



COMMUNITY HEALTH IMPROVEMENT PLAN

FY 2016-2018

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EXECUTIVE SUMMARY

The Halifax Regional 2016 Community Health Needs Assessment (CHNA) identified five health concerns based on primary data results obtained from community-wide health surveys, secondary data obtained from local, county, state, and federal agencies, and community listening sessions. The CHNA describes the community as residents from Halifax and Northampton County.

The top five health concerns are Obesity/Overweight, Diabetes, Hypertension, Cancer, and Cerebrovascular Disease. Four of these health issues are among the top five leading causes of death for Halifax and Northampton County with obesity as a major risk factor for all four issues. The top five leading causes of death in Halifax and Northampton County are identified in Halifax Regional's 2016 CHNA as heart disease, cancer, cerebrovascular disease, diabetes mellitus, and chronic lower respiratory disease.

These issues were prioritized by the Roanoke Valley Community Health Initiative (RV-CHI) on November 10, 2015, the Halifax Regional Board of Directors on December 3, 2015, and the RVCHI Data Work Group on December 10, 2015. The prioritization was based on the following criteria: the magnitude or size of the problem, the seriousness of the consequences, and the feasibility of correcting the problem. The results are as follows: #1-Obesity, #2-Diabetes, #3-Hypertension, #4-Cancer, and #5-Cerebrovascular Disease. The Community Health Needs Assessment also identified obesity as the number one health concern and Diabetes as the number two health concern of community members according to primary survey data.

Overweight and obesity is the health issue addressed in Halifax Regional's 2012-2013 CHNA and Implementation Strategy. The 2016 CHNA team continues to recognize the importance of implementing strategies to target the overweight/obese population in the community. An unhealthy weight increases a person's risk of developing heart disease, respiratory disease, **Type 2 diabetes, cancer**, osteoarthritis, **hypertension, cerebrovascular disease**, liver and gallbladder disease. In addition to the medical problems caused by these diseases, obesity and being overweight also increases health care costs and can contribute towards lost earnings.

Adult obesity in Halifax County remains at 39% in 2015 after increasing from 34% in 2010 to 39% in 2012. Northampton County increased from 34% in 2010 to 36% in 2015. (2012/2015 County Health Rankings) Childhood overweight/obesity data for the age group used in the 2012 CHNA is no longer collected. The childhood overweight/obesity data in the 2016 CHNA is for age's two to four. According to NC-NPASS, the childhood overweight and obesity rates for Halifax and Northampton County increased from 29.7 and 33.8% to 29.9 and 33.9% respectively. According to the 2014 BRFSS Survey Results, the percentage of adults with Diabetes is higher in Eastern North Carolina than the state of North Carolina by 1.3%. In Eastern North Carolina, the percentage of African Americans with Diabetes is 5.5% higher than it is in whites.

Implementing the strategies in this plan will help reduce the rate of **obesity** and being **overweight** among children and adults. It will also contribute towards prevention and treatment of Diabetes, **cancer, cerebrovascular disease, and hypertension**; thereby improving overall health outcomes and decreasing 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
- **Kim McDermott, RN**
Diabetes Resource RN
- **Cindy Robinson, CPA, MHA, CHFP**
Controller, Halifax Regional
- **Jerrica Edmonds**
Marketing and Communications Manager, Halifax Regional

Halifax Regional Overview

For over 100 years, Halifax Regional has carried a proud history of care and commitment to our community. Our hospital began with just ten beds located in a home on Hamilton Street and later moved to the corner of Roanoke Avenue and 7th street in 1912. In 1972, a 151-bed public hospital was constructed and opened in its current location with the capability of providing many new services. The licensed bed capacity increased to 204 with the addition of a tower in 1992.

In December 2013, Halifax Regional entered into a management services agreement with Novant Health. This relationship facilitated Halifax Regional's mission of providing excellent and compassionate health care to Roanoke Valley.

