



## Smoking Cessation

**NC Tobacco Prevention and Control Branch**: The Tobacco Prevention and Control Branch works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles.

**Quitline NC**: Quitline NC is free, confidential, one-on-one support and in addition to new extended hours of 6am-3am, nicotine replacement therapy - patch, gum and lozenge - is now available for every person who enrolls. 1-800-QUIT-NOW | [Other Contact Information](#)

**Vidant Health**: Smoking cessation (252) 482-8451

**Youth Tobacco Prevention**: Albemarle Regional Health Services has been a proud supporter of Youth Tobacco Prevention since 2002, joining efforts with the Health Wellness Trust Fund to combat the rate of teens using tobacco products. (252) 338-4400.

## Nutrition/ Weight Management/Exercise

**Academy of Nutrition and Dietetics**: Under the Healthy Lifestyle section, you will find a number of educational fact sheets on nutrition as well as many healthy lifestyle tips! This site also provides a Healthy Lifestyle FAQ section to help answer those frequently asked questions.

**Chowan County Center**: nutrition therapy (252) 482-6585 x108

**Classic Fitness** (252) 482-8717

**Eat Smart, Move More North Carolina**: *Eat Smart, Move More NC* is a statewide initiative that promotes healthy eating and physical activity where you live, learn, earn, play, and pray.

**Toning Mill**: (252) 333-5904

**Vidant Employee Wellness**: one of the three departments within Vidant Corporate Health. Additional departments include Vidant Occupational Health Clinic and Vidant Employee Assistance Program. Together, they administer various programs and services for employees of Vidant Health such as wellscreens, Eat Smart, Move More, Weigh Less and Weight Watchers at work, tobacco cessation, pregnancy wellness, wellness challenges, leave management (FMLA, LOA), health coaching and chronic condition management. For more information, please contact Rose Ann Simmons at (252) 847-6282 or Wendy Mullen at (252) 847-5590.

**Vidant Wellness Center Ahoskie**: a department within Roanoke-Chowan Hospital, an entity of Vidant Health. This 21,000-square-foot, medically modeled facility includes a lap pool, an exercise studio and the latest in cardiovascular and strength training equipment. For more information, call (252) 209-3090.

**WIC:** *Women, Infants and Children* is a nutrition education and food supplement program for children birth–5, or women who are pregnant or breastfeeding. All clients must meet medical and financial eligibility requirements. *Albemarle Regional Health Service* – (252) 338-4400

## Meal Support

**Meals on Wheels—Chowan Senior Center:** For more information, please call (252) 482-2242.

## Child Development

**Chowan County Headstart:** (252) 482-3788

**C & N Basic Learning Center:** 242-221-6555

**The Children’s Developmental Services Agency:** The CDSA serves children suspected of having developmental delays ages 0 to 3 years and their families. Evaluations for the purpose of determining eligibility and planning, assurance of quality service provision and case management services are provided in partnerships with parents and community providers. (252) 338-4044

**Perquimans Central PreK** (252) 426-5332

### Daycare:

- Ms. Patricia Day Care (252) 264-3661
- Rock A by Baby (252) 482-4685
- Smiling Faces CC Home (252) 221-4438
- Wanda’s Little Daycare (252) 264-2391
- White Oak Elementary (252) 221-4078
- God Did It (252) 482-5215
- Linda’s Little Bit of Heaven (252) 482-4171
- Mama Nae’s Child Care (252) 264-9919
- Ms Chipmunks (252) 482-1526
- Countryside Care (252) 482-3788

## Child Services

**Albemarle Regional Health Service** (252) 338-4400: Albemarle Regional Health Services (ARHS) serves the citizens residing in the counties of Pasquotank, Perquimans, Camden, Chowan, Currituck, Bertie, and Gates. The ARHS programs include [children’s developmental services](#), [home care](#) and [hospice](#), [adult day health](#), [clinical services](#), [immunizations](#), [women, infants, and children](#), [diabetes management](#), [health promotion](#) and [health education](#), [disaster planning and response](#), [transportation](#), [environmental health](#) and [waste management](#).

**Chowan Asthma Program:** one-on-one pediatric asthma case management, referrals to asthma program will be made by practice staff.

