



COMMUNITY HEALTH IMPROVEMENT PLAN

FY 2013-2015



Contents

EXECUTIVE SUMMARY	2
Improvement Plan Team Members	3
Halifax Regional Overview	4
Halifax Regional Community Benefits Program	5
Improvement Plan Overview	6
Goal:	7
ASSETS/RESOURCES	11
<i>Halifax County</i>	<i>12</i>
Enfield.....	12
Halifax	12
Hollister	13
Littleton.....	13
Roanoke Rapids	14
Scotland Neck	15
Tillery	16
Weldon-	16
<i>Northampton County.....</i>	<i>16</i>
Conway	16
Gaston-.....	16
Garysburg	17
Jackson-	17
Lasker-	17
Rich Square.....	17
Seaboard-	17
Severn-.....	18
Woodland.....	18
Other Resources for Healthy Lifestyles	18
<i>Square Foot Gardening Instructor.....</i>	<i>18</i>
<i>USDA Food to Farm</i>	<i>18</i>
<i>Hospitals</i>	<i>18</i>
<i>Health Departments</i>	<i>18</i>
<i>Recreation</i>	<i>18</i>
<i>Non-Profit</i>	<i>19</i>
<i>Support Groups</i>	<i>19</i>

EXECUTIVE SUMMARY

According to the most recent County Health Rankings report, out of 100 counties in North Carolina, Halifax County ranks 99th and Northampton County ranks 90th in overall health outcomes. Health outcome ranks are as follows:

County	Mortality	Morbidity
Halifax	93	100
Northampton	87	94

The top four leading causes of death in Halifax and Northampton County were identified in Halifax Regional’s Community Health Needs Assessment as heart disease, cancer, cerebrovascular disease, and diabetes mellitus. The Community Health Needs Assessment also identified obesity as the number one health concern of its community members according to primary survey data. Modifiable risk factors such as poor eating habits and lack of exercise were listed among the top ten unhealthy behaviors of the primary survey data.

After analyzing both primary and secondary data, modifiable risk factors were found to be associated with the top four leading causes of death and included in the top ten health concerns and unhealthy behaviors survey results. For this reason, modifiable risk factors were chosen as the focus of Halifax Regional’s Community Health Needs Assessment.

After careful review and examination of the data six modifiable risk factors were identified as follows: Overweight/Obesity, Diet, Physical Inactivity, High Blood Cholesterol/Hypertension, Substance Abuse (Smoking/Alcohol) and Stress. The Community Health Needs Assessment team, comprised of Roanoke Valley Community Health Initiative members and Halifax Regional’s Board of Directors, prioritized the risk factors. Overweight/Obesity was identified as the top priority.

An unhealthy weight increases a person’s risk of developing heart disease, respiratory disease, Type 2 diabetes, cancer, osteoarthritis, hypertension, stroke, liver and gallbladder disease. It also contributes to increased health care costs and can contribute towards lost earnings. Halifax County has the third highest obesity rate in the state with Northampton County coming in twentieth at 34%. Adult obesity in Halifax County increased from 34% in 2010 to 39% in 2013 with childhood obesity increasing from 19.1% in 2007 to 21.7% in 2009. (2013 County Health Rankings/2009 NC-NPASS)

The following information outlines the objectives and tasks Halifax Regional, Roanoke Valley Community Health Initiative and stakeholders are collaborating on together to reduce the incidence of unhealthy weight in children, adolescents and adults.

Implementing this plan will help prevent many diseases, improve overall health outcomes and decrease health care costs.

Improvement Plan Team Members

- **Karen Daniels, MSN, RN**
Vice President of Nursing, Halifax Regional
- **Vanessa Wolgemuth, BSN, RN**
Performance Improvement, Halifax Regional
- **Audrey Hardy, MSN, RN**
Staff Educator, Halifax Regional
- **Cindy Robinson, CPA, MHA, CHFP**
Controller, Halifax Regional
- **Shameka Lloyd**
Marketing and Communications Manager, Halifax Regional

Halifax Regional Overview

Halifax Regional has been providing medical services to community members for over 100 years. We are a private, not-for-profit hospital located in the city of Roanoke Rapids in rural Halifax County, North Carolina. We are fully accredited by the Joint Commission on Accreditation of Healthcare Organizations. Our hospital is licensed for 204 beds including psychiatric and nursery beds. We offer an array of medical and surgical services, including 24-hour emergency care backed by the latest technology. We strive to create a compassionate environment where our approximately 883 employees can deliver the best care every hour of every day.

Our Mission (Mission Statement):

Halifax Regional places patients first by providing excellent and compassionate healthcare.

Our Vision (Vision Statement):

Halifax Regional will be a leading partner in a healthier community.