Halifax Regional is fully accredited by the Joint Commission on Accreditation of Healthcare Organizations and received the NCNA Hallmarks of Healthy Workplaces Award in 2015. 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 774 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.

Halifax Regional 2014 Quick Facts/Utilization:

Employees – 774

Full time-657

Part time-117

Active medical staff – 49

Licensed beds – 204

Beds in service-138

Average Daily Census – 68.5

Admissions – 5,382

Births – 621

Annual Outpatient Visits – 31,639

Annual Visits to the Emergency Care Center – 38,870

Surgical Cases – 3,936

Ambulatory Care Visits (ACU)-5,280

Total Net Revenues – \$88,630,236

In 2014, Halifax Regional experienced a .092% (\$816,770) operating profit compared to a loss of \$1,378,784 in 2013. 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, community health improvement services, and cash and in-kind contributions to community groups. For the year ending on September 30, 2014, our Community Benefits had cumulatively totaled \$11,376,633 in all, in addition to charges of \$14,751,994 for bad debt during the same year. For the fiscal year of 2014, the payer mix (percent of charges) is as follows:

Payer Mix 2014

Inpatient:

Medicare – 65%

Medicaid – 18%

Blue Cross – 9%

Commercial – 3%

Self-Pay – 3%

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

Outpatient:

Medicare – 45%

Medicaid – 18%

Blue Cross – 17%

Commercial – 8%

Self-Pay – 10%

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

Halifax Regional Community Benefits Program

Programs and services that increase access to healthcare, improve the health of communities, and educate health professionals are considered community benefits. The major elements of Halifax Regional's community benefits program are charity care, unreimbursed costs for treating Medicare and Medicaid patients, community health improvement services, cash, and in-kind contributions to community groups.

Acknowledging its *charitable mission*, Halifax Regional recognizes that medical care is necessary for patients who are unable to pay for their services. Halifax Regional provides services without charge to eligible patients who cannot afford to pay based on established guidelines. These guidelines are the basis in providing fair and consistent medical financial assistance. Halifax Regional is committed to serving the healthcare needs of its community. Community benefits for the fiscal year 2015 total \$12,106,568, with an additional cost of \$4,168,152 in bad debt.

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

- Halifax Regional is open 24/7, regardless of how many people seek treatment.
- 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).
 - There is no funding available for this standby role.
- 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 community organizations, including the United Way and the Chamber of Commerce, among others.
- As a full-service community medical center, Halifax Regional is important for the economic development efforts of the region.

Improvement Plan Overview

This Improvement Plan is a continuation of the 2013-2015 Improvement Plan, which focuses on Obesity/Overweight, with the addition of Diabetes as the second of the top issues identified and prioritized in the 2016 Community Health Needs Assessment conducted by Halifax Regional. The Improvement Plan Team with support from hospital administration established goals, objectives, and tasks based on Halifax Regional's leadership role as the anchor organization for the Roanoke Valley Community Health Initiative (RV-CHI) and the opening of the Roanoke Valley Diabetes Resource Hub. The goals, objectives, and tasks were reviewed in a presentation by Vanessa Wolgemuth to the Halifax Regional Board of Directors on January 26, 2017. After a discussion including a question and answer session, the Board of Directors approved the 2016-2018 Community Health Improvement Plan.

The following plan addresses Obesity/Overweight and Diabetes but does not address the other three issues identified in the Community Health Needs Assessment: Hypertension, Cancer, and Cerebrovascular Disease for the following reasons:

- Implementing strategies to reduce unhealthy weight include eating a healthy diet and participating in physical activity. *Eating a healthy diet and participating in physical activity* will help lower blood pressure and reduce the risks of getting certain cancers. Lower blood pressure will help reduce the risks of cerebrovascular disease.
- *Reducing unhealthy weight* will help reduce the risk of hypertension, cancer, and cerebrovascular disease.
- Free Blood Pressure checks are offered through the Roanoke Valley Diabetes Resource Hub.
- Halifax Regional is a strong supporter of the Roanoke Valley Breast Coalition. Halifax Regional provides outreach, meeting space, and free breast exam clinics annually along with mammograms at nontraditional times such as weekends. Halifax Regional helped sponsor a statewide conference on breast health awareness in 2012 and 2014. Over 300 people attended the conference both years.
- Chronic Disease (Cardiovascular Disease) is addressed in the 2014 Community Health Action Plan of Halifax.
- Breast and Prostate Cancer is addressed in the 2014 Community Health Action Plan of Northampton County.