**Pediatric Obesity Program:** pediatric obesity group case management and individual follow up, referrals to obesity program will be made by practice staff.

**Vidant Chowan Hospital Breastfeeding Program:** Regan Miller (252) 482-8451.

## Adult Services

### Chowan Telehealth Program:

- Beth Evans 482- 6254
- Janine Ward 482- 6310

### Chowan Transitional Care Program:

- Dana Byrum 482- 6320
- Jean Bunch 482-6755
- Mistie Stevenson 482-6308

**Albermarle Regional Diabetes Program:** provides education and support to individuals living with diabetes. Its focus is to council patients on blood sugar monitoring, physical activity, and proper nutrition. This program incorporates a team approach to diabetes care focusing on medical care, education, and health promotion. The Albermarle Regional Diabetes Care program is recognized by the American Diabetes Association for Quality Self-Management Education. (252) 338-4400

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**ARHS Environmental Health:** ensures the health and safety of residents while reducing the threat of the spread of communicable diseases through evaluation and education of environmental health policies and regulations. Please call Environmental Health at (252) 338-4490 for more information.

**Healthy Carolinians of the Albemarle (HCOTA):** is a community-based network of agencies and citizens dedicated to improving the quality of life through health and wellness, where its main focus is to eliminate health disparities across the four counties of: Camden, Currituck, Pasquotank, and Perquimans, by addressing the emerging health trends. HCOTA has two subcommittees: The Action to Benefit Chronic Disease (ABCD) subcommittee and the Albermarle Fitness and Nutrition Council (AFNC) subcommittee. (252) 338-4400

## Hospice/Home Health

**Albermarle Home Care:** provides skilled nursing, nurse aide, therapy, and other health care services in the home, working closely with and under the direction of the patient's physician. (252) 338-4066

**Albemarle Hospice:** helps patients and families as they cope with a terminal illness. Albermarle Hospice provides homecare and hospice services in northeastern North Carolina, including the counties: Gates, Chowan, Perquimans, Pasquotank, Camden, and Currituck. (252) 338-4066

## Respite Care

**Chowan Rivers:** (252) 482-7481

**Chowan Senior Center:**

- (252) 482-2242 Senior Center
- (252) 482-7748 Nutrition Site

**DayBreak Adult Day Health Center:** (252) 338-4066

**Edenton House:** (252) 482-1113

**Home Life Care:** (252) 482-1130

**ResCare Home Care:** (252) 482-1171

## Dental

**Albemarle Dental Associates:** (252) 482-5131

**Chowan County Health Department Dental Clinic:** (252) 338-4400

**Christopher Koppelman, DDS:** (252) 482-5131

**Ethan Nelson, DDS:** (252) 482-5131

**Jerry Bradley, DDS:** (252) 482-1080

**Paul Richmond, DDS:** (252) 482-2181

## Transportation

**Inter-County Public Transportation Authority:** ICPTA services are intended to transport the general public to nutrition sites, medical appointments and other locations in order to access services or attend activities related to daily living, while promoting improved quality of life. For more information, please call (252) 338-4480.

## Additional Services

**Albemarle Hopeline:** (252) 338-3011 (24 hour crisis line) excellent resource for information both from services, legal information and the law.

**American Cancer Society**: Provides tips to help in finding a physician and facility that will meet your specific needs, current treatment options for a wide variety of cancers as well as links to clinical trial sites.

**American Diabetes Association**: Offers good basic information that everyone with diabetes will want to read. Separate sections are provided for both type I and type II diabetes. Learn about events happening in your local area or take a virtual grocery tour.

**American Foundation for AIDS Research**: AmFAR is the leading non-profit organization for the support of AIDS research. Their mission is to prevent HIV infection and the disease and death associated with it and to protect the human rights of all people threatened by the epidemic of HIV/AIDS.

**American Heart Association**: Extensive information on all topics related to heart disease including stroke, heart attack, high blood pressure. You'll also find information on classes as well as educational programs for kids.

**American Lung Association**: Founded in 1904 to fight tuberculosis, ALA today fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health.

**American Public Health Association**: The American Public Health Association (APHA) is the oldest and largest organization of public health professionals in the world, representing more than 50,000 members from over 50 occupations of public health.