Our financial situation is challenging. In 2011, we experienced a loss of \$265,838 primarily due to a \$2.7 million increase in bad debt, totaling \$6,587,539. As a not-for-profit organization, we provide care to patients regardless of their ability to pay. This means we are exempt from certain taxes and in return we provide benefits to the community. Major elements of our community benefits program include charity care, unreimbursed costs for treating Medicare and Medicaid patients, and community health improvement services. For the year ending on September 30, 2011, our Community Benefits had cumulatively totaled \$7, 242,637 in all, in addition to charges for bad debt during the same year. For the fiscal year of 2011, the payer mix (percent of charges) is as follows:

Inpatient:

Medicare – 65%

Medicaid – 18%

Blue Cross – 7%

Commercial – 4%

Self-Pay – 4%

Other – 2% (Champus/ State and Local/ Workers' Compensation)

Outpatient:

Medicare – 42%

Medicaid – 21%

Blue Cross – 15%

Commercial – 9%

Self-Pay – 11%

Other – 2% (Champus/ State and Local/ Workers' Compensation)

Halifax Regional Community Benefits Program

Halifax Regional will continue to offer programs and services that increase access to healthcare and improve the health of the community. The major elements of this program are charity care, unreimbursed costs for treating Medicare and Medicaid patients and the Medical Financial Assistance and Collections Program.

In fulfilling its charitable mission, Halifax Regional recognizes that medical care is needed for patients who are unable to pay for their services. Halifax Regional's Medical Financial Assistance and Collections Program assures that patients who are unable to pay for care will receive emergency medical services. Halifax Regional is committed to serving the healthcare needs of its community. See attached Charity Care Policy.

Additional activities Halifax Regional is committed to providing in the community.

- Halifax Regional is open 24/7, regardless of how many people seek treatment.
 - We are always at the ready, but there is no payment until a patient arrives with a need.
- Halifax Regional is the area's safety net.
 - We care for all patients who seek emergency care, regardless of ability to pay.
- Halifax Regional is prepared to care for disasters (e.g., accidents, natural disasters, epidemics and terrorist actions).
- Halifax Regional is a major factor in the local economy, providing nearly 1,000 full- and part-time jobs with a payroll of approximately \$50 million.
- Halifax Regional contributes to the United Way.
- Halifax Regional is a full-service community medical center and is important for the economic development efforts of the region.

Improvement Plan Overview

Halifax Regional's Improvement Plan Team developed the plan with support from hospital administration and the knowledge of an ongoing collaboration with Roanoke Valley Community Health Initiative. This initiative began in the Spring of 2011. Halifax Regional President & CEO, Will Mahone invited community leaders of diverse institutions and organizations to participate in a meeting to discuss a Community Health Initiative for Halifax and Northampton County. This initiative has grown from 19 participants attending the first meeting to over 60 members at this time.

The following information addresses the goal, objectives and tasks Halifax Regional's Improvement Plan Team and Roanoke Valley Community Health Initiative have established to address the top prioritized need of Overweight/Obesity. This plan does not address the other identified modifiable risk factors of diet, inactivity, high blood cholesterol/hypertension, substance abuse (alcohol/smoking) and stress for the following reasons:

- *Diet and Physical Inactivity* are included in the objectives and tasks in the plan to reduce unhealthy weight in children, adolescents and adults.
- Implementing strategies to reduce unhealthy weight will help reduce *high blood cholesterol and hypertension*.
- *Free Blood Pressure* checks are offered through Halifax HealthLink Monday-Friday.
- *Cholesterol testing* is offered every Tuesday through Halifax HealthLink at a low cost of \$20.00
- *Physical Activity and Nutrition* are addressed the 2011-2015 Community Health Action Plans of Halifax and Northampton County.
- *Substance Abuse and Tobacco* are addressed in the 2011-2015 Community Health Action Plans of Halifax and Northampton County.
- Every patient admitted to Halifax Regional is assessed for *smoking* and offered smoking cessation counseling.
- *High Blood Pressure* is addressed in the 2011-2015 Community Health Action Plan of Halifax County.
- *Stress* is the result of uncontrollable circumstances such as socioeconomic status, life events, relationships, attitudes and lack of a support network. Healthcare providers make referrals to appropriate agencies. Mental Health resources will be included in the Halifax Community College Resource Directory.

Halifax Regional Community Health Improvement Plan

Goal:

Reduce the incidence of unhealthy weight in children, adolescents and adults in the community.

