

NDPERS WELLNESS RESOURCE LIST.xls

| NAME | ADDRESS | CITY | STATE | ZIP | TELEPHONE | WEBSITE | ACTIVITIES |
|---|----------------------------------|--------------|-------|-------|----------------|--|--|
| AMERICAN DIABETES ASSOCIATION | 1323 23RD St. South | Fargo | ND | 58103 | (701) 491-2910 | www.diabetes.org | America's walk for Diabetes/1-800-DIA-BETES |
| AMERICAN DIETETIC ASSOCIATION | | | | | | www.eatright.org | March American Diabetes Alert Month March National Nutrition Month |
| AMERICAN HEART ASSOCIATION | 1005 12 AVE. SE | JAMESTOWN | ND | 58401 | 1-800-437-9710 | www.americanheart.org | Lowfat Recipes, Tip of the Day/1-800-242-8721 |
| AMERICAN MEDICAL ASSOCIATION | 515 N STATE ST. | CHICAGO | IL | 60610 | 1-800-621-8335 | www.ama-assn.org | January American Heart Month Information resources |
| AMERICAN OBESITY ASSOCIATION | 1250 24TH ST. NW, SUITE #300 | WASHINGTON | DC | 20037 | (202) 776-7711 | www.obesity.org | Information resources |
| AMERICAN SOCIETY FOR NUTRITIONAL SCIENCES | 9650 ROCKVILLE PIKE, SUITE #4500 | BETHESDA | MD | 20814 | (301) 634-7050 | www.nutrition.org | Information resources |
| HOW STUFF WORKS | | | | | | http://home.howstuffworks.com | Information resources |
| NATIONAL HEART, LUNG, & BLOOD INSTITUTE | | | | | | http://www.nhlbi.nih.gov | Information resources |
| NATIONAL INSTITUTE ON HEALTH | | | | | | http://www.nhlbi.nih.gov | Information resources |
| THE CALORIE CONTROL COUNCIL | | | | | | http://www.caloriecontrol.org | Interactive tools |
| WIN (WEIGHT CONTROL INFORMATION NETWORK) | | | | | | http://win.niddk.nih.gov | information resources |
| NUTRITION DATA | | | | | | www.nutritiondata.org | information resources |
| USDA NUTRIENT DATA LABORATORY | | | | | | www.nal.usda.gov | Interactive tools and information |
| AMERICAN COUNCIL ON EXERCISE | | | | | | www.acefitness.org | information resources |
| USDA MY PYRAMID | | | | | | www.mypyramid.com | Interactive tools and information |
| CDC PHYSICAL ACTIVITY | | | | | | http://www.cdc.gov | information resources |
| CALORIES PER HOUR | | | | | | www.caloriesperhour.com | Interactive tools |
| PREVENTION MAGAZINE | | | | | | www.prevention.com | Information and recipes |
| REAL AGE | | | | | | www.realage.com | Interactive tools and information |
| JOURNAL OF AMERICAN COUNCIL OF NUTRITION | | | | | | www.jacn.org | information resources |
| KID'S HEALTH | | | | | | www.kidshealth.org | Information and recipes |
| NUTRITION AND DIET REPORTS | | | | | | www.drmirkin.com | information resources |
| GIRLS HEALTH | | | | | | www.girlshealth.gov | information resources |
| HEALTHY WEIGHT NETWORK | 402 SOUTH 14TH STREET | HETTINGER | ND | 58639 | (701) 567-2646 | www.healthyweightnetwork.com | 1/20 - 1/26 Healthy Weight Week |
| AMERICAN DENTAL ASSOCIATION | 211 E. CHICAGO AVE. | CHICAGO | IL | 60611 | (312) 440-2500 | www.ada.org | National Children's Dental Health Month |
| AMERICAN ASSOCIATION OF CARDIOVASCULAR AND PULMONARY REHABILITATION | 7600 TERRACE AVE: SUITE 203 | MIDDLETON | WI | 53562 | (608) 831-6989 | www.aacvpr.org | 2/3 - 2/9 Cardiac Rehabilitation Week |
