

NDPERS WELLNESS RESOURCE LIST.xls

NAME	ADDRESS	CITY	STATE	ZIP	TELEPHONE	WEBSITE
AMERICAN DIABETES ASSOCIATION	1323 23RD St. South	Fargo	ND	58103	(701) 491-2910	<a href="http://www.diabetes.org">www.diabetes.org</a>
AMERICAN DIETETIC ASSOCIATION						<a href="http://www.eatright.org">www.eatright.org</a>
AMERICAN HEART ASSOCIATION	1005 12 AVE. SE	JAMESTOWN	ND	58401	1-800-437-9710	<a href="http://www.americanheart.org">www.americanheart.org</a>
AMERICAN MEDICAL ASSOCIATION	515 N STATE ST.	CHICAGO	IL	60610	1-800-621-8335	<a href="http://www.ama-assn.org">www.ama-assn.org</a>
AMERICAN OBESITY ASSOCIATION	1250 24TH ST. NW, SUITE #300	WASHINGTON	DC	20037	(202) 776-7711	<a href="http://www.obesity.org">www.obesity.org</a>
AMERICAN SOCIETY FOR NUTRITIONAL SCIENCES	9650 ROCKVILLE PIKE, SUITE #4500	BETHESDA	MD	20814	(301) 634-7050	<a href="http://www.nutrition.org">www.nutrition.org</a>
US FOOD AND DRUG ADMINISTRATION	CENTER FOR FOOD SAFETY					<a href="http://www.cfsan.fda.gov">www.cfsan.fda.gov</a>
HOW STUFF WORKS						<a href="http://home.howstuffworks.com">http://home.howstuffworks.com</a>
NATIONAL CHOLESTEROL EDUCATION PROGRAM						<a href="http://rover.nhlib.nib.gov">http://rover.nhlib.nib.gov</a>
NATIONAL HEART, LUNG, & BLOOD INSTITUTE						<a href="http://www.nhlbi.nih.gov">http://www.nhlbi.nih.gov</a>
NATIONAL INSTITUTE ON HEALTH						<a href="http://www.nhlbi.nih.gov">http://www.nhlbi.nih.gov</a>
LOWFAT LIFESTYLES						<a href="http://www.lowfatlifestyles.com">http://www.lowfatlifestyles.com</a>
THE CALORIE CONTROL COUNCIL						<a href="http://www.caloriecontrol.org">http://www.caloriecontrol.org</a>
WIN (WEIGHT CONTROL INFORMATION NETWORK)						<a href="http://win.niddk.nih.gov">http://win.niddk.nih.gov</a>
NUTRITION DATA						<a href="http://www.nutritiondata.org">www.nutritiondata.org</a>
USDA NUTRIENT DATA LABORATORY						<a href="http://www.nal.usda.gov">www.nal.usda.gov</a>
US DEPT. OF HEALTH AND HUMAN SERVICES	THE NATIONAL WOMEN'S HEALTH INFO. CENTER					<a href="http://www.4woman.gov">http://www.4woman.gov</a>
AMERICA ON THE MOVE						<a href="http://www.americaonthemove.com">www.americaonthemove.com</a>
AMERICAN COUNCIL ON EXERCISE						<a href="http://www.acefitness.org">www.acefitness.org</a>
USDA MY PYRAMID						<a href="http://www.mypyramid.com">www.mypyramid.com</a>
CDC PHYSICAL ACTIVITY						<a href="http://www.cdc.gov">http://www.cdc.gov</a>
CALORIES PER HOUR						<a href="http://www.caloriesperhour.com">www.caloriesperhour.com</a>
HHS SMALL STEP PROGRAM						<a href="http://www.smallstep.gov">www.smallstep.gov</a>
5 A DAY PROGRAM						<a href="http://www.5aday.gov">www.5aday.gov</a>
PREVENTION MAGAZINE						<a href="http://www.prevention.com">www.prevention.com</a>
NUTRITION						<a href="http://www.healthierus.gov">www.healthierus.gov</a>
REAL AGE						<a href="http://www.realage.com">www.realage.com</a>
JOURNAL OF AMERICAN COUNCIL OF NUTRITION						<a href="http://www.jacn.org">www.jacn.org</a>
KID'S HEALTH						<a href="http://www.kidshealth.org">www.kidshealth.org</a>
NUTRITION AND DIET REPORTS						<a href="http://www.drmirkin.com">www.drmirkin.com</a>
DIETARY GUIDELINES FOR AMERICAN						<a href="http://www.nalusda.gov">www.nalusda.gov</a>
GIRLS HEALTH						<a href="http://www.girlshealth.gov">www.girlshealth.gov</a>
BETTER HOMES AND GARDENS						<a href="http://www.4bhq.com">www.4bhq.com</a>
HEALTHY WEIGHT NETWORK	402 SOUTH 14TH STREET	HETTINGER	ND	58639	(701) 567-2646	<a href="http://www.healthyweightnetwork.com">www.healthyweightnetwork.com</a>
AMERICAN DENTAL ASSOCIATION	211 E. CHICAGO AVE.	CHICAGO	IL	60611	(312) 440-2500	<a href="http://www.ada.org">www.ada.org</a>
AMERICAN ASSOCIATION OF CARDIOVASCULAR AND PULMONARY REHABILITATION	7600 TERRACE AVE: SUITE 203	MIDDLETON	WI	53562	(608) 831-6989	<a href="http://www.aacvpr.org">www.aacvpr.org</a>
CANCER RESEARCH FOUNDATION OF AMERICA	1600 DUKE ST.; SUITE #110	ALEXANDRIA	VA	22314	1-800-277-CRFA	<a href="http://www.preventcancer.org">www.preventcancer.org</a>
NATIONAL KIDNEY FOUNDