

The East Carolina Heart Institute and Vidant Health provide you the following list as a convenience to our patients and their families. We do not endorse any of these services provided and encourage you to independently verify whether they are appropriate for you.

Heart Health Resource Directory

1.) Physical Activity

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Municipal & Community Recreation opportunities

1.) Pitt County Community Schools and Recreation

- <http://www.pittcountync.gov/depts/commschool/news/events.shtml>
- (252) 902-1975
- Programs & locations offered vary seasonally and include activities such as volleyball, tai chi, aerobics, yoga, line dance and programs specifically designed for senior citizens
- Some are free, but there is a cost for other programs

2.) Greenville Recreation & Parks

- <http://www.grpd.info>
- *Aquatics and Fitness Center* (252) 329-4041
 - 921 Staton Rd.
 - Adult Swim Lessons, Scuba Diving Instruction, Arthritis Water Therapy, Master Swim, Private Swim Lessons, Yoga Fit, Lifeguard Training, and Water Safety Instructor Training
- *Adult Athletics* (252) 329-4550
 - Team sports offered such as baseball, softball, basketball, flag football, martial arts, tennis, and wiffleball
- *Senior specific programs & games* (252) 902-1975
 - Aerobics, Line dance, Archery, league bowling, and lawn games
- Programs offered & locations vary seasonally

3.) Winterville Parks & Recreation

- www.wintervillenc.com
- (252) 756-1487
- Men's & Women's church league softball, aerobic line dancing, & Healthy Heart walking club

4.) Ayden Parks & Recreation

- www.ayden.com/ayden-recreation.html
- *Ayden Community Center & Ayden Arts and Recreation Center* (252) 481-5817
- 4354 S. Lee St
- Aerobics (ladies & seniors), Gymnasium, General Park area, Outdoor Basketball Hoop, Skateboard Facility, Baseball/Softball Field, and Football Field

5.) Farmville Parks & Recreation

- <http://www.farmville-nc.com/>
- (252) 753-6712
- church league softball, beginning tennis(free), yoga, & zumba

6.) Pitt County Council on Aging

- www.pittcoa.com/index.php?page_id=12

- 4551 County Home Rd., Greenville
- (252) 752-1717
- Greenville Senior Center-programs offered vary by location
- Satellite sites in Ayden, Bethel, Farmville, Fountain, & Grifton
 - ✚ Ayden- 511 S. Lee St.: (252) 746-7037
 - ✚ Bethel- 7406 Main St.: (252) 829-9112
 - ✚ Farmville-417 S. Main St.: (252) 753-2424
 - ✚ Fountain- 6777 E. Wilson St.: (252) 749-6201
 - ✚ Grifton-417 S. Main St.: (252) 753-2424

Local Parks (Pitt County & state parks)

Pitt County

1.) Alice F. Keene Park (252) 902-1975

- 4561 County Home Rd., Greenville
- Center, Baseball/Softball Field, Lawn Games, Soccer Field, 1.2 Mile Paved Walking Trail, and Playground

2.) Northside Walking Trails (252) 902-2426

- 201 Government Circle, Greenville
- 3 Walking Trails: 0.2, 1.2, and 2 Miles

3.) Pitt County Arboretum (252) 902-1701

- 403 Government Circle, Greenville
- Has a dozen gardens that feature plants which perform well in Eastern NC and a 0.25 Mile Walking Trail

4.) Planning and Development: Walking Trails and Routes

- <http://www.pittcountync.gov/depts/planning/cdwalk/index.shtml>
- Ayden, Bethel, Falkland, Farmville, Fountain, Greenville, Grifton, Grimesland, Pactolus, and Winterville

Greenville

* Park information available at:

http://www.greenvillenc.gov/departments/rec_parks_dept/information/default.aspx?id=430

1.) Matthew Lewis Park at West Meadow Brook

- 900 Legion St.
- Disc Golf Course, Lighted Softball Field, Youth Baseball Field, Lawn Games, Picnic Shelter, Playground

2.) Elm Street Park (252) 329-4650

- 1058 S. Elm St.