Halifax Regional Community Health Improvement Plan

Goal: 1

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

FY 2016-2018

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>
❖ 1-Increase awareness of the obesity epidemic and promote healthy lifestyles.	<ul style="list-style-type: none"> ▪ Continue to publish and provide <i>Healthy Halifax Newsletter</i> free to the community ▪ Continue the Employee Wellness program; current vendor WellNow Health will become Wellworks For You. ▪ Continue to provide Free General Nutrition Education to civic groups, organizations, schools and restaurants 	<ul style="list-style-type: none"> ✓ The publication is mailed quarterly to 17,000 regional healthcare consumers. ✓ Increase the number of employees participating in Employee Wellness (2016- 370/665 eligible, 56%) ✓ Requests for free group nutrition counseling will continue 	<ul style="list-style-type: none"> ➤ June 30 2015-Ongoing ➤ Ongoing since January 21, 2013-Wellworks For You to begin February 2017. ➤ Ongoing 	<ul style="list-style-type: none"> ▪ Guidance from physicians and other experienced health professionals, updates on Medical Center initiatives, and tips for eating, exercising, and living well. ▪ Staff (Marketing and Communications Manager) ▪ Annual Budget for cost of the publication ▪ Portal access for employees to register and participate; www.wellworksforyou.com ▪ Coaching Services ▪ Wellness Challenges ▪ 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>
<p>Goal 1, objective 1 continued</p> <p>❖ 2-Continue to be a leading partner with Roanoke Valley Community Health Initiative (RV-CHI)</p>	<ul style="list-style-type: none"> ▪ Participate in School Health Advisory Councils, South Eastern Halifax Coalition, and Northampton County Healthy Carolinians ▪ Serve as anchor organization for the RV-CHI ▪ Serve as the fiduciary agent for the RV-CHI ▪ Assist in planning and implementing the Annual Family Fest, a fun celebration of education, fitness, and healthy living 	<ul style="list-style-type: none"> ✓ Monthly meetings are attended by Halifax Regional representatives and documented in the organization minutes ✓ Well attended meetings are conducted quarterly and minutes from the last meeting are provided ✓ Manage funds according to the budget plan contained in the grant contract ✓ Well attended festivities are documented and evaluated post Family Fest 	<ul style="list-style-type: none"> ➤ Ongoing ➤ Ongoing ➤ Ongoing ➤ Annual Family Fests held in the Spring 	<ul style="list-style-type: none"> ▪ Staff from Halifax Regional and Members of School Health Advisory Councils, South Eastern Halifax Coalition, and Northampton County Healthy Carolinians ▪ Provide a program coordinator ▪ Facilitate quarterly meetings ▪ Provide office space and office supplies and staff to help support activities ▪ Provide meeting space ▪ Provide meals for the meetings ▪ RV-CHI Coordinator ▪ Halifax Regional Accounting Department ▪ Family Fest committee: <ul style="list-style-type: none"> ○ Halifax Regional Staff ○ RVCHI members ▪ Family Fest facility/location ▪ Halifax Regional staff ▪ Vendors ▪ Volunteers ▪ Marketing ▪ Grant funding: <ul style="list-style-type: none"> ○ Flyers and printing ○ Door prizes ○ Games/play equipment ○ Healthy snacks ○ Educational materials ○ Safety Officers ▪ Community Support

Goal: 2

Inform a large segment of the community on the prevention, treatment, and management of Diabetes.

