



More information on all of the items below may be found on the Center for Rural Health website at <https://ruralhealth.und.edu/what-we-do/health-workforce>. The QR code at the top of the page will take you there!

EDUCATIONAL RESOURCES FOR LOAN

The Center for Rural Health has a number of educational items relating to science and health care professions for loan, and we encourage their use. Our goal is to provide tools to encourage the interactive learning and grow student's interest in health care professions.

Loan Instructions

- There is no charge to the borrowing facility for this service except for any shipping cost to return the materials, as well as, if necessary, the full cost to repair or replace damaged or lost items. These resources and services are funded through the North Dakota State Office of Rural Health Grant and state appropriated funds, designated to health care workforce development, administered through the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences.
- Items are available on a first-come, first-served basis.
- Items are only available for short-term use. Items must be returned by the due date assigned or a late fee of \$10 per week will be charged. If the item(s) are not returned within one month after the due date, you will be billed the full cost to replace the item.
- If items are returned damaged, you may be charged for the cost to repair or replace damaged items. Please package items carefully and insure them for the amount indicated in the online description.
- An evaluation will be emailed to the borrower upon return of the item to the Center for Rural Health. We ask that you complete the online evaluation so we can continually improve on the loan process and resources available to you.
- To reserve any of the resources visit <https://ruralhealth.und.edu/what-we-do/health-workforce/resources-for-loan>. Here you can view the educational resources available and complete the online form to request a resource. To reserve the giant inflatable colon, email amy.breigenzer@und.edu.

Resources Available for Loan

In-A-Box - The In-A-Box program provides current health and science activities that coordinate with North Dakota curriculum standards, to students in grades 4-12, to inspire them about the possibilities of a career in health care.

- Bones & Muscles In-A-Box
- Brain In-A-Box
- Ear In-A-Box
- Eyes In-A-Box
- Guts In-A-Box



A Closer Look At Nutrition DVD Series – An in-depth DVD series with 5 discs: Carbohydrates; Vitamins, Minerals, and Water; Proteins and Amino Acids; Fats and Lipids; and Metabolism and Energy. Grades: 6+

Bag of Bones – A great way to teach anatomy, this child-size embroidered skeleton has 20 bones that attach to a fabric background with Velcro. Students can identify and label the different bones. The background folds neatly to become a carrying case for simple storage. Includes 20 realistic bones with Velcro, two sets of bone labels, and reference sheet. Grades: 1-5

Body Fat Analyzer – Handheld unit displays body fat percentage and body mass index (BMI) in seconds.

Can You Smell What I Am? Fruits & Vegetables Scratch and Sniff Cards – Kids enjoy the challenge of scratch, sniff, and learn. This set includes 15 fruit cards and 12 vegetable cards. Each card features a different, long-lasting scratch-and-sniff scent, hints to help kids identify the fruit or vegetable, a fun fact, and a healthy message.

Escapades Game – Packaged in an easy-to-use box, each game comes on an individual card and, when appropriate, an illustration of the game being played is on the back of the card. The games are coded by category and energy level making it easy for the facilitator to focus in on a topic and present a game with either a high, low, or medium level of energy to be used. Grades: K-12

Examine the Facts Tear Pad – Fun tear pad looking at how to read nutrition labels and compose a healthy shopping list based on the MyPlate initiative. Grades 6+

Fat Finders – Many people think that watching the fat in their diets is limited to avoiding fried foods and added fats such as butter, but can you guess the number of fat grams hiding in these 12 ordinary foods?

Fitness Dice – A set of plush dice – one with light exercises on each side (toe touch, push-ups, etc.), and one with numbers on each side. Roll both dice together to get an exercise and how many to do!