- 6 Lighted Tennis Courts, Community Center, Lawn Games Area (Shuffleboard, Horseshoes, and Bocce Courts), Gymnasium, Lighted Youth Baseball Field, Fully Accessible Baseball Field, 0.5 Mile Greenway Walking Trail, Picnic Shelters, and 2 Playgrounds (1 Handicapped Accessible)

3.) Greensprings Park (252) 329-4567

- 2500 East 5th St.
- Picnic Shelter and Access to the Green Mill Run Greenway (1.5 mile walkway)

4.) H. Boyd Lee Park (252) 329-4550

- 5184 Corey Rd.
- Recreation Center with Gymnasium, 3 Lighted Softball Fields, 2 – 0.5 Mile Walking Trails (One paved, One unpaved), Exercise Stations, Lawn Games, and Playground

5.) Jaycee Park (252) 329-4062

- 2000 Cedar Lane
- 4-Lighted Tennis Courts, Lighted Softball Field, Playground, Picnic Shelter, and Extreme Park (BMX/Skateboard Park and Inline Skates Hockey Rink)

6.) Paramore Park (252) 329-4567

- 401 E. Fire Tower Rd.
- Playground, Picnic Shelter, and 0.3 Mile Walking Trail

7.) River Park North/Walter L. Stasavich Science and Nature Center (252) 329-4560

- 1000 Mumford Rd.
- Fishing (5 ponds, 2 piers; \$), Rental Fishing Boats (5), Boating (\$), Camping (\$), Wildlife Observation, Pedal Boating (seasonal; \$), Fossil Pit, Picnic Shelters, Sand Volleyball Court, Playground, and 4 Walking Trails: 0.27, 0.29, 0.4, and 1.3 Miles

8.) South Greenville Park and Recreation Center (252) 329-4549

- 851 Howell St.
- Gymnasium, Weight room, Multipurpose room, Multipurpose field, Youth Baseball Practice Field, Playground, and Picnic Shelter

9.) Thomas Foreman Park/Eppes Recreation Center (252) 329-4548

- 400 Nash St.
- Gymnasium, Weight room, Game room, Multipurpose room, 2-Lighted Tennis Courts, Lighted Youth Baseball Field, Playground, and Picnic Shelters

10.) Woodlawn Park

- 100 N. Woodlawn Ave.
- Volleyball Court, Outdoor Basketball Hoop, Handicapped Accessible Playground, and Picnic Shelter

11.) Community Pool at Guy Smith Park (252) 329-4563

- 2113 Myrtle Ave.
- Swimming Pool, Dive Tank, and Bathhouse
- Entrance Fee (\$)

12.) Evans Park

- 625 W. Arlington Blvd.
- 4-Lighted Tennis Courts, 2-Lighted Softball Fields, Archery Range, and Picnic Shelter

13.) Greenfield Terrace Park/Barnes-Ebron-Taft Community Center

- 401 Greenfield Blvd.
- Outdoor Basketball Court, NEOS 360, Playground, and Picnic Shelter

14.) River Birch Tennis Center at Evans Park

- 625 W. Arlington Blvd.
- 8-Lighted Tennis Courts, and Picnic Shelter

15.) Sports Connection (252) 215-9090

- 1701 E. 14th St.
- Baseball and Softball Batting Cages, Pitching Area, Gymnasium, Arcade/Games

16.) Perkins Complex

- 1703 E. 14th St. Behind the Teen Center
- 2 Youth Baseball Fields, Batting Cage, Sand Volleyball Court, and Practice Field

17.) Bradford Creek Soccer Complex (252) 329-4550

- 4523 Old Pactolus Rd
- 5 regulation soccer fields (2 are lighted)