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>
❖ 1-Provide a centralized location for information on diabetes, contacts for primary healthcare providers, and self-management tools to address nutrition, exercise, and proper medication practices	<ul style="list-style-type: none"> ▪ Maintain the Diabetes Resource Center at Halifax Regional ▪ Provide a licensed Registered Nurse for the Diabetes Resource Center ▪ Perform diabetes screening tests through the Diabetes Resource Center ▪ Develop a tracking system that will monitor the use of the Resource Center ▪ Provide a Diabetes Outpatient Education Program 	<ul style="list-style-type: none"> ✓ Increase the number of participants utilizing the center ✓ API Labor Works Time card ✓ Increase the number of HgbA1C and FSBS screenings performed through the Diabetes Resource Center ✓ Monthly reports ✓ Increase the number of participants that complete the four phase program 	<ul style="list-style-type: none"> ➤ January 2015-December 2017 ➤ January 2015-December 2017 ➤ January 2015-December 2017 ➤ January 2015-December 2017 ➤ Ongoing 	<ul style="list-style-type: none"> ▪ Office space, furniture, and office supplies ▪ Telephone ▪ Computer ▪ Internet access ▪ Educational Materials ▪ Halifax Regional Registered Nurse ▪ Alere Afinion HbgA1C machine ▪ Fora Glucometer ▪ Fora Glucometer test strips ▪ Tracking system ▪ Halifax Regional Certified Diabetes Educator ▪ Office/meeting space ▪ Educational materials

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>
<p>Goal 2, objective 1 continued</p> <p>❖ 2-Create public awareness of the symptoms of Diabetes through a variety of media</p>	<ul style="list-style-type: none"> ▪ Provide Inpatient Diabetes Counseling ▪ Provide a Diabetes Support Group ▪ Provide public awareness of Diabetes through the local media of newspaper, radio, and social media ▪ Distribute printed material through local clinics, health departments, churches, schools, and local governments 	<ul style="list-style-type: none"> ✓ Newly diagnosed inpatients will be counseled upon referral ✓ Regularly attended monthly meetings will be documented ✓ News release will be published in the local newspaper, radio spots are broadcast several times a day through the local radio station, and information is posted on Halifax Regional's website ✓ Increase the number of rack cards (information about the Diabetes Resource Center) distributed 	<ul style="list-style-type: none"> ➤ Ongoing ➤ Ongoing ➤ January 2015-December 2017 ➤ January 2015-December 2017 	<ul style="list-style-type: none"> ▪ Certified Diabetes Educator ▪ Educational materials ▪ Meeting space ▪ Meeting facilitator ▪ Presenters of Diabetes Topics ▪ Staff (Marketing and Communications Manager) ▪ Annual Budget for cost of the marketing the public awareness ▪ Diabetes Resource staffed RN ▪ Rack cards