FY 2013-2015

Objectives <i>(List of Objectives)</i>	Tasks <i>(Needed to achieve objectives)</i>	Success Criteria <i>(How to identify success)</i>	Time Frame <i>(When task needs to be achieved)</i>	Resources <i>(Resources needed for each task)</i>
❖ Increase awareness of the obesity epidemic and promote healthy lifestyles.	<ul style="list-style-type: none"> • Launch a Healthy Lifestyle Webpage on Halifax Regional’s Website. • Initiate an Employee Wellness Campaign, “Partners in Health: Growing a Healthier Community” • Continue to support “Hold the Stuffing” Contest for employees. 		<ul style="list-style-type: none"> ➤ September 15, 2013 ➤ Registration- January 7th-20th, 2013 Start Date: January 21st ➤ Annually beginning the week before Thanksgiving through the middle of January. 	<ul style="list-style-type: none"> ▪ Committee consisting of: <ul style="list-style-type: none"> ○ Dietitian ○ Educator ○ Physical Therapist ○ Registered Nurse ○ Marketing/Communications Manager ▪ Healthy Lifestyle Information obtained by the committee members through researching data, literature and reliable websites. ▪ First year’s funding (\$1,600). ▪ Portal access for employees to register and participate in “Partners in Health: Growing a Healthier Community. ▪ Dietitians to promote and monitor team participation and their successes.

Objectives <i>(List of Objectives)</i>	Tasks <i>(Needed to achieve objectives)</i>	Success Criteria <i>(How to identify success)</i>	Time Frame <i>(When task needs to be achieved)</i>	Resources <i>(Resources needed for each task)</i>
Continued from page 1	<ul style="list-style-type: none"> • Sponsor Spring 5K & Fun Run • Continue to provide services through Halifax HealthLink • Continue to offer free tips for healthy lifestyles and notices about healthy activities through HealthEd Email. • Continue to provide Free Group Nutrition Counseling to civic groups, organizations, schools and restaurants. 	<ul style="list-style-type: none"> ✓ Employees and community members will participate in the event. ✓ 5K and Fun Run will be held annually. ✓ Employees and community members will continue to receive services provided at Halifax HealthLink. ✓ More community members will request to be added to the email service. ✓ Requests for free group nutrition counseling will continue. 	<ul style="list-style-type: none"> ➤ April 6, 2013 and annually. ➤ Ongoing ➤ Ongoing ➤ Ongoing 	<ul style="list-style-type: none"> ▪ Marketing to promote the event. Information on how to train for the event. ▪ Staff to provide services. Marketing to promote the services. Exercise equipment, educational materials and supplies needed for screenings. ▪ Staff to monitor service and distribute emails. ▪ Staff to provide the healthy lifestyle/activity information. ▪ Dietitians will provide service upon requests.

Objectives <i>(List of Objectives)</i>	Tasks <i>(Needed to achieve objectives)</i>	Success Criteria <i>(How to identify success)</i>	Time Frame <i>(When task needs to be achieved)</i>	Resources <i>(Resources needed for each task)</i>
❖ Become a leading partner with Roanoke Valley Community Health Initiative.	<ul style="list-style-type: none"> • Facilitate RVCHI quarterly meeting, keep minutes, and communicate information to members of the initiative. • Assist in planning and implementing a Family Expo encouraging families to (“Learn”, to “Move”, and to “Have Fun” to help improve their overall health). • Become a champion on the RVCHI Action Plan Subgroup 	<ul style="list-style-type: none"> ✓ Well attended meetings are conducted quarterly and minutes from the last meeting are provided. ✓ 250 community members will attend. ✓ A plan of action for empowering families and community members to live a healthy lifestyle will be developed and presented to the RVCHI 	<ul style="list-style-type: none"> ➤ Ongoing ➤ May 4, 2013 ➤ August 2013 	<ul style="list-style-type: none"> ▪ Staff to: <ul style="list-style-type: none"> ○ Plan the meetings ○ Send out notices ○ Keep minutes ○ Prepare meals ▪ Location for meeting ▪ Food items for meals ▪ Family Expo committee: <ul style="list-style-type: none"> ○ Halifax Regional Staff and RVCHI members. ▪ Expo location ▪ Halifax Regional Expo Funding (\$2,000) ▪ Vendors ▪ Volunteers ▪ Marketing ▪ Donations: <ul style="list-style-type: none"> ○ Flyers and printing ○ Door prizes ○ Healthy snacks ○ Educational materials ○ Safety Officers ▪ Community Support ▪ Subgroup committee <ul style="list-style-type: none"> ○ 7-8 diverse members ▪ Meeting location.

Objectives <i>(List of Objectives)</i>	Tasks <i>(Needed to achieve objectives)</i>	Success Criteria <i>(How to identify success)</i>	Time Frame <i>(When task needs to be achieved)</i>	Resources <i>(Resources needed for each task)</i>
❖ Create a community resource directory of available resources to help lead a healthy lifestyle.	<ul style="list-style-type: none"> • Collaborate with Halifax Community College in locating resource information to include in the directory. 	<ul style="list-style-type: none"> ✓ Resource directory will be made available to community members. 	<ul style="list-style-type: none"> ➤ August 30, 2013 	<ul style="list-style-type: none"> ▪ Directory committee ▪ Communication tools for obtaining resource information. ▪ Funding-for publishing