18.) Greenville Toyota Amphitheater & Town Commons

- 100 East First Street/Greenville
- paved walkways

Winterville

1.) Winterville Park

- 332 Sylvania St.
- 3 Youth Baseball Fields, Large Adult Softball Field, Tennis Courts, Football Field, Roofed and Lighted Batting Cages, Playground, and 3 Walking Trails: 0.47, 0.54, and 0.79 Miles

2.) Hillcrest Park

- 2418 Carmon St.
- 2 Basketball Courts, Baseball Field, Large Playground, Picnic Shelters, and 0.3 Mile Walking Trail

Ayden

1.) Veterans Memorial Park

- Corner of Washington St. and Snow Hill St.
- Tennis Court, Picnic Shelters, and Playground

Farmville

1.) Farmville Municipal Athletic Park

- Corner of Horne St. and Walnut St.
- Baseball/softball field & tennis courts

2.) Oliver Murphrey Park and Walking Trail

- 3476 North Main St.
- Exercise stations & 0.3 mile walking trail

3.) I.S. Bennett Park

- South Main St.
- Basketball goal & playground

4.) J.Y. Monk Park

- On Park St. near West Wilson St.
- volleyball court & playground

Grifton

*Park information available at: <http://www.grifton.com/departments/parks-recreation>

1.) Contentnea Creek RV and Trail Park

- 1 Contentnea Dr.
- Camping & 2 walking trails: 0.15 miles and 0.5 miles

2.) Contentnea Creekside Overlook Trail

- Martin Luther King St.
- 0.13 mile walking trail

3.) St. David Street Park

- Located on St. David St.
- Tennis courts and 0.25 mile walking trail

4.) Civic Center Tennis Court Area

- 437 Creek Shore Dr.

Simpson

1.) Simpson Community Park

- 101 Telfaire St.
- Baseball/Softball Field, Playground, and Picnic Shelter

2.) Salem United Methodist Church (252) 752-1273

- 785 McDonald St. Simpson
- playground & walking trail open to the public

Bethel

1.) Field of Dreams

- Hwy US 64
- Baseball/softball fields, playground, basketball, volleyball, & 0.5 mile walking trail

Grimesland

1.) Grimesland Community Park

- 7543 Pitt St.
- Picnic Shelter, Playground, and 0.25 Mile Walking Trail

Miscellaneous Parks

1.) North Recreational Complex

- 3764 US 264 East, at East Carolina University
- Multipurpose activity fields, Disc Golf, Exercise Stations, Fishing, Lawn Games, Volleyball, and 0.5 Mile and 5K Walking Trails
- http://www.ecu.edu/cs-studentaffairs/crw/facilities/north_complex/index.cfm

2.) The Friends of Greenville Greenways

- Map of Greenways
- <http://www.froggs.org/images/5yearmap2012.jpg>

State Parks located near Pitt County

*NC Parks Website: <http://www.ncparks.gov/Visit/parks/clne/main.php>

1. Cliff of the Neuse State Park (919) 778-6234

- 240 Park Entrance Rd. Seven Springs
- Boating and Swimming, Camping, Fishing, Hiking, and Picnicking

2.) Goose Creek State Park (252) 923-2191

- 2190 Camp Leach Rd. Washington
- (252) 923-2191
- Boating and Swimming, Camping, Fishing, Hiking, Paddling, and Picnicking

3.) Pettigrew State Park (252) 797-4475

- 2252 Lake Shore Road, Creswell, NC
- Biking, Boating, Camping, Fishing, Picnicking, and Trails

4.) Dismal Swamp State Park (252) 771-6593

- 2294 US 17 North, South Mills, NC 27976
- Canoeing, kayaking, hiking, & mountain biking

Local Gyms

Greenville

1.) Vidant Wellness Center (252) 847-6501

- 2610 Stantonsburg Rd., Greenville
- Aquatics, Ballroom Dance Lessons, Children's Services, Exercise room, Karate, Massage Therapy, Martial Arts/Self-Defense, Nutrition Services, Personal Training, Outpatient Rehabilitation, Senior Activities and Services, Swim Lessons, and Water Aerobics
- OPTIFAST
 - ✚ Weight loss program
 - ✚ (252) 847-6501 or (252) 847-9908
- <http://www.vidantwellnesscenter.com/services.aspx>