Fitness Scholastics Game – This game was designed as a teaching tool to highlight all four fitness components – cardiorespiratory (aerobic) endurance, muscle strength, muscle endurance, and flexibility. It was meant to coincide as a motivational supplement to your instruction on health and fitness. Grades: 1-8

Fun Foods Bingo – A picture bingo game featuring everything from fruits to veggies to pretzels! Comes with 35 double-sided bingo cards, calling cards, dots to mark spaces, and instructions to download a free bingo caller app. Grades: PreK +

Get Wise to Portion Size DVD – A DVD with short video segments and an interview with a registered dietitian explaining the issue with portion sizes. Videos focus on Portion Distortion, Why Portion Size Matters, Portion Tips for Eating Out, and Portion Tips for Eating at Home. Grades 6+

Glo-Germ with Light – Glo Germ is an effective tool to demonstrate hand washing, surface cleaning, hygiene, and containment techniques.

Half-Size Mini Torso – A miniature, half-size torso on base. The torso can be dissected into 12 parts. The model was molded from actual human organs to provide accurate and precise detail. Size: 7" L x 7" W x 21" H.

Handy Portions Tear Pad – A tear pad to teach kid about portion sizes. Grades: 4+

Jobs in Food and Nutrition DVD – A 30-minute video focusing on the professions that produce, prepare, develop, and evaluate food to ensure nutrition. Grades: 6+

Jump Ropes – Speed, durability, and flexibility all in one rope.

Mental and Emotional Health Learning Module – The learning modules are designed to incorporate hands-on models with activities that encourage students to learn and achieve at high levels as they grow in ways that lead them to be healthy, responsible, and productive citizens. In addition to manipulatives, it offers activities, assessments, technology extensions utilizing the Internet, and optional challenge activities.

Mr. Gross Mouth – This model shows the dangerous and gross consequences of smoking cigarettes and using smokeless tobacco, including "hairy tongue," leukoplakia, tongue cancer, gum disease, tooth decay, and lip cancer. This giant model includes a 4" wide cancerous tongue made of realistic BIOLIKE™ material and a jar of tobacco to make tobacco juice. Mounted on a wooden base.

MyPlate Tear Pad – A tear pad introduction to MyPlate. Focuses on healthy food groups and tips to make every plate a great one! Grades: 5+

MyPlate Trivia – A fun, interactive trivia to teach kids about the importance of a well-rounded diet. Comes with a PowerPoint presentation and leader's guide. Grades 5+

Nutrition DVD Superpack – A pack of DVDs with 8 modules – each is a topic-based video with a digital workbook that contains teacher's guides, classroom notes, quizzes, games, and graphic organizers. Modules include: Intro to Cells and Macronutrients; What Your Body Does With Food; Food Spectrum; Micronutrients: Vitamins, Minerals, and Water; Preventing Nutritional Disorders; Eating in Context; Where Does Your Food Come From?; and The Savvy Eater. Grades 6+

Nutrition InQuiza Quest – A Jeopardy-style nutrition quiz game that can be played in up to 6 teams. Categories focus on Nutrition Knowledge, Food Groups, Healthy Lifestyle, Nutrition Related Illnesses, Nutrients, and Minerals. Comes on a DVD disc. Grades: 5+

Occluded Artery – Demonstrating the benefits of a healthy cholesterol level and the deadly effects of high cholesterol, this model will leave an impression that lectures and textbooks cannot. The model's two tubes represent a normal artery constricted by plaque. When the model is turned over, the blood in the healthy artery flows swiftly to the top, while the blood in the occluded artery slows and even stops completely.

Outbreak at Watersedge CD – A computer game about public health. Help discover the source of the outbreak that has hit the small community of Watersedge and stop it before the residents get sick. Grades: 6+

Sneezy Sam – Ah ... ah ... ah-CHOO!! When Sam "sneezes" he sends everyone scrambling. This delightfully disgusting display teaches viewers that a sneeze can travel farther than they think, propelling an invisible cloud of germ-infested water droplets into the air. A quick squeeze on the concealed bulb behind Sam's head sends a blast of harmless water spraying out of his "mouth" reminding damp bystanders to cover their sneezes.