ASSETS/RESOURCES

- ❖ ROANOKE VALLEY COMMUNITY HEALTH INITIATIVE – A group of diverse institutions and organizations from Halifax and Northampton County that have come together to promote healthy living through education, empowerment, and health access for families and individuals of the Roanoke Valley. Contact information: Audrey Hardy, Coordinator. ahardy@halifaxrhc.org 252-535-8771
- ❖ HEALTHY PLACES NC – An initiative of the Kate B. Reynolds Charitable Trust that supports community-wide improvement for rural counties in North Carolina. Halifax is one of three initial counties selected to participate in this initiative. Halifax Regional, Roanoke Valley Community Health Initiative, Halifax County School Systems, community members, organizations and municipalities came together to address the overall health of Halifax. New projects such as KaBOOM, Conservation Fund’s Resourceful Communities Initiative (provides small grants for community projects such as roadside markets, trail building, nutrition programming, eco-tourism efforts and youth training programs) and creation and improvement of recreational spaces are underway to help make Halifax County a healthier place. Contact information:
Jehan Benton-Clark, Healthy Places NC Program Officer. jehan@kbr.org or 336-397-5509
- ❖ NURSE - FAMILY PARTNERSHIPS – An evidenced – based community health program that partners first-time mothers with a registered nurse. The program goals focus on better pregnancy outcomes, healthy child development and economic self-sufficiency of the parent. This program serves Northampton, Halifax, Edgecombe and Bertie County. Contact information: Kelly Traylor, Nurse-Family Partnership Program Nurse Supervisor. kelly.traylor@nhcnc.net or 252-534-5841
- ❖ COMMUNITY TRANSFORMATION GRANTS PROJECT, A Partnership Between Kate B. Reynolds Charitable Trust & NC Department Of Public Health. Contact information: Gavin Coombs, Program Director. gavin.coombs@ncphf.org 919-741-7969
- ❖ ACTION for CHILDREN NORTH CAROLINA A resource for communities focused on keeping children safe, healthy, educated and providing opportunities for success. Contact information: Brandy Bynum, Director of Policy and Outreach. brandy@ncchild.org 919-829-7299
- ❖ WELDON CITY SCHOOL BASED HEALTH CLINIC 805 Washington Avenue Weldon, NC 27890 Services include primary health care, preventive care for asthma, diabetes and obesity and acute care needs. Services provided to any Halifax County child age newborn to 21. Accepts insurance, Medicaid and sliding fee scale. Contact information: Terry Alston alstont@weldoncityschools.k12.nc.us 252-536-4821 ext. 232
- ❖ MATCH – Motivating Adolescents with Technology to Choose Health. A curriculum that parallels the seventh-grade N.C. Standard Course of Study by teaching the knowledge and skills necessary to reach and maintain a healthy weight and to live a healthy lifestyle. Three areas of focus are increasing physical activity, eating healthy and reducing screen time. The MATCH program is currently in Weldon and Enfield Middle Schools in Halifax County. Contact information: Cynthia Byrd, Principal, Weldon Middle School 252-536-2571
- ❖ NC Cooperative Extension Service (Halifax County) Halifax Agricultural Building 359 Ferrell Lane Halifax, NC 27839 Educational programming for agricultural interests, youth development, family and consumer issues. EFNEP Expanded Food & Nutrition Education Program for Adults and Children. 50% reduced lunches K-12th grade Contact 252-583-5161
- ❖ NC Cooperative Extension Service (Northampton County) 9495 NC Highway 305 Jackson, NC 27845 Educational programming for agricultural interests, youth development, family and consumer issues. EFNEP Expanded Food & Nutrition Education Program for Adults. Contact 252-534-2831

Halifax County

Enfield-Town Hall 252-445-3146

Parks/Recreation/Fitness/Gyms/Walking Trails

- Meyer Oakview Park Bell Street Enfield, NC 27823 (Playground equipment, basketball court)
Contact 252-445-3146
- Enfield Park & Recreation 6030 South McDaniel Street Enfield, NC 27823 Contact 252-904-6176
(Playground equipment, exercise equipment, summer camps, ball fields, Senior Walking Group, Walking Trail)
 - Soccer
 - Volleyball
 - Basketball
 - Baseball
 - Softball

Senior Citizens Center

- Senior Citizens meet on Monday and Wednesday at Enfield Park & Recreation for: Exercise and Classes on Healthy Lifestyle Living Contact 252-904-6176

Farmers Market/Vegetable/Fruit Stands

- Enfield Farmers Market Whitfield and Railroad Street Enfield, NC 27823 Contact Earl Harvey 252-903-2752

Nutrition Services

- WIC Satellite Office 200 Whitfield Street Enfield, NC 27823 Contact 252-535-4845
- Halifax County Health Department Satellite Clinic 116 McDaniel Street 27823 Contact 252-445-2161
Nutrition services provided to high risk child health, maternity and chronic disease patients.
- Enfield Commodity Supplemental Food 213 North McDaniel Street Enfield, NC 27823 Contact 252-445-5559