2.) Snap Fitness 24/7 (252) 758-7627

- Bell's Fork Shopping Center, 2120 E. Fire Tower Rd. Suite 111
- www.snapfitness.com/greenvillenc/home/redirectname/club-locator/redirectroute/corporate

3.) Fit For Life 24 (252) 321-2222

- 3851 Dunhagen Rd.
- <http://fitforlife24.com/>

4.) Excel Fitness and Tanning (252) 931-9552

- 2810 E. 10th St.
- www.excelfitnessandtanning.com

5.) InTone Fitness (252) 752-0462

- 1848 W. Arlington Blvd.
- www.intonefitnessstraining.com/

6.) Fitness by Vidal (252) 367-4146

- 409-C S. Evans St.
- www.fitnessbyvidal.com

7.) Courtside Athletic Club (252) 714-4267

- (ask for Courtside Staff)
- 1750 Wimbledon Dr.

- www.courtsideathletic.com

8.) Fitness Connection (252) 756-9175

- 140 Oakmont Dr.
- www.fitnessconnectionusa.com/greenville-fitness-connection

9.) Cherry Oaks pool & Fitness Center (252) 756-4212

- 206 Beth St.
- <http://www.cherryoakspool.com/>

10.) Max Fitness Training (252) 353-6348

- 214 E Arlington Blvd.

11.) Profitness (252) 341-6994

- 1913 E Firetower Rd Suite E
- <http://www.profitness24-7.com/index.html>

Winterville

1.) Champions Health and Fitness (252) 353-0544

- 2096 Central Park Dr.
- <http://www.championsofgreenville.com>

2.) One-on-One Fitness, Inc. (252) 355-5772

- 113 W. Fire Tower Rd. Suite E
- www.oneononefitnessinc.com

3.) Curves – Women Only (252) 321-4074

- 4054 S. Memorial Dr. Suite Q
- www.curves.com

Farmville

1.) Curves – Women Only (252) 753-2027

- 3729 – 1 W. Wilson St.
- <http://www.curves.com>

2.) A Step Above Performing Arts Centre (252) 341-0671

- 3749 S. Main St.
- <http://www.danceasa.com>

Nutrition Resources

1.) Pitt County Website

- Public Health – Nutrition Education Outreach
<http://www.pittcountync.gov/depts/health/services/NutritionEducationOutreach.shtml>
 - ✚ To Your Health – on ECU-TV cable channel 99 and Pitt County Government cable channel 13.
 - ✚ Eat Local – Farmers Market Nutrition Education Program, Saturdays 8:00am-12:00pm between May and August at Pitt County Farmers Market
 - ✚ WITN Growing UP FIT! – 2nd Tuesday of each month on channel 8’s early morning program.

2.) Bedford Therapy Associates (252) 353-6277

- 3485 S Evans St/Greenville

3.) Nutrition at Best (252) 757-0028

- 2459 Emerald Place/Greenville
- specializes in bariatric nutrition, diabetes, hyperlipidemia, weight management and much more

4.) Vidant Wellness Center

- See listing on page 8 of this directory

5.) Food Literacy Partners Program (252) 744-3123 or 744-4033

- program led by ECU Department of Public Health
- free nutrition education open to all Pitt County Residents

Greenville farmers markets

1.) NC Cooperative Extension – Pitt County Extension Programs

- Pitt County Farmers Market (252) 355-7612
- 4560 County Home Rd., Greenville
- <http://pitt.ces.ncsu.edu/Pitt+County+Farmers+Market/Greenville>
- T, Th, Sat 8am-1pm and Fri 8am-3pm

2.) Spring Run Market 252-714-5722

- Have markets throughout year at Arlington Village Center, Topsy Teapot
- Can order online or pay at market – Organic Produce, Meat, and Dairy
- <http://springrunmarket.com>

