged between 6 and 13 years watch around 23 hours of television a week<sup>2</sup>. We are seeing an increase in the amount of time children are inactive.

**These two factors - inadequate consumption of fruit and vegetables and limited physical activity - not only present the immediate risk of overweight and obesity to our children, but also increase the likelihood of cancer and other chronic diseases.**

1. *National Cancer Prevention Policy 2001-03*. The Cancer Council Australia
2. Hill, J and Radimer, K. 1997. *A content analysis of food advertisements in television for Australian children*. *Aust J Nutr and Diet*. 54:4, 174-80.

## Alcohol and cancer

Drinking alcohol is an important risk factor for some cancers, particularly cancers of the mouth, pharynx, larynx, oesophagus and liver. Oral cancers are six times more common in alcohol drinkers than in non-drinkers.

There is strong evidence that alcohol is also a risk factor for breast cancer, which is the most common cancer in Australian women. While you cannot change many of the risk factors for breast cancer, such as family history, drinking alcohol is one of the main risk factors that you can change. (*The Cancer Council New South Wales, 2003*)

## Some strategies schools are using to promote healthy eating

## New DECS Food and Nutrition Guidelines

*Karen Dewis, DECS*

It is anticipated that the *eat well sa schools and preschools* Food and Nutrition Guidelines will be in all DECS schools and preschools in term 3 2004. Catholic Education and independent schools have been involved throughout in the consultation process in the development of the Guidelines.

The Guidelines will change and standardise food and nutrition practice in schools and preschools. Implementation will commence at a central level through training and development, facilities and occupational health and safety sections, and at school and preschool sites involving the whole school/preschool community in developing local policy to set the agenda for change. Areas covered include:

Schools are in a unique position to provide students with consistent and healthy messages about food and nutrition. The following schools are focussing on nutrition using a variety of approaches.

**Blair Athol Primary School** is a great example of a school that is providing a healthy and positive environment for its students. With support from *eat well sa schools and preschools* the school is undertaking a number of excellent initiatives that include developing a healthy nutrition policy.

Bev Nestor, a year 4/5 teacher, explained how the school is working closely with the local deli owner, who is very supportive of the project, to gradually increase the range of healthier foods while removing less healthy options.

Being a multicultural school, the students are lucky enough to have access to a wide range of food experiences including Aboriginal, Sudanese, Kurdish, Iraqi, Iranian, Ethiopian and Afghani as parents from a wide range of cultural backgrounds come and cook for classes.

The school has a fruit and drink break at 10am and a daily physical activity program, and at their recent sports day a range of healthy food stalls was available.

**Hallet Cove (R-12) School** Canteen Manager Glenys Pierik is enthusiastic about using traffic light posters to encourage students to make healthy choices. She provides attractive displays of fresh fruit salads at the front of the canteen so they are the first thing students see. Glenys is clear that the canteen is a part of educating the whole school community about healthy food choices.

**Reynella East High School** Canteen Manager Sally Dix is using pricing control, eg providing fruit at a low cost, among other strategies to

encourage healthier food choices with great effect. She meets with other canteen managers in her district to share successes and to encourage each other in their drive for healthier choices.

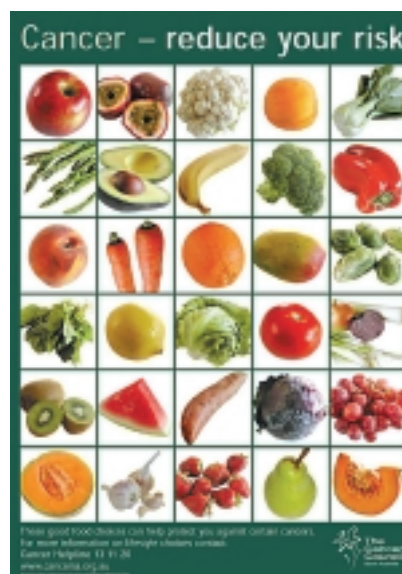
**Mitcham Primary School** has introduced a short break at 10am in addition to the recess break so that children can eat fruit, vegetables or yoghurt. Parent Joanne Rayner is delighted that these foods are so strongly encouraged.

### Kitchen Kits support classroom cooking

#### Want to cook with your students but don't have cooking equipment?

You can borrow Kitchen Kits from two metropolitan and from eight regional centres. They contain all the equipment, recipes and information you will need.