Halifax-Town Hall 252-583-6571

Parks/Recreation/Fitness/Gyms/Walking Trails

- Halifax Jr. Women's Club Park Prussia Street Halifax, NC 27839 (Shelter, playground equipment) Contact 252-583-6571
- Walking trail-mapped course through the town of Halifax. Contact 252-583-6571
- 4-H Rural Life Center 13763 NC Highway 903 Halifax NC 27839 Contact Joe Long 252-583-5161

Farmers Market/Vegetable/Fruit Stands

- Oak Grove Orchard Hwy 301 North between Halifax and Weldon (Seasonal fruits and vegetables)
Contact 252-583-7661

Nutrition Services

- Halifax County Health Department 19 North Dobbs Street 27823 Contact 252-583-5021
Registered Dietitian provides Medical Nutrition Therapy. Services provided to high risk child health, maternity and chronic disease patients.

Hobgood-Town Hall 252-826-4573

Parks/Recreation/Fitness/Gyms/Walking Trails

- Friendship Park West Commerce Street Hobgood, NC 27843 Contact 252-826-4573
- Hobgood Community Park West Commerce Street Hobgood, NC 27843 Contact 252-826-4573
- Thomas Shields Community Center 401 North Beech Street Hobgood, NC 27843 (Basket ball court, exercise equipment, weights, men's weight program) Healthy Lifestyle Classes Contact 252-907-3785

Senior Citizens Center

- Senior Citizens meet at Thomas Shields Community Center for classes, meetings and exercise. Contact 252-907-3785

Nutrition Services

- Food Bank Services from Raleigh are provided at Thomas Shields Community Center the first two weekends of each month. Contact 252-907-3785
- Healthy Lifestyle Classes are provided at Thomas Shields Community Center. Contact 252-907-3785

Hollister-Haliwa-Saponi Tribe 252-586-4017

Parks/Recreation/Fitness/Gyms/Walking Trails

- Medoc Mountain State Park 1541 Medoc State Park Hollister, NC 27844 (Camping, Hiking/Walking Trails, Shelter) Contact 252-586-6588
- Haliwa-Saponi Multipurpose Center 228 Capps Farm Road Hollister, NC 27844 (Exercise equipment, weights) Community Garden Contact 252-257-9195

Farmers Market/Vegetable/Fruit Stands

- Haliwa-Saponi Farmers Market 39021 Hwy 561 Hollister, NC 27844 (Beside Haliwa-Saponi Indian Tribe) Contact 252-586-4017
- Community Garden located at Haliwa-Saponi Multipurpose Center 228 Capps Farm Road Hollister, NC 27844 Participants receive a percentage of the vegetables and the remaining vegetables are sold at the Farmer's Market

Nutrition Services

- WIC Rural Health Group 204 Evans Road Hollister, NC 27844 Contact 252-586-5154

Littleton-Town Hall 252-586-2709

Parks/Recreation/Fitness/Gyms/Walking Trails

- Walking trail along the old Rail Road tracks by North Main Street Littleton, NC 27850 Contact 252-586-2709
- Littleton Community Center 225 Oak Street Littleton, NC 27850 (Exercise equipment, some weights) Contact 252-586-6773
- John 3:16 Center 407 East End Avenue Littleton, NC 27850 (Playground equipment, basketball court) Contact 252-586-1800

Senior Center

- Meet at The Community Center for classes, meetings and exercise. 225 Oak Street Littleton, NC 27850 Contact 252-586-6773

Farmers Market/Vegetable/Fruit Stands

- Main Street Produce 100 NE Main Street Littleton, NC 27850 Contact 252-586-8468
- Hawkins Farm 11842 Hwy 48 South Littleton, NC 27850 Contact 252-586-3223
- Isles Farm 12246 Hwy 48 South Littleton, NC 27870 Contact 252-586-5257

Nutrition Services

- Eat Smart Move More Classes held at John 3:16 Center 407 East End Avenue Littleton, NC 27850 Contact 252-586-1800
- Emergency Food Bank at John 3:16 Center 407 East End Avenue Littleton, NC 27850 Contact 252-586-1800

Weight Loss Programs

- Weight Watchers Lake Gaston- Gaston Pointe Conference Center 147 Gaston Pointe Road Littleton, NC 27850
- TOPS Lake Gaston- Antioch Christian Church 151 Ebony Road Fellowship Hall Littleton, NC 27850