3.) Uptown Umbrella Market

- Five Points Plaza, 5th St. and Evans St.
- Held weekly on Wednesday evenings, 5-8pm, during the months of May, June, July, and August
- <http://www.uptowngreenville.com>

4.) Locavore Market

- [http:// www.locavore-market.com/](http://www.locavore-market.com/)

- Membership Fee
- Virtual Farmers Market-order produce from local farms online to be delivered to your home or office

5.) Briley's Farm Market (252) 754-5029

- 5290 Old Pactolus Rd. Greenville, NC 27834

Winterville farmers markets

1.) Renston Garden Market (252) 756-3343

- 4024 Highway 903 South. Winterville, NC 28590
- Call ahead regarding Hours of Operation and Produce Availability
- <http://renston.weebly.com/index.html>

2.) Strawberries on 903 (252) 321-3204

- 4048 NC 903 South
- <http://www.strawberrieson903.com>

3.) Brock's Berries & Produce Farm (252) 321-2197

- 978 Laurie Ellis Rd., Winterville, NC 28590
- brocksberries.com

Diabetes Support

1.) Pitt County Health Department

- 201 Government Circle
- <http://www.pittcountync.gov/depts/health/apps/services/?client=Adults>
 - ✚ Diabetes Education Self Management Program
 - (252) 902-2388
 - ✚ Diabetes Support Group
 - Meets 2nd Wednesday of each month from 10:00am-11: 30am
 - (252) 902-2361

Tobacco Cessation

1.) Pitt County Health Department

- Health Education – Individual Smoking Cessation
- More info call (252) 902-2426
- <http://www.pittcountync.gov/depts/health/apps/services/?client=Adults>

2.) Vidant Medical Center – Community Health Programs

- Tobacco Cessation Coaches in the Childhood Asthma Program
- More info call (252) 847-6077

Churches offering Health Programs

Greenville

- 1.) **Cornerstone Missionary Baptist Church** (252) 752-4156
 - 1095 Allen Rd.
 - Ask for Chairperson of the Wellness Ministry
 - <http://www.cmbchurch.com/ministries.php> - click on Wellness\
 - Church has a gymnasium & exercise room
- 2.) **Total Christian Ministry**
 - free-standing 501-C associated with Cornerstone Missionary Baptist Church
 - 800 Mall Drive Suite B, Greenville
 - farmers market and health screenings (like cholesterol)
- 3.) **South Greenville Church of Christ** (252) 754-2222
 - 1301 Cotanche St.
 - http://www.southgreenvillecoc1.org/health_ministry.html
 - Offers a food ministry with food education & distribution

Winterville

- 1.) **Covenant United Methodist Church** (252) 355-0123
 - 4015 Corey Rd.
 - Frisbee golf course open to the community
 - <http://www.connect2covenant.com/>

Weight Control Services

- 1.) **iTHRIVE** (252) 378-0706
 - 610-A Old Tar Village Road. Winterville
 - Physician guided weight loss by Dr. Vivian Poetter, MD
 - Nutrition counseling, yoga, massage, personal training
 - <http://www.ithrivemd.com/>
- 2.) **Vidant Wellness Center**
 - See entry on page 8 of this directory
- 3.) **The Family Wellness Center** (252) 215-9011
 - 1035-C Director Court, Greenville
 - Weight loss program offered by Dr. David Bell, PhD, LMFT, LCAS, CAMS-I, CWLS
 - <http://www.thefamilywellnesscenter.net/Weight-Loss.html>
- 4.) **Physician's East Surgical Weight Loss Center** (252) 413-6398
 - 1850 West Arlington Blvd. Greenville
 - private consultations or group informational seminars about surgical weight loss

- <http://www.pesurgicalweightloss.com/>

5.) Southern Surgical (252) 758-2224

- 2455 Emerald Place. Greenville
- Surgical weight loss options and bariatric support groups
- <http://www.southernurgical.org/>