**American Red Cross**: The American Red Cross, a humanitarian organization led by volunteers, will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.

**Carolina Pregnancy Center**: a pregnancy care center committed to providing women and men with up-to-date information in order to make informed decisions about pregnancy, sexual health, and relationships. For more information, please call 252-757-0003.

**Centers for Disease Control and Prevention**: The lead federal agency for protecting the health and safety of people – at home and abroad – providing credible information to enhance health decisions, and promoting health through strong partnerships.

**Center for Family Violence Prevention**: The Center for Family Violence Prevention is a non-profit organization based out of Greenville, North Carolina dedicated to breaking the cycle of domestic violence.

**Cholesterol, Diabetes, and Blood Pressure**: the Health Department offers screening and counseling services. If screening test results are elevated, referral is made to a physician of your choice. For an appointment for a screening test, please call 902-2449.

**Chowan County Department of Social Services** (252) 482-7441: The Chowan County Department of Social Services was established to administer a variety of social programs that assist the most vulnerable citizens of Chowan County. Many of these programs are supported by federal, state, and county dollars and are mandated to be made available.

**Community Care Plan of Eastern Carolina**: A partnership involving hospitals, physicians, health departments, social agencies, and the Brody School of Medicine that provides case management and coordination of care to Medicaid enrollees in the region. For more information, call (252) 847-6809.

**Disability Advocates & Resource Center** (252) 355-6215: Disability Advocates and Resource Center (DARC) is a non-profit organization, which empowers people with disabilities to achieve their desired level of independence. It is a community-based, consumer-controlled agency that provides independent living skills to persons with disabilities and their family members.

**Eastern Carolina Injury Prevention Program**: The Eastern Carolina Injury Prevention Program (ECIPP) program strives to improve the health of area citizens by reducing the incidence and impact of injuries. The ECIPP vision is that citizens of eastern North Carolina will be safe and injury free on roadways, at work and school, at home and play and safe from violence at all times. In addition, we envision the continuous enhancement of systems, which promote the proper care of those who are injured.

**Eastern NC Stroke Network (ENCSN)**: The Eastern NC Stroke Network has a mission to improve the prevention, treatment, and quality of stroke care in Eastern NC through a coordinated regional system.

**Easter Seals**: Easter Seals provides exceptional services, education, outreach, and advocacy so that people living with autism and other disabilities can live, learn, work and play in our communities. (252) 756-6533

**HealthFinder**: Healthfinder is a free guide to reliable consumer health and human services information, developed by the U.S. Department of Health and Human Services.

**Healthy Carolinians**: Healthy Carolinians is the main organization promoting and implementing Healthy People 2010, the nation's health objectives for the Year 2010. The objectives include (1) Increase Quality and Years of Healthy Life and (2) Eliminate Health Disparities.

**International Travel Clinic**: for Immunization information, please call this ECU clinic at (252) 744-4500. Here are additional resources:

- **Travelers' Health**: Health information on specific destinations; what to know before you go; outbreaks of concern to international travelers; specific diseases that can affect travelers and CDC's vaccination recommendations for travelers of all ages.
- **International Travel Information**

**National Alliance for Hispanic Health**: The National Alliance for Hispanic Health is the oldest and largest network of health and human service providers servicing over 10 million Hispanic consumers throughout the U.S.

**National Cancer Institute**: Federal Government's principal agency for cancer research and training.

**National Institutes of Health**: Begun as a one-room Laboratory of Hygiene in 1887, the National Institutes of Health today is one of the world's foremost medical research centers, and the Federal focal point for medical research in the U.S.

**NC Breast and Cervical Cancer Control Program**: The North Carolina Breast and Cervical Cancer Control Program (NC BCCCP) provides free or low-cost breast and cervical cancer screenings and follow-up to eligible women in North Carolina.

**NC Department of Environment and Natural Resources**: This website provides an overall guide for environmental health topics. A similar resource is the Division of Public Health's [Environmental Health Section](#).

**NC Health Info**: Medline Plus goes local. NC Health Info is a web database of local health resources that address the health concerns of North Carolinians.