Roanoke Rapids-Town Hall 252-533-2800

Parks/Recreation/Fitness/Gyms/Walking Trails

- Roanoke Rapids Lake Park 100 Oakwood Avenue Roanoke Rapids, NC 27870 252-410-6318
- Emory Park-corner of 9th and Cleveland Street 252-533-2847 **Walking trail**
- Chockoyotte Park-Chockoyotte Street 252-533-2847 **Walking trail**
- C. W. Davis Park-Cedar Street 252-533-2847
- Edward George Park-Virginia Avenue 252-533-2847
- Ledgerwood Park-11th and Vance Street 252-533-2847
- Long Park-400 block of 4th and 5th Street 252-533-2847 **Walking trail**
- Martin Luther King Park-Wyche Street and Virginia Avenue 252-533-2847
- Melody Park-Cedar Street 252-533-2847
- Rochelle Park-5th and Vance Street 252-533-2847
- Smith Park-600 block of 4th and 5th Street 252-533-2847
- Southgate Park-Charles Circle 252-533-2847
- Tinsley Park-corner of Arbutus and 6th Street 252-533-2847
- Wheeler Park-Shell and Oak Street 252-533-2847
- Martin Luther King Park-Wyche Street and Virginia Avenue 252-533-2847
- Manning School Track- hours vary, contact Mike Ferguson 252-519-7400
- Roanoke Canal Trail-7.5 mile nature trail. 51 Jackson Street Roanoke Rapids, NC 27870 252-537-2769 **Running, walking, hiking, and biking**

- TJ Davis Recreation Center 400 East 6th Street Roanoke Rapids, NC 27870 Contact 252-533-2847
<http://www.roanokerapidsnc.com/parkrec/>
Activities offered
 - Fridays in the park-May to September
 - Summer Camps
 - Sports leagues-youth basketball, t-ball, flag football, tackle football, baseball, softball, soccer, swim team, tackle football
 - Wellness room
 - Recreation center-exercise classes, ping pong, Walkercise
 - Indoor walking track
 - Outdoor pool
 - Aquatic Center-swimming lessons, fitness classes, open or lap swim
 - City Parks-tennis courts, basketball court, baseball/softball fields, horseshoe pits
 - Free Lunch Site Children age 0-18

- JA Chaloner Recreation Center 200 Dixie Street Roanoke Rapids, NC 27870 Contact 252-533-2855
Activities offered
 - Basketball court
 - Tennis court
 - Playground equipment
 - Wii with physical activity games
 - Adult exercise equipment
 - Outdoor pool
 - Walking trail
 - Free lunch site children age 0-18

- Halifax HealthLink Becker Village Mall 1620 East 10th Street, Suite 129 Roanoke Rapids, NC 27870 (gentle fitness class, exercise equipment) Contact 252-535-4334 www.halifaxmedicalcenter.org/healthlink.html
- Key Fitness Center 171 NC Highway 125 Roanoke Rapids, NC 27870 (exercise equipment, trainers) Contact 252-537-5639 www.keyfitness.us
- New Day Fitness 1388 Gregory Drive Roanoke Rapids, NC 27870 (exercise equipment, trainers, aerobic classes, weights) Contact 252-537-1402 www.newdayfitness.com
- Faithfully Fit Women's Fitness Class- Calvary Baptist Church 1405 Bolling Road Roanoke Rapids, NC 27870 Jodi Barrett and Donna Fender Contact 252-537-9828

Senior Center

- Jo Story Senior Center (ages 55 and older) 701 Jackson Street Roanoke Rapids, NC 27870 252-533-2849 Bingo, TOPS, Weight loss support group. Quilting, Wii Bowling, Mall Walking, Knitting, Tai-Chi Meditation Exercise, Meals on Wheels/Congregate Meals

Farmers Market/Vegetable/Fruit Stands

- Roanoke Valley Farmers Market 378 Hwy 158 Roanoke Rapids, NC 27870 Contact 252-583-5161
- Kirkwood Adams Farmers Market 1100 Hamilton Street Roanoke Rapids, NC 27870 Contact 252-583-5161
- Windy Acres Farm Corner of Bolling Road & Hwy 158 Roanoke Rapids, NC 27870 Contact 252-673-6931
- Dunlow Farms Produce Stand 250 Premier Blvd Roanoke Rapids, NC 27870
- Small private vegetable/fruit stands located throughout the county

Nutrition Services

- Halifax Regional 250 Smith Church Road Roanoke Rapids, NC 27870 252-535-8011 Registered Dietitians provide Medical Nutrition Therapy. Group Nutrition Classes provided upon request for civic groups, organizations, restaurants and schools
- WIC Roanoke Rapids Office 116A West 3rd Street Roanoke Rapids, NC 27870 Contact 252-535-4845
- Free lunch sites for children age 0-18 at TJ Davis and JA Chaloner Recreation Centers

Weight Loss Programs

- Weight Watchers held at First Presbyterian Church 16 East 5th Street Roanoke Rapids, NC 27870
- TOPS held at Jo Storey Senior Center 701 Jackson Street Roanoke Rapids, NC 27870 252-533-2849