6.) ECU Bariatric Surgery (252) 744-2018

- 517 Moye Blvd.
- <http://www.ecu.edu/cs-dhs/weightlossurgery/>

Massage

1.) New Freedom Therapeutics (252) 758-7997

- 102-E Foxhaven Drive, Greenville

2.) Organic Touch (252) 414-7809

- 105 Eastbrook Drive, Greenville
- <http://organictouch.virb.com/>

3.) Salon French (252) 355-1661

- 3401 S. Evans Ext., Greenville
- <http://www.salonfrenchdayspa.com/contacts.php>

4.) All About You Massage Therapy (252) 341-8877

- 620-B Lynndale Court, Greenville
- <http://massageforyou.vpweb.com/?prefix=www>

5.) Alternative Health Care at the Christal Fountain (252) 439-4377

- Suite F 610 Lynndale Court, Greenville

6.) Ancient Wisdom (252) 341-6261

- 620-B Lynndale Court, Greenville
- <http://www.ancientwisdommassage.com/>

7.) Co. B Salon & Relaxation Center (252) 321-3297

- 109 E Arlington Blvd, Greenville
- <http://www.companybsalonrelax.com/default.asp>

8.) Heavenly Hands Therapeutic Body Work (252) 413-0802

- 211 A Commerce St., Greenville

9.) Miller Mott College Spa & Salon (252) 215-2031

- 1021 WH Smith Blvd, Greenville
- <http://mmcspa.com/>

- 10.) Olive Cox, massage therapist** (252) 902-6566
- 204 E. Arlington Blvd., Suite E
 - <http://olivemassage.massagetherapy.com/home>
- 11.) Touch Matters-Therapeutic Massage & Bodywork** (252) 717-0012
- 710 Cromwell Drive, Greenville
- 12.) Massage Works of Greenville** (252) 355-1000
- 104 E. Victoria Court, Suite D, Greenville
 - http://www.massageworksofgreenville.com/Home_Page.php
- 13.) The Spa at Merle Norman** (252) 765-8404
- 608 East Arlington Blvd., Greenville
 - <http://www.thespamerlenorman.com/>
- 14.) Vidant Wellness Center**
- See entry on page 8 of this directory.
- 15.) Panache** (252) 353-4025
- 420-H East Arlington Blvd.
 - <http://www.panache-spa.com/Contact.html>
- 16.) Escape Spa** (252) 215-9220
- 1913 E Firetower Rd.
 - <http://www.myescapespa.com/>
- 17.) Dora Bumpass, massage therapist** (252) 531-3987
- 204-E Arlington Blvd., Greenville
 - <http://www.dorabumpass.com/>
- 18.) Leslie Vincent, massage therapist** (252) 414-8867
- 330 Evans Street, Greenville
 - <http://www.leslievincent.massagetherapy.com/>

Internet Resources & Toll Free Numbers

Calling 911/ Heart Attack signs and symptoms
[Heart Attack signs and symptoms/Calling 911](#)

Hands Only CPR
[Hand Only CPR through AHA](#)

Healthy Lifestyles & More

- 1.) **Healthfinder.gov:** <http://healthfinder.gov/HealthTopics/>
 - A to Z health topic index including topics such as: blood pressure, cholesterol, diabetes, obesity prevention, physical activity, smoking cessation, and weight management
 - Physical Activity Guidelines for Americans (<http://health.gov/paguidelines/default.aspx>)
- 2.) **Weight-Control Information Network (WIN):** <http://win.niddk.nih.gov/publications/>
 - Features publications on nutrition, physical activity, and weight control (available in Spanish also)
 - Resources for both the general public and health care professionals
- 3.) **Women's Health.gov:** <http://womenshealth.gov/heart-health-stroke/index.html>
 - A to Z health topic index
 - Information on risk factors and signs & symptoms of heart attack and stroke
 - Also features quick Fact Sheets
- 4.) **CDC:** <http://www.cdc.gov/az>
 - A to Z index
 - Videos demonstrating various exercises:
<http://www.cdc.gov/physicalactivity/everyone/videos/index.html>
- 5.) **American Council on Exercise:** <http://www.acefitness.org/>
 - Exercise Library: <http://www.acefitness.org/exerciselibrary/default.aspx>
- 6.) **American Heart Association** <http://www.heart.org>
 - Information on nutrition, physical activity, weight management, stress management, smoking cessation, and cardiac conditions
- 7.) **Start with Your Heart:** <http://www.startwithyourheart.com/>
 - Information on heart health directed specifically to North Carolinians
- 8.) **CardioSmart – American College of Cardiology:** www.cardiosmart.org