Contact the CHDF  
Ph: 8161 7777  
[www.chdf.org.au](http://www.chdf.org.au)



*New poster available free from The Cancer Council Resource Centre*

- Curriculum Programming
  - Inclusion
  - Methodology
- Healthy Eating
  - Breakfast
  - Fruit and Vegetables
  - Fluid
  - Breast feeding
  - Food and Behaviour
- Supervision
  - Time
  - Setting
- Safety
  - Legislation
  - Hand washing
- Supply
  - Food services
  - Menus
  - High fat/sugar/salt foods
- Pathways
  - Care
  - Health support
- Partnerships
  - Families
  - Health services
  - Business

For more information see [www.decs.sa.gov.au/speced/pages/default/eatwell](http://www.decs.sa.gov.au/speced/pages/default/eatwell) or contact Karen Dewis Food and Nutrition Project Officer [dewis.karen@saugov.sa.gov.au](mailto:dewis.karen@saugov.sa.gov.au)

# RESOURCES

## Cancer prevention resources

### About Virtually Healthy

Virtually Healthy is the CHDF's newsletter for SA schools. It:

- promotes children's health through school communities
- promotes the Health Promoting School concept
- shares effective practice
- addresses current health issues.

Virtually Healthy is published each school term and features on the CHDF's website. Free multiple copies are sent to all SA schools.

### About the CHDF

The Children's Health Development Foundation has been working with SA schools to promote children's health since 1984. It is now proudly part of the Centre for Health Promotion, Women's and Children's Hospital.



[www.chdf.org.au](http://www.chdf.org.au)

Children's Health Development Foundation  
Centre for Health Promotion  
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North Adelaide SA 5006

Ph: (08) 8161 7777  
Fax: (08) 8161 7778  
Email: [chdf@wch.sa.gov.au](mailto:chdf@wch.sa.gov.au)



### Public Health Seminars

- ♦ **Asthma & children**  
May 19, 2004
- ♦ **Children & food allergies**  
July 7, 2004

7.15 pm - 9.00 pm

To register phone 8161 6875  
Email: [healthinfo@wch.sa.gov.au](mailto:healthinfo@wch.sa.gov.au)  
Teacher professional development certificates available

### Tobacco and smoking resources

#### Sun protection resources

*Playing it safe in the sun with Sid Seagull* poster and teacher resource book - teaching activities, worksheets and stories. R-2.

*Sun days, fun days* (video) - follow Rosie, Matt and their friends over a week as they have fun outdoors. R-4  
Cost \$40 or can be borrowed.

*SunSmart fun for everyone*  
Teaching activities and stories for use in the classroom. R-7. Cost \$10.

*UV risk reduction: a planning guide for secondary school communities*  
Essential reading for sun protection policy groups, with practical tips to help implement sun protection strategies. No cost.

*Tattoo kit*  
Based on the new skin protection TV ad *Tattoo*. The kit contains a video of the making of the ad, suggestions for student activities, personal stories, background facts and statistics about skin cancer. H&PE, Media Studies, English and Pastoral Care in years 9 to 11. Currently being developed for release during 2004. Cost approx \$50.

*Be SunSmart*  
Teacher resource book with background information, teaching activities, worksheets. Junior secondary. No cost.

*TimeBomb kit*  
Video clips of SunSmart TV ads and lesson plans about sun protection. Suitable for years 8 to 10 Science, Health or Media classes. Available for loan.

*Undercover*  
A shade resource book, available to borrow or to buy for \$20.

*Sun protection fact sheets*  
Available free from the Resource Centre or download from [www.cancersa.org.au](http://www.cancersa.org.au)

*Posters and postcards*  
A variety of posters and postcards, to promote sun protection strategies, are available free of charge.

### Nutrition resources

Information sheets available on:

- *Dietary fibre*
- *Fats*
- *Food and cancer*
- *Fruits and vegetables*
- *Nutrition and cancer*
- *Read between the lines (nutrition and media)*
- *Weight loss and exercise.*

Available free from The Cancer Council Resource Centre or can be downloaded from the website. Posters and pamphlets also available.

### Skin cancer educators available

Would you like a speaker to come to your school to address parent or staff groups to raise awareness about skin cancer prevention?

A skin cancer educator from the Speakers' Bureau, based at The Cancer Council South Australia, is now available to visit schools.

To organise your free presentation, contact the Speakers' Bureau Coordinator on 8291 4111 or download request forms from the Speakers' Bureau section on the website [www.cancersa.org.au](http://www.cancersa.org.au)

Please note that the Speakers' Bureau does not cater for student groups.

Resources listed on this page are available from The Cancer Council Resource Centre Ph: 8291 4165

### The Cancer Council South Australia Quit SA

202 Greenhill Rd  
Eastwood 5063  
Ph: 8291 4111  
Cancer Helpline Ph: 13 11 20  
Quitline Ph: 131 848  
[www.cancersa.org.au](http://www.cancersa.org.au)  
[www.quitsa.org.au](http://www.quitsa.org.au)