**NC Tobacco Prevention and Control Branch**: The Tobacco Prevention and Control Branch works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles.

**North Carolina Child Advocacy Institute**: The North Carolina Child Advocacy Institute (NCCAI) is an independent, non-profit, non-partisan, multi-issue organization that influences public policy in favor of all children and youth below the age of eighteen residing in North Carolina.

**North Carolina Department of Health and Human Services**: Responsible for ensuring the health, safety and well being of all North Carolinians, providing the human service needs for fragile populations, and helping poor North Carolinians achieve economic independence.

**North Carolina Prevention Partners**: Putting prevention first for a healthier North Carolina by fostering partnerships, promoting prevention and influencing policy.

**North Carolina Safe Kids**: an organization whose mission is to prevent accidental childhood injury, the leading killer of children age 14 and younger. There are 36 Safe Kids coalitions covering 58 counties in North Carolina.

#### **Pharmacies:**

- *Blounts Mutual Drugs, Inc:* (252) 482-2127
- *CVS Pharmacy:* (252) 482-0945
- *Walgreens:* (252) 482-0194
- *Revco:* (252) 482-7491

**Ronald McDonald House Charities**: the Ronald McDonald House program provides a "home-away-from-home" for families so they can stay close by their hospitalized child at little or no cost. For more information, please call (252) 830-0062.

**Start With Your Heart**: Public Awareness Campaign of the North Carolina Heart Disease and Stroke Prevention Task Force focusing on the state's most at-risk counties. For Northeastern Regional information, please call (252) 902-2451.

**Sexually Transmitted Disease Surveillance**: This site lists statistics for North Carolina as well as individual counties.

**State Center for Health Statistics**: Provides access to high quality health data and statistical publications being used to make decisions and set policies that influence the health of our citizens and their communities.

**Suicide Prevention Resource Center**: The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention.

**United States Department of Agriculture**: USDA leads the Federal anti-hunger effort with the Food Stamp, School Lunch, School Breakfast, and the WIC Programs.

**US Department of Health and Human Services**: The United States government's principal agency for protecting the health of all Americans and providing essential human services.

**US Environmental Protection Agency – Secondhand Smoke**: The [EPA](#) has created a new national Smoke-Free Home Pledge Initiative to motivate parents to protect their children.

**Vidant Wound Healing Center**: this center has a highly skilled team of doctors, nurses and technicians dedicated to healing chronic wounds. Vidant Wound Healing Center offers a multi-disciplinary group of physicians who have received additional wound care training, and has certified wound specialists on staff. Most treatments are covered by Medicare/Medicaid, HMOs or other private insurance plans. Two locations:

- Greenville: 252-847-HEAL (4325)  
Office hours: Monday-Friday, 7:30 am – 4:30 pm.
- Ahoskie: 252-209-3690  
Office hours: Monday-Friday, 8:00am-4:30pm.

**World Health Organization**: Important information regarding leading health issues all over the world.

**Work First**: North Carolina's Temporary Assistance for Needy Families (TANF): This program, called Work First, is based on the premise that parents have a responsibility to support themselves and their children. Through Work First, parents can get short-term training and other services to help them become employed and self-sufficient, but the responsibility is theirs; and most families have two years to move off Work First Family Assistance.

## **Additional Organizations**

- American Association of Poison Control Centers 1-800-222-1222
- Carolinas Poison Center 1-800-222-1222
- Children's Home Society of North Carolina 1-800-632-1400
- East Carolina Behavioral Health 1-877-685-2415
- Emergency Contraception 1-800-584-9911
- Healthy Start Foundation 1-800-FOR-BABY (367-2229)
- National Domestic Violence Hotline 1-800-799-SAFE (7233)
- National Sexual Assault Hotline 1-800-656-HOPE
- Planned Parenthood 1-800-230-7526



- National Alliance on Mental Illness 1-800-950-6264
- National Drug Abuse Hotline 1-800-662-HELP (4357)
- National Gay Task Force (202) 393-5177
- National Mental Health Association 1-800-969-6642
- National Suicide Prevention Lifeline 1-800-784-2433
- Rape Crisis Center 1-800-656-4673
- Real Crisis Center (252) 758-HELP (4357)