| CANCER RESEARCH FOUNDATION OF AMERICA | 1600 DUKE ST.; SUITE #110 | ALEXANDRIA | VA | 22314 | 1-800-277-CRFA | www.preventcancer.org | March National Colorectal Cancer Awareness Month |
| NATIONAL KIDNEY FOUNDATION | 30 EAST 33RD ST.; SUITE 1100 | NEW YORK | NY | 10016 | 1-800-622-9010 | www.kidney.org | March National Kidney Month |
| AMERICAN CANCER SOCIETY | 1599 CLIFTON ROAD NE | ATLANTA | GA | 30329 | 1-800-ACS-2345 | www.cancer.org | April Cancer Control Month May Skin Cancer Awareness Month Great American Smokeout |
| AMERICAN PUBLIC HEALTH ASSOCIATION | 800 EYE ST. NW | WASHINGTON | DC | 20001 | (202) 777-2742 | www.apha.org | 4/1 - 4/7 National Public Health Week |
| NATIONAL CENTER FOR TOBACCO-FREE KIDS | 1707 L STREET NW: SUITE 800 | WASHINGTON | DC | 20036 | 1-800-284-KIDS | www.tobaccofreekids.org | 4/3 Kick Butts Day |
| NATIONAL COUNCIL ON ALCOHOLISM & DRUG DEPENDENCE, INC. | 20 EXCHANGE PLACE; SUITE 2902 | NEW YORK | NY | 10005 | (212) 269-7797 | www.ncadd.org | 4/5 - 4/7 Alcohol free days |
| MARCH OF DIMES DEFECTS FOUNDATION | 1275 MAMARONECK AVE. | WHITE PLAINS | NY | 10605 | 1-800-525-WALK | www.modimes.org | Walk America |
| ASTHMA & ALLERGY FOUNDATION OF AMERICA | 1233 20TH ST. NW; SUITE 402 | WASHINGTON | DC | 20036 | 1-800-7-ASTHMA | www.aafa.org | May Asthma & Allergy Awareness Month May Clean Air Month |
| AMERICAN LUNG ASSOCIATION | P.O. BOX 5004: 212 N 2ND ST. | BISMARCK | ND | 58501 | 1-800-252-6325 | www.lungusa.org | Cold and Flu Campaign |
| HEPATITIS FOUNDATION INTERNATIONAL | 30 SUNRISE TERRACE | CEDAR GROVE | NJ | 7009 | 1-800-891-0707 | www.hepfi.org | Online Presentations re: Hepatitis C May Mental Health Month |
| NATIONAL MENTAL HEALTH ASSOCIATION | 1021 PRINCE ST. | ALEXANDRIA | VA | 22314 | 1-800-969-6642 | www.nmha.org | Online depression screening |
| NATIONAL STROKE ASSOCIATION | 9707 EAST EASTER LANE | ENGLEWOOD | CO | 80112 | 1-800-STROKES | www.stroke.org | May National Stroke Awareness Month |
| NATIONAL ASSOCIATION FOR HEALTH AND FITNESS | 401 WEST MICHIGAN ST. | INDIANAPOLIS | IN | 46202 | (317) 955-0957 | www.physicalfitness.org | Information resources |

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| NATIONAL HIGHWAY TRANSPORTATION SAFETY ASSOCIATION | 400 SEVENTH ST. SW | WASHINGTON | DC | 20590 | (202) 366-9550 | www.nhtsa.dot.gov | 5/20 - 5/27 Buckle Up America Week |
| EDUCATION TELEVISION NETWORK, INC. | P.O. BOX 442 | UNIONVILLE | PA | 19375 | (610) 793-0978 | www.healthyaging.net | Sept. Healthy Aging Month |
| HEALTH INFORMATION RESORUCE CENTER | 1850 WEST WINCHESTER, SUITE 213 | LIBERTYVILLE | IL | 60048 | 1-800-828-8225 | www.fitnessday.com/family/ | Sept. Family Health and Fitness Days USA info. |
| NATIONAL COUNCIL ON PATIENT INFORMATION AND EDUCATION | 4915 SAINT ELMO AVE., SUITE 505 | BETHESDA | MD | 20814 | (301) 656-8565 | www.talkaboutrx.org | Oct. Talk about prescriptions Month Info. |
