Smoking Cessation

Cardio/Pulmonary Rehab: please call 252-641-8668.

Freedom from Smoking: Freedom from Smoking is an online program specifically designed for adults who want to quit smoking [http://www.ffsonline.org/](http://www.ffsonline.org/)

Edgecombe County Health Department: A variety of health education programs are available to Edgecombe County residents. For more information, please call 252-641-7511.

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 [http://www.quitlinenc.com/faxreferral/default.htm](http://www.quitlinenc.com/faxreferral/default.htm)

Vidant Employee Clinic: offers Vidant employees and covered adult dependents services for free one-on-one health coaching with a certified health coach, disease case management with a registered nurse, medical nutrition therapy, Freedom from Smoking group cessation program and a pregnancy wellness program. For more information, please call 847-5590.

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 wellness, 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.

Nutrition/ Weight Management

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. [http://www.eatright.org/](http://www.eatright.org/)

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. [http://www.eatsmartmovemorenc.com/](http://www.eatsmartmovemorenc.com/)

Edgecombe County Diabetes Education: For more information, please call (252) 641-7525.

Vidant Edgecombe Hospital: for a dietitian consult, please call 252-641-7783.

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**Vidant Wellness Center:** A 52,000-square foot, fully equipped wellness center. Provides a range of activities and programs to promote healthy lifestyles in adults and children. Memberships are available to the community. For more information, please call (252) 847-6501.

**Vidant Wellness Center Nutrition Clinic:** a team of registered dietitians provide medical nutrition therapy for weight loss, general and sports nutrition, pre/post-natal nutrition, and chronic conditions such as diabetes, blood pressure, cholesterol and eating disorders. The clinic also provided services for pre- and post-bariatric surgery. For more information, please call 847-9908. Co-pay applies.

**WIC - Special Supplemental Nutrition Program for Women, Infants, & Children:** Provides nutrition education and counseling, supplemental nutritious foods, and breastfeeding education and support for qualified children from birth to age 5. For more information or to make an appointment, please call 252-641-7550.

**Meal Support**

**Meals on Wheels**- for more information, please call (252) 641-7700.

**Angel Food Ministry** - [www.angelfoodministries.com](http://www.angelfoodministries.com)

**Child Services**

**Edgecombe County Heath Department:** A variety of health education programs are available to Edgecombe County residents. For more information, please call 252-641-7511.

**March of Dimes:** March of Dimes researchers, volunteers, educators, outreach workers and advocates work together to give all babies a fighting chance against the threats to their health: prematurity, birth defects, low birth weight. [http://www.marchofdimes.com](http://www.marchofdimes.com)

**North Carolina Division of Child Development:** Building a stronger social and economic future for North Carolina by promoting high quality early childhood experiences. [http://ncchildcare.dhhs.state.nc.us/general/home.asp](http://ncchildcare.dhhs.state.nc.us/general/home.asp)

**North Carolina Partnership for Children - Smart Start:** Smart Start is North Carolina's nationally recognized and award-winning early childhood initiative designed to ensure that young children enter school healthy and ready to succeed. [http://www.ncsmartstart.org/](http://www.ncsmartstart.org/)

Rocky Mt. Children Development Service: Delayed development 252-443-0318.

Tedi Bear Children’s Advocacy Center: (252) 744-TEDI (8334)

**Adult Services**

Al-Anon of Tarboro (800) 344-2666

Al-Anon of Rocky Mount (252) 977-7744

Chronic Disease Self-Management: Vidant Edgecombe Health Dept. 252-641-7525

Edgecombe County Heath Department: A variety of health education programs are available to Edgecombe County residents. For more information, please call 252-641-7511.

Tarboro Community Outreach: Homeless shelter 252-823-880.

Wound Care Center: 252-962-4325.

**Home Health & Hospice**

Edgecombe Homecare and Hospice: for more information, please call 252-641-7518.

Genesis Home Health Agency: Home infusion therapy 252-641-0063.

McConnell-Raab Hope Lodge: Residency at a Hope Lodge facility is a courtesy extended at the sole discretion of American Cancer Society. All individuals who meet the Hope Lodge eligibility requirements will be welcomed regardless of race, creed, citizenship, physical disability, gender, color, ethnic heritage, veteran status, economic status, or sexual orientation. If you would like more information, or want to tour the facility, please contact David Roscoe at 252-695-6143 or at david.roscoe@cancer.org.