Other Physical Activities

- Ms. Bonnie's School of Dance 501 E 10th Street Roanoke Rapids, NC 27870 School of Dance plus Line
- Dancing/Zumba www.msbonniesschoolofdance.com 252-532-6613 or 919-418-1473
- Progressions 710 E 10th Street Roanoke Rapids, NC 27870 252-532-7100 www.progressionsdancecenter.com
- Given's Dance Studio Janice Given 1033 Roanoke Avenue Roanoke Rapids, NC 27870 252-537-7296 www.givensdancestudio.com Children and Adult Dance Classes
- THE ROCK 539 Becker Drive Roanoke Rapids, NC 27870 Home of Myrick School of Dance and Valley Cheer 252-537-3071 www.rvdanceandcheer.com Children and adult dance classes plus competition cheer, tumbling, zumba, yoga and karate
- Smith Family Martial Arts 1620 E 10th Street Roanoke Rapids, NC 27870 252-308-0100
- Bounce and Bounce Party Zone 1620 East 10th Street Roanoke Rapids, NC 27870 252-535-3400

Scotland Neck-Town Hall 252-586-3152

Parks/Recreation/Fitness/Gyms/Walking Trails

- Scotland Neck Recreation Department East 11th Street Scotland Neck, NC 27874 Contact Curtis Shields 252-826-3152
- Scotland Neck Education & Recreation Foundation (Youth Program) 617 East 11th Street Scotland Neck, NC 27874 Contact Mildred Moore 252-826-2080 Activities offered:

- Softball
- Basketball court
- Exercise
- Jump rope
- Various healthy lifestyle classes
- Our Community Wellness Center 921 Junior High School Road Scotland Neck, NC 27874
Contact 252-826-4144 Ext. 230
- Exercise equipment
- Walking trail around Senior Center Gym
- Walking trail around Town Hall

Senior Center

- Scotland Neck Senior Center 1403 Church Street Scotland Neck, NC 27874 Contact 252-826-3891
Fitness room with exercise equipment, exercise classes, gym, yoga, various education classes,
Meals on Wheels/Congregate Meals, Elderly Nutrition Program (vouchers for farmers market, age 60 and over),
Ensure Program (Abbott), walking trail

Nutrition Services

- WIC Satellite Clinic 919 Junior High School Road Scotland Neck, NC 27874 Contact 252-586-5154
- Scotland Neck Health Department 700 House Street Scotland Neck, NC 27874 Contact 252-826-4030
Registered Dietitian provides Medical Nutrition Therapy. Services provided to high risk child health, maternity
and chronic disease patients.

Tillery-Fire Department 252-826-2434

Senior Center

- Meetings held at Tillery Community Center 321 Community Center Road Halifax, NC 27839
Contact 252-826-2234 Mild exercises and stretching

Weldon-Town Hall 252-536-4836

Parks/Recreation/Fitness/Gyms/Walking Trails

- River Falls Park 100 Rockfish Drive Weldon, NC 27890 Contact 252-536-4836
Playground equipment, shelters, walking trail
- Roanoke Canal Trail 7.5 mile nature trail Contact 252-537-2769
- Jasad's Boxing Club 207 Washington Avenue Weldon, NC 27890 Roy Edmonds 718-744-8614
Boxing Instruction and Weight Loss Boxing

Nutrition Services

- Weldon City School Based Health Clinic 805 Washington Avenue Weldon, NC 27890
Contact Terry Alston alston@weldoncityschools.k12.nc.us 252-536-4821 ext. 232

Northampton County

Conway-Town Hall 252-585-0488

Parks/Recreation/Fitness/Gyms/Walking Trails

- Town residents use sidewalks as a walking trail

Nutrition Services

- Meals on Wheels through Northampton County Health Department 252-534-5841

Gaston-Town Hall 252-537-1046

Parks/Recreation/Fitness/Gyms/Walking Trails

- Copeland Park Long Street Gaston, NC 27832 Contact 252-537-1046
- Dwight Hall Recreation Park Baird Street Gaston, NC 27832 Contact 252-537-1046
 - Ball fields

Nutrition Services

- WIC Program Satellite Clinic Contact Northampton County Health Department 252-534-5841
- Meals on Wheels through Northampton County Health Department Contact 252-534-5841

Garysburg-Town Hall 252-536-2167

Parks/Recreation/Fitness/Gyms/Walking Trails

- Garysburg Park and Walking Trail Poplar and Key Streets Garysburg, NC 27831
Contact 252-536-2167

Senior Center

- Seniors meet at the Town Hall

Nutrition Services

- Meals on Wheels through Northampton County Health Department Contact 252-534-5841

Jackson-Town Hall 252-534-3811

Parks/Recreation/Fitness/Gyms/Walking Trails

- Northampton County Cultural and Wellness Center & Recreation Department 9536 NC Hwy 305
P.O. Bo 955 Jackson, NC 27845 252-534-1303 Activities offered:
 - Youth recreation sports
 - Adult physical activity
 - Exercise equipment
 - Free Weights
 - Walking trail

Senior Services

- JW Faison Senior Center & Faison's Living Room 110 Ridgecrest Lane P.O. Box 644 Jackson, NC 27845
Contact 252-534-1012 Exercise room, exercise classes, exercise equipment, walking trail outside of building,
quarterly nutrition education classes, meals on wheels/congregate meals.

