



CCCSIG Health and Wellness DVD & Video Library

DVDs by Category & Title:

AGING

1. **Living Longer Better by Films for the Humanities and Sciences. 2004. 40 minutes.**

Description:

Hosted by CBS NEWS correspondent Dan Rather, this program looks at aging from a number of angles. Individual profiles highlight major factors in growing older while maintaining health and happiness, such as diet and exercise, social relationships, and engagement with life itself.

DISEASE

2. **Coronary Artery Disease by Films for the Humanities and Sciences. 2005. 28 minutes.**

Description:

The number one killer of both men and women in America today is coronary artery disease, also known as heart disease. This program explores the risk factors and symptoms associated with CAD, emphasizing that it can lead to a heart attack or cardiac death without warning. Promoting a positive approach, the video portrays these traumas as life-changing occurrences for patients who do survive a cardiac event and commit to improving their health. Case studies and personal commentary from patients, along with explanations of advanced medical procedures developed to treat CAD, are also included.

3. **Diet and Disease in Modern Society by Meridian Education Corporation. 2004. 36 minutes.**

Description:

What's so bad about saturated fat, and what makes fiber so good? In a society where convenience foods rule and obesity is a national epidemic, it's time to find out. This video investigates the relationship between diet and a number of frequently interrelated diseases and conditions, including heart attack, stroke, high blood pressure, hardening of the arteries, obesity, Type 2 diabetes, and cancer.

4. **Managing Diabetes by Films for the Humanities and Sciences. 2005. 29 min.**

Description:

A disease that frequently goes unnoticed for years, diabetes can lead to blindness,



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loss of limbs, even death. The good news, as this program clearly demonstrates, is that diabetes is neither inevitable nor unmanageable. Illustrating ways for patients to take a proactive approach to their health, the video details changes in diet, exercise, and attitude that can stop the progression of the disease and in some cases prevent its occurrence in the first place. Personal testimony from patients and expert commentary from physicians are included. The result is an empowering guide to managing and minimizing a formerly debilitating illness.

FITNESS

5. **Keeping Fit by Films for the Humanities and Sciences. 2004. 29 min.**

Description:

Sedentary jobs and pastimes. Foods high in sugar, fat, and cholesterol. A superabundance of labor-saving technologies. Is it any wonder that a recent study by the Mayo Clinic shows that more than sixty percent of all adult Americans are statistically overweight? This program describes the basic components of physical fitness and the numerous health benefits that derive from regular physical activity while explaining why exercise is helpful in reducing overall health risks.

FOOD & NUTRITION

6. **Reading & Understanding the New Food Label, A National Health Video, Inc. Production. 2005. 19 min.**

Description:

Listing the amount of trans fat on food labels will be required beginning in 2006. This video will help consumers understand just what is meant by partially-hydrogenated or trans fat. It will help them use the label to make the healthiest choices when they shop for food. All terms used in this video are defined and portion sizes shown.

PERSONAL DEVELOPMENT & RELATIONSHIPS

7. **Communication Skills, A Cambridge Educational Production. 2000. 23 min.**

Description:

Specialists in organizational behavior and workplace wellness share their advice on how to navigate the business world successfully by using good communication skills.

8. **Conflict Resolution and Etiquette, A Cambridge Educational Production. 2000. 22 min.**



Description:

Specialists in organizational behavior and workplace wellness share their advice on how to navigate the business world successfully by using good conflict resolution skills.

SLEEPING

9. Insomnia by Films for the Humanities and Sciences. 2006. 28 min.

Description:

An inability to sleep is far more than a nuisance—it's a genuine health problem. This program examines insomnia from a medical perspective, exploring the physical, emotional, and psychological aspects of the disorder. Interviews with doctors who specialize in treating sleep difficulties provide historical background on the affliction, the personal and professional hazards it can present, and dietary and behavioral adjustments that can improve the quality of sleep. The advent of safe and effective sleep medications is also described in detail, while observations from patients who have overcome insomnia provide a reassuring human dimension to the discussion.

10. Understanding Sleep, A Discovery Channel Production © 2004.

Description:

For an activity that accounts for a third of one's life, sleep has always been a mystery. Shot in part on the road with the often sleep-deprived White House press corps, this program illuminates the integral role proper rest plays in our everyday-and "every night"—lives. Experts discuss such topics as internal clocks, circadian rhythms, dreams, insomnia, and the effects of caffeine and sleeping pills. The program points out the alarming fact that in our 24-hour culture, where sleep has become the lowest priority, 62% of Americans have sleeping disorders. (51 minutes)

SMOKING & SMOKELESS TOBACCO

11. I can't breathe. A smoker's story. A Centers for Disease Control and Prevention, Department of Health and Human Services and the Massachusetts Department of Public Health Production.

Description:

A documentary of a woman in her late 20's who is diagnosed with emphysema, a lung disease caused by smoking. This video takes you through her life before, during and after a lung transplant that is ultimately rejected leading to her death at



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the age of only 31 years old. (19 minutes)

12. **Smokeless . . . NOT Harmless by the Department of Health and Human Services Centers for Disease Control and Prevention. 2002. 5 min.**

Description:

Smokeless NOT Harmless looks back at the many tactics used to sell smokeless tobacco over the past century. Like a virus, smokeless tobacco marketing has spread around the world, from Venezuela to India, Sweden, and beyond. But countermarketing efforts are giving young people the truth about these deadly, addictive products.

STRESS MANAGEMENT

12. **Coping with Stress by Films for the Humanities and Sciences. 2004. 30 min.**

Description:

A certain amount of stress can actually enhance performance and productivity. However, continually high levels of stress have been linked to all of the leading causes of death in America, including heart disease, cancer, and lung ailments. This program analyzes the role of stress in day-to-day life and in overall physical and mental health. Sources of stress are identified, and techniques for managing stress are suggested. Information on how to improve personal communication—a powerful safety valve—is also provided.

13. **Well, Well, Well by AudioVision. 2006.**

Description:

Is it possible to create a comedy about the subject of wellness? It is if you've got three unhealthy characters like Jose, Latisha and Bill working for a company that sells health and wellness products. They've been given the assignment of organizing the the annual company picnic. Jose, whose diet is atrocious, is put in charge of the food. Bill, who has never exercised a day in his life, is put in charge of the activities and Latisha, who is so disorganized and stressed that she has trouble sleeping, is given the job of coordinating the whole event. Their attempts at tackling their assignment is a formula for comedy until a character named "Auntie B" comes along and teaches them what they need to know about nutrition, exercise and stress management.

VHS by Title:

1. **An Inside Look: Heart Attack by Discovery Channel School. 2000. 27 min.**
2. **Fat by Frontline. PBS. 1999. 60 min.**
3. **Heart To Heart with Dr. William Castelli. 1994. 60 min.**
4. **Laughing at Stress with Loretta LaRoche. 1998. 20 min.**
5. **Lilia's Yoga Workout Series for Beginners by Goldhil Video. 1986. 120 min.**



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6. **Muscles in a Minute** by Future Dynamics, Inc. 1994.
7. **Stretching: the Video** by Bob Anderson. 1987. 60 min.
8. **Weight Training For Men and Women: Your Total Guide to Strength and Conditioning** by Bill Pearl. 1991. 80 min.
9. **Wellness Leadership: Management's Role in Creating Healthier and More Productive Cultures** by the Human Resources Institute, Inc. 1999. 14 min.
10. **Working with Stress** by the National Institute for Occupational Safety and Health. 2002. 17 min.