| SHAPE UP AMERICA! | 6707 DEMOCRACY BLVD., SUITE 306 | BETHESDA | MD | 20817 | (301) 493-5368 | www.shapeup.org | Information resources |
| HEALTH NORTH DAKOTA | | | | | | http://www.health.state.nd.us/healthyND | Information resources |
| WEBMD | | | | | | www.webmd.com | Information resources |
| THE WELLNESS COUNCILS OF AMERICA | 9802 NICHOLAS ST STE 315 | OMAHA | NE | 68114 | (402) 827-3590 | www.welcoa.org | Information resources |
| COOL RUNNING WEBSITE | | | | | | www.coolrunning.com | Couch to 5K a Day Workout information resources |
| PARA TECHNOLOGIES | | | | | | www.paratec.com | Stretch Break Excercises |
| WALKING ONLINE REFERENCE | | | | | | http://walking.about.com | Information and ideas for walking programs |
| NATIONAL HEALTH INFORMATION CENTER | | | | | | www.healthfinder.gov | Information resources |
| ABOUT HEALTH & FITNESS | | | | | | www.about.com | Free email courses and free email newsletter subscription |
| HEALTH ENHANCEMENT SYSTEMS | | | | | | www.hesonline.com | Information resources |
| AMERICAN ON THE MOVE WEEK - YMCA | | | | | | www.americaonthemove.org | 9/23-9/30 America on the Move Week Events at YMCA |
| WALKND | | | | | | www.WalkND.com | Walk North Dakota |
| CDC'S HEALTHIER WORKSITE INITIATIVE (HWI) | | | | | | www.cdc.gov/hwi | worksites wellness planning information |
| CDC's FRUITS & VEGETABLES MATTER | | | | | | www.fruitsandveggiesmatter.gov | Information resources on getting enough fruits & vegetables |
| HEALTHY MONDAY - COLUMBIA UNIVERSITY | | | | | | www.mondaycampaigns.org | Information resources |
| LANCE ARMSTRONG FOUNDATION | | | | | | www.livestrong.com | Health, fitness & lifestyle resources |
| FRUIT & VEGGIE PROMOTION | | | | | | www.fruitsandveggiesmorematter.org | Video Center offering a library of 275 videos with information about how to choose, store and cook different fruits & vegetables |
| HEALTH SCREEN RECOMMENDATIONS FOR WOMEN | | | | | | http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/ | List recommends how often screenings should be done for women |
| HEALTH SCREEN RECOMMENDAITONS FOR MEN | | | | | | http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-men/ | List recommends how often screenings should be done for men |
| PRESIDENTIAL ACTIVE LIFESTYLE AWARD | | | | | | www.walking.about.com/cs/measure/p/preschallenge.htm?n1=1 | six week walking program that gives a "Presidential Award" upon completion of the program |
| THE MONDAY CAMPAIGNS | | | | | | www.mondaycampaigns.org | Weekly commitment to healthy behaviors that help end chronic preventable diseases |
| RIGHT DIRECTION | | | | | | http://www.rightdirectionforme.com/ForEmployers.htm | Educational initiative created to raise awareness about workplace depression, prmote early recognition of symptoms and reduce the stigma surrounding mental illness. |
| LOCAL TREATMENT CENTERS IN NORTH DAKOTA | | | | | | http://www.rehabs.com/local/north-dakota/ | |
| ND COMMISSIONERS S.A.V.E. CHALLENGE | | | | | | https://psycharmor.org/sign-up/ndsavae/?qid=351472 | Suicide prevention video training |