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: Aidil Hill, Healthy Places NC Program Officer. ahill@kbr.org 919-260-4807
- **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 Halifax, Northampton, Edgecombe, and Bertie counties. Contact information: Tia Alfonsa, Nurse-Family Partnership Program Nurse Supervisor. nfp@nhcnc.net 534-5841
- **COMMUNITY TRANSFORMATION GRANTS PROJECTS** – A partnership between Kate B. Reynolds Charitable Trust & NC Department of Public Health. Contact information: Erin Carson Community Transformation Catalysts Coordinator erin.carson@ncphf.org 252-583-5161
- **NC Foundation for Health Leadership and Innovation**– A resource for communities focused on building leadership, shaping practices, affecting policy, and driving innovation. Contact information: Brandy Bynum brandy.bynum@foundationhli.org 984-204-6009
- **WELDON CITY SCHOOL BASED HEALTH CLINIC** – Located at 805 Washington Avenue, Weldon, NC 27890. Services include primary healthcare, preventative care for asthma, diabetes, obesity, and acute care needs. Services are provided to any child from age newborn to 21 that resides in Halifax County. Accepts insurance, Medicaid, and sliding fee scale. Contact information: Terry Alston. alston@weldoncityschools.k12.nc.us 252-536-4821 (ext. 232)
- **CATCH** – Coordinated Approach to Child Health is an evidence-based program that promotes health-focused classroom activities, more nutritious lunches, and results-oriented physical activities. Contact Information: Abi Hicks hicksa@halifaxnc.com 252-583-5021
- **NC COOPERATIVE EXTENSION SERVICE (HALIFAX COUNTY)** – Educational programming for agricultural interests, youth development, family, and consumer issues. EFNEP Expanded Food & Nutrition Education Program for Adults. Contact Information: (HALIFAX COUNTY) Mary Davis mary_davis@ncsu.edu 252-583-5161 (NORTHAMPTON COUNTY) Tammy Vincent tammy_vincent@ncsu.edu 252-534-2831
- **NC COOPERATIVE EXTENSION SERVICE (NORTHAMPTON COUNTY)** -
- **HALIFAX WARREN SMART START** – a partnership to enhance child care services delivered to children birth to age five, so that they may enter school healthy and ready to learn. Contact information: Magda Baligh mbaligh@hwss.org 252-537-5621

- **OBESITY, DIABETES MELLITUS, HEART DISEASE, & STROKE PREVENTION** – Contact information: Shayla Hayes, Worksite/Faith Coordinator shayla.hayes@arhs-nc.org Sandra Stanley, Community Health Systems Coordinator sstanley@arhs-nc.org
- **YOUTH EMPOWERED SOLUTIONS** - Contact information: Aidill Hill aidil@youthempoweredsolution.org 919-260-4807
- **PROGRESSIVE RESOURCES AND OPPORTUNITIES** – Contact information: Mike Scott mike.scott.pro@gmail.com 252-537-9050

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)
- Enfield Park and Recreation – 6030 South McDaniel Street, Enfield, NC 27823
Contact 252-904-6176 (playground and exercise equipment, summer camps, ball fields, Senior walking group, walking trail)
 - Soccer
 - Volleyball
 - Basketball
 - Baseball
 - Softball

Senior Citizens Center

- Senior citizens meet for one hour every Monday and Thursday. Contact 904-6176

Farmers Market/Vegetable/Fruit Stands

- Enfield Farmer’s 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 535-4845
- Halifax County Health Department Satellite Clinic – 116 McDaniel Street, Enfield, NC 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 and 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 fruit and vegetables). Contact 252-583-7661

Nutrition Services

- Halifax County Health Department – 19 North Dobbs Street, Halifax, NC 27823. Contact 252-583-5021. Registered Dietician 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 (basketball 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. Senior citizens meet monthly. Community exercise classes are held every Tuesday. Contact 252-907-3785

Nutrition Services

- Food bank services from Raleigh are provided at the Thomas Shields Community Center on the first Saturday morning of each month. Contact 252-907-3785.
- The Emergency Food Assistance Program (TEFAP) holds a food drive on the third Saturday of each month at the Thomas Shields Community Center. Contact 252-907-3785
- Healthy Lifestyle Classes are provided at Thomas Shields Community Center. Contact 252-907-3785

Holister - *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)

Farmer’s Market/Vegetable/Fruit Stands

- Haliwa-Saponi Farmer’s Market – 39021 Hwy 561, Hollister, NC 27844 (Beside Haliwa-Saponi Indian Tribe) Contact 252-586-4017

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 railroad tracks by North Main Street, Littleton, NC 27850. Contact 252-586-2709
- Littleton Community Center – 225 Oak Street, Littleton, NC 27850 (playground equipment and weights). Contact 252-586-6773
- John 3:16 Center – 407 East End Avenue, Littleton, NC 27850 (playground equipment and 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.