- Information about heart conditions, medications used to treat heart conditions, and tips for living healthy

9.) National Heart Lung and Blood Institute at the National Institutes of Health:

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

- Information about importance of weight management & tips for achieving healthy weight
- Website also features tools for health professionals

10.) WomenHeart: The National Coalition for Women with Heart Disease

- Support for Women: <http://www.womenheart.org>
- Information about living with heart disease & support programs (sister match, community support groups, and online community)

11.) Agency for Healthcare Research and Quality of the U.S. Department of Health and Human Services: <http://www.ahrq.gov/patients-consumers/>

12.) Blood, Heart, and Circulation:

<http://www.nlm.nih.gov/medlineplus/bloodheartandcirculation.html>

- Information on heart and circulatory conditions

Primarily Nutrition

13.) My Eat Smart Move More: <http://www.myeatsmartmovemore.com/index.html>

- Aisle by Aisle under resources tab: videos about making healthier choices at the grocery store
- Website also features healthy tips, resources, and recipes

14.) Eat Right: Academy of Nutrition and Dietetics: <http://www.eatright.org/Public/>

- features information for the general public and health professionals
- Information about general nutrition and diabetes nutrition

15.) MyFitnessPal: http://www.myfitnesspal.com/welcome/learn_more

- Interactive tools to Help track daily food (calories) and exercise
- Membership Required – Free

16.) United States Department of Agriculture, National Agricultural Library

- Food and Nutrition Information Center: <http://www.nal.usda.gov/food-and-nutrition>
✚ Dietary Guidance & Dietary Assessment Tools
- Choose MyPlate.gov from USDA: <http://www.choosemyplate.gov/>

17.) U.S. Food and Drug Administration of the U.S. Department of Health and Human Services

Food: Resources For You: <http://www.fda.gov/Food/ResourcesForYou/Consumers/>

Diabetes

18.) American Diabetes Association: <http://www.diabetes.org>

- Living With Type 2 Diabetes Program

- ✚ Free 12-month program for your first year with type 2 diabetes.
- ✚ Free enrollment, materials can be received online and/or by mail
- ✚ To sign up by phone, call 1-800-DIABETES (342-2383)
- ✚ Available En Español

19.) National Diabetes Information Clearinghouse (NCDIC): <http://diabetes.niddk.nih.gov>

- A to Z list of topics

20.) National Diabetes Education Program (NDEP): <http://ndep.nih.gov/index.aspx>

- General information on diabetes for both patients and health care professionals

Tobacco Cessation

21.) N.C. Tobacco Prevention and Control Branch

- <http://www.tobaccopreventionandcontrol.ncdhhs.gov>
- Quitline –Free tobacco cessation information for NC residents
 - ✚ (1-800-QUIT-NOW/1-800-784-8669)
 - ✚ Quitline Website – <http://www.quitlinenc.com>
- Clinical Practice Guidelines-tobacco cessation evidenced-based counseling methods:
<http://www.tobaccopreventionandcontrol.ncdhhs.gov/cessation/pros.htm>

22.) Smokefree.gov: <http://smokefree.gov/quit-guide.aspx>

- Use the Step-By-Step Quit Guide
- Talk to an Expert by instant message or telephone
 - ✚ 1-877-44U-QUIT (448-7848)
- Smokefree Quit Guide App: <http://www.smokefree.gov/apps/>
 - ✚ App for Smart phones Available through both iTunes and Apple's App Store