Nutrition Services

- WIC Program Northampton County Health Department 9495 NC 305 Hwy Jackson, NC 27845 252-534-5841
Basic nutrition counseling
- Meals on Wheels/Congregate Meals at JW Faison Senior Center through Northampton County
Health Department Contact 252-534-5841

Lasker-Town Hall 252-539-4014

Rich Square-Town Hall 252-539-2315

Nutrition Services

- Meals on Wheels through Northampton County Health Department Contact 252-534-5841

Seaboard-Town Hall 252-589-5061

Nutrition Services

- Meals on Wheels through Northampton County Health Department Contact 252-534-5841

Severn-Town Hall 252-585-0144

Parks/Recreation/Fitness/Gyms/Walking Trails

- Severn Pendleton Ruritan Club 209 Community Street Severn, NC 27877 Contact 252-585-0144
Playground, tennis court, ball field
- Town residents use sidewalks as walking trail

Nutrition Services

- Meals on Wheels through Northampton County Health Department Contact 252-534-5841

Woodland-Town Hall 252-587-7161

Parks/Recreation/Fitness/Gyms/Walking Trails

- Woodland Park US Hwy 258 West Woodland, NC 27897 Contact 252-587-7161
Softball field, soccer field, water park, basketball goals
- Walking trail-Woodland Park

Nutrition Services

- WIC Program Satellite Clinic Northampton County Health Department Contact 252-534-5841
- Meals on Wheels Northampton County Health Department Contact 252-534-5841

Other Resources for Healthy Lifestyles

Square Foot Gardening Instructor

- Betty Bianconi seedsofpromise01@gmail.com 252-969-0639

USDA Food to Farm

- Fresh fruits and vegetables for Northampton County School Systems Contact Carolyn Williams 252-534-1371

Hospitals

- Halifax Regional Medical Center 250 Smith Church Road 252-535-8011 www.halifaxmedicalcenter.org
- Our Community Hospital 921 Junior High School Road 252-826-4144 www.och-bltc.org/index.html

Health Departments

- Halifax County Health Department 19 North Dobbs Street Halifax, NC 27839 252-583-5021
www.halifaxnc.com/healthdept.cfm
- Northampton County Health Department 9495 NC Highway 305 Jackson, NC 27845 252-534-5841
www.northamptonnc.com/health.asp

Recreation

Golf Courses

Chockoyotte Country Club 800 Chockoyotte Country Club Road Weldon, NC 27890 252-536-3166

Myrick Hills Country Club 810 Golf Course Road Littleton, NC 27850 252-586-4066

Scotfield Country Club 199 Country Club Road Enfield, NC 27823 252-826-3218

Valley Pine Country Club 901 Lasker Golf Course Road Woodland, NC 27897

Water Recreation

Lake Gaston info@lakegastonassoc.com 252-586-6577

Roanoke Rapids Lake

Roanoke River

Maps

Map of Play mapofplay.kaboom.org/

Non-Profit

| Angel's Closet 252-326-3236_Gilbert Portela

Hannah's Place P.O. Box 1392 Roanoke Rapids, NC 27870 252-541-1127

Union Mission 1310 Roanoke Avenue Roanoke Rapids, NC 27870 252-537-3372

Pregnancy Support Center 1070 E 10th Street Roanoke Rapids, NC 27870 252-519-4357

United Way of Roanoke Valley P.O. Box 760 Roanoke Rapids, NC 27870 252-537-3744

Boys & Girls Club of Halifax County Kim Terasco 116 West 3rd Street Roanoke Rapids, NC 27870 252-537-8092

Red Cross 252-535-3239

Support Groups

HOPE-Helping Other People Emotionally, an Informal Cancer Support Group 252-535-1427 or 252-537-6468

VIP-Visually Impaired Support Group Larry Debruhl 252-537-1477

Breastfeeding Support Group-Cynthia Eaton 252-535-8277

Halifax Veteran's Support Group-Chauncey McLeod 252-355-7920

Halifax Regional Diabetes Education and Support Group Carrie Davis 252-535-8276

Halifax County Health Department Support Group-Rural Health Group Sue Liverman 252-536-5000 Lisa 252-583-5021

Bariatric Support Group Robin Isles 252-535-8445

Mental Health Support Group John Haverstock 252-537-0320

Alcoholics Anonymous 252-537-7698 or 252-537-2242

Narcotics Anonymous 252-537-2956