Farmer's 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 27850. Contact 252-586-5257

Nutrition Services

- 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

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 252-522-2847
- 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

- 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
- 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,
 - 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 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 0-18)
 - Key Fitness Center – 171 NC Hwy 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
 - 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
 - The Attic – 24 hour gym. 1054 East 10th Street, Roanoke Rapids, NC 27870. Contact 252-676-0210

Senior Center

- Jo Story Senior Center (ages 55 and older) 701 Jackson, Street, Roanoke Rapids, NC 27870. 252-533-2849. (Bingo, Weight loss support group, quilting, Wii bowling, mall walking, knitting, Tai-Chi Meditation, Exercise, Meals on Wheels/Congregate Meals)

Farmer's Market/Vegetable/Fruit Stands

- Roanoke Valley Farmer's Market 378 Hwy 158, Roanoke Rapids, NC 27870. Contact 252-583-5161
- Kirkwood Adams Farmer's Market 1100 Hamilton Street, Roanoke Rapids, NC 27870. Contact 252-583-5161
- Windy Acres Farm- corner of Zoo Rd and 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

Other Physical Activities

- Ms. Bonnie's School of Dance 501 E 10th Street, Roanoke Rapids, NC 27870 School of dance plus line dancing and 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 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 E 10th Street, Roanoke Rapids, NC 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 27870. 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 252-826-4111 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 27874, Contact 826-4030. Registered Dietician 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.
- Jasard’s Boxing Club 207 Washington Avenue, Weldon, NC 27890. Roy Edmonds 718-744-8614. Boxing Instructions and Weight Loss Boxing
- Halifax Community College Fitness Trail – Weldon, NC. Contact 536-2551.

Nutrition Services

- Weldon City School Based Health Clinic 805 Washington Avenue, Weldon, NC 27890. Contact Terry Alston alstont@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 town hall on the 1st and 3rd Thursday of every month

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, PO Box 955, Jackson, NC 27845. 252-534-1303. Activities offered: youth recreation sports, adult physical activity, exercise equipment, free weights, walking trail

Farmer's Market/Vegetable/Fruit Stands

- Farmer's Market, Main Street, Jackson, NC 27845. Contact Jim Gossip 252-534-3811. Seasonal

Senior Services

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

Nutrition Services

- WIC Program Northampton County Health Department 9495 NC Hwy 305, 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

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, Roanoke Rapids, NC 27870. 252-535-8011
www.halifaxmedicalcenter.org
- Our Community Hospital 921 Junior High School Road, Scotland Neck, NC 27874. 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 Hwy 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 Gold Course Road, Woodland, NC 27897

Water Recreation

- Lake Gaston – info@lakegastonassoc.com 252-586-6577
- Roanoke Rapids Lake
- Roanoke River

Maps

- Map of Play – www.mapofplay.kaboom.org

Non-Profit

- Angel's Closet – 252-326-3236 – Gilbert Portela
- Hannah's Place – PO Box 1392, Roanoke Rapids, NC 27870. 252-537-3372
- Union Mission – 1310 Roanoke Avenue, Roanoke Rapids, NC 27870. 252-537-3372
- Pregnancy Support Center – 1070 East 10th Street, Roanoke Rapids, NC 27870 252-519-4357
- United Way of Roanoke Valley – PO Box 760, Roanoke Rapids, NC 27870. 252-537-3744
- Boys and Girls Club of Halifax County – 116 West 3rd Street, Roanoke Rapids, NC 27870. 252-537-8092. Kim Terasco
- 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
- Halifax Veteran’s Support Group – Chauncey McLeod 252-355-7920
- Halifax Regional Diabetes Education and Support Group – Rural Health Group – Sue Liverman 252-536-5000 or Lisa 252-583-5021
- Bariatric Support Group – Robin Isles 252-535-8445
- Mental Health Group – John Haverstock 252-537-0320
- Alcoholics Anonymous 252-537-7698 or 252-537-2242
- Narcotics Anonymous – 252-537-2956