23.) QuitNet: <http://forums.quitnet.com/community/talk/>

- Membership Required – Free
- Community Forums & Medication guide

24.) Become An EX: <http://www.becomeanex.org/about-ex.php>

- Membership Required
- Free smoking cessation plan

25.) Freedom From Smoking Online – American Lung Association: <http://www.ffsonline.org>

- Adaptation of the American Lung Association's Freedom From Smoking Clinic Program (\$)

26.) American Lung Association: <http://www.lung.org>

- information about smoking facts and information on how to quit

27.) Smokefree Women: www.women.smokefree.gov

- Smoking cessation information directed at women with sections on pregnancy and weight management

28.) FDA 101: Smoking Cessation Products:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm>

- Information about the different types of smoking cessation products: Nicotine replacement therapy and non-nicotine containing products

29.) National Cancer Institute (NCI) at the National Institutes of Health:

<http://www.cancer.gov/cancertopics/tobacco/smoking/quitting>

- LiveHelp – Get live, online help from the NCI to quit smoking

30.) American Cancer Society:

<http://www.cancer.org/Cancer/CancerCauses/TobaccoCancer/index>

- Information about the link between tobacco and cancer as well as tips to quit smoking

31.) You Quit Two Quit – North Carolina Health and Wellness Fund:

<http://www.youquittwoquit.com/>

- Resource for pregnant women

32.) National Institute on Drug Abuse (NIDA) at the National Institutes of Health

- NIDAMED: Medical and Health Professionals
- NMAssist: Screening for Tobacco, Alcohol, and Other Drug Use
- Clinician’s Screening Tools
- <http://www.drugabuse.gov/nidamed/nmassist-screening-tobacco-alcohol-other-drug-use>

For Seniors

33.) National Institute on Aging at the National Institutes of Health

- A to Z health topic index targeted towards older adults
- <http://www.nia.nih.gov/health/topics>

34.) NIH Senior Health: <http://nihseniorhealth.gov>

- Features articles and videos on various health topics targeted towards older adults

Toll Free Numbers

35.) Office of Disease Prevention and Health Promotion (ODPHP) of the U.S. Department of Health and Human Services

- 2013 Toll-Free Numbers for Health Information. These toll-free numbers provide health-related information, education, and support. They DO NOT diagnose or recommend treatment for any disease.
- <http://www.health.gov/nhic/pubs/2013tollfreenumbers/tollfreenumbers1.htm>
 - **Fitness Toll Free Numbers**
 - ✚ Aerobics and Fitness Foundation of America (800) 968-7263 (Consumer Hotline), 9:30am-9:00pm, Mon. – Fri.
 - ✚ American Council on Exercise (888) 825-3636, 10:00am-8:00pm, Mon. – Fri.
 - ✚ American Running Association (800) 776-2732, 9:00am-5:00pm, Mon. – Fri.
 - ✚ TOPS (Taking Off Pounds Sensibly) Club, Inc. (800) 932-8677, 9:00am-5:30pm
 - ✚ Weight-Control Information Network (877) 946-4627, 8:00am-5:00pm, Mon. – Fri., except Federal Holidays

- ✚ YMCA of the USA (800) 872-9622, 9:00am-6:00pm, Mon. – Fri.
- ✚ Women’s Sports Foundation (800) 227-3988, 9:00am-5:00pm, Mon. – Fri.
- **Smoking Cessation Toll Free Numbers**
- ✚ National Oral Health Information Clearinghouse (866) 232-4528
- ✚ Smoking Quitline of the National Cancer Institute (877) 44U-QUIT (448-7848), 9:00am-4:30pm, Mon. – Fr., except Federal holidays
- ✚ Smoking, Tobacco and Health Information Line (800) 232-4636 (Recording) and (800) 784-8669 (QUITNOW) (National Quitline)