Skeleton – A life-sized replica of the human skeleton that comes in separate pieces so each bone can be picked up and examined – a great visual anatomy lesson.

Giant Inflatable Colon – Make a huge impact at your next event with the inflatable colon! An excellent educational tool and attention-getter, the inflatable colon features various stages of disease with explanations of the following: normal colon tissue, Crohn’s Disease, polyp, malignancy polyp, colon cancer, and advanced colon cancer. The colon weighs 325 pounds and stands 32 feet long, 12 feet high, and 10 feet wide. Transportation arrangements must be made with the Center for Rural Health prior to reserving this item. Cost to transport will be dependent on date and location; and determined on a case-by-case basis.



EVENTS

HIPAA Training – In many institutions, students are not allowed to enter the clinical setting as part of their job shadowing/scrubs camp/course work, until this training module has been completed. Therefore, all students that come in contact with personal health information as part of the educational process should complete HIPAA training. Sixth through twelfth grade North Dakota students can complete online HIPAA training through The University of North Dakota School of Medicine and Health Sciences’ Center for Rural Health. They receive a HIPAA Basic Training Certificate upon completion. Training takes approximately 30 minutes to complete and is free of charge.

Kindergarten – Second Grade Presentations in the Classroom – Invite CRH staff out to your community to teach young students about health careers and healthy behavior. Get them interested in health care at an early age! CRH staff will come to your school with hands-on activities geared to making young students aware that there are more careers that they can pursue than just a doctor or nurse in the health care world.

Scrubs Academy I– The University of North Dakota (UND) Rural Collaborative Opportunities for Occupational Learning in Health (R-COOL-Health) Scrubs Academy I is a four day/three night camp that will be held on the University of North Dakota campus every summer. The Scrubs Academy I focuses on encouraging middle school (6- 8 grades) students from all across North Dakota to pursue a career in health care. The Scrubs Academy I provides the students with hands-on activities and information, experience with health professionals, certify the students in Friends and Family Cardio Pulmonary Resuscitation (CPR) and the Health Insurance Portability and Accountability Act (HIPAA), and will serve to initiate a process structured to introduce a variety of health disciplines at a significantly earlier age. This event is coordinated by the Center for Rural Health and the North Dakota Area Health Education Centers.



Scrubs Camps – R-COOL-Health Scrubs Camps are one day events focused on rural students in grades 5-12 held between October 15 and April 30 of each year. The overall purpose of the program is to increase awareness, interest, and understanding of health careers available in rural North Dakota through creative and interactive activities. Each year grants are disseminated to rural communities that form partnerships consisting of (at a minimum) local/regional K-12 school system(s), health care entity/facilities (i.e. hospital, clinic, long term care facility, EMS/ambulance squadron, local public health unit, etc.), and the local economic development and/or local job development authorities. Community grantees are responsible for coordinating the camp within the guidelines put forth in the grant guidance.

WEBSITES

Student Resources – Links to websites and resources that students interested in pursuing a career in health care may be interested in. <https://ruralhealth.und.edu/what-we-do/health-workforce/student>

K-12 Teacher Resources – Puts teachers in contact with the CRH items available for loan and resources that are useful when planning curriculum and health career related events. These resources include suggested books for elementary students. Coloring contest tips and pages, interactive hands-on ideas for health career awareness, a coloring book, healthy snack recipes, posters, table tents about different health careers, and handouts for students to help in planning courses to take in high school and selecting a career. It also provides numerous electronic resources that may be helpful when planning career education activities or events, links to the CRH projects, and links to various external links and resources for teachers who have an interest in health care. <https://ruralhealth.und.edu/what-we-do/health-workforce/teacher>

QUESTIONS ABOUT THE CENTER FOR RURAL HEALTH?

Visit <http://ruralhealth.und.edu>

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