Vidant Home Health and Hospice Care: for more information, please call (252) 847-7830.

**Transportation**


Nash Medicaid Transportation: Public Transportation 252-459-1427.

**Additional Services**

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. [http://www.cancer.org/](http://www.cancer.org/)
**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. [http://www.diabetes.org/](http://www.diabetes.org/)

**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. [http://www.amfar.org/](http://www.amfar.org/)

**American Heart Association**: Extensive information on all topics related to heart disease including stroke, heart attack, and high blood pressure. You'll also find information on classes as well as educational programs for kids. [http://www.heart.org](http://www.heart.org)

**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. [http://www.lungusa.org/](http://www.lungusa.org/)

**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. [http://apha.org/](http://apha.org/)

**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. [http://www.redcross.org/](http://www.redcross.org/)

**Carolina Pregnancy Center**: is 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. [http://carolinapregnancycenter.org](http://carolinapregnancycenter.org)

**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. [http://www.cdc.gov](http://www.cdc.gov)

**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. [http://c4fvp.org/](http://c4fvp.org/)

**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.


**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. http://www.injuryfree.org/index.cfm


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. Easter Seals Ucp Summer Moore Children's Center, 1101 Greenville Blvd SE, Greenville, NC 27858,(252) 756-6533 http://nc.eastersealsucp.com

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. http://www.healthfinder.gov

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. http://www.healthycarolinians.org

International Travel Clinic- for Immunization information, please call ECU (252) 744-4500.

International Travel Information: 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. http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html

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. http://www.hispanichealth.org


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. http://nih.gov


NC Department of Environment and Natural Resources: This website provides an overall guide for environmental health topics. http://www.ncdenr.gov
**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. [http://nchealthinfo.org](http://nchealthinfo.org)

**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. [http://www.tobaccopreventionandcontrol.ncdhhs.gov/](http://www.tobaccopreventionandcontrol.ncdhhs.gov/)

**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. [http://www.ncchild.org](http://www.ncchild.org)

**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. [http://www.ncdhhs.gov](http://www.ncdhhs.gov)

**North Carolina Prevention Partners:** Putting prevention first for a healthier North Carolina by fostering partnerships, promoting prevention and influencing policy. [http://www.ncpreventionpartners.org](http://www.ncpreventionpartners.org)

**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. [http://www.ncsafekids.org](http://www.ncsafekids.org)

**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. [http://rmhc.org/](http://rmhc.org/)

**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. [http://startwithyourheart.com](http://startwithyourheart.com)

**Sexually Transmitted Disease Surveillance:** This site lists statistics for North Carolina as well as individual counties. [http://epi.publichealth.nc.gov/cd/STDs/figures.html](http://epi.publichealth.nc.gov/cd/STDs/figures.html)

**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. [http://www.schs.state.nc.us/SCHS](http://www.schs.state.nc.us/SCHS)

**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. [http://www.sprc.org](http://www.sprc.org)

**United States Department of Agriculture:** USDA leads the Federal anti-hunger effort with the Food Stamp, School Lunch, School Breakfast, and the WIC Programs. [http://www.usda.gov](http://www.usda.gov)

**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. [http://www.hhs.gov](http://www.hhs.gov)
**US Environmental Protection Agency - Secondhand Smoke:** EPA has created a new national Smoke-Free Home Pledge Initiative to motivate parents to protect their children. [http://www.epa.gov](http://www.epa.gov)

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

**World Health Organization:** Important information regarding leading health issues all over the world. [http://www.who.int](http://www.who.int)

**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. [http://www.ncdhhs.gov/dss/workfirst/index.htm](http://www.ncdhhs.gov/dss/workfirst/index.htm)

**Other resources**

- 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
- Family Violence Program of Pitt County (252) 752-3811
- Health Steps: (252) 847-5736
- Healthy Start Foundation 1-800-FOR-BABY (367-2229)
- National Domestic Violence Hotline 1-800-799-SAFE (7233)
- National Sexual Assault Hotline 1-800-662-HELP (4357)
- 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
Planned Parenthood 1-800-230-7526
Rape Crisis Center 1-800-656-4673
Real Crisis Center (252) 758-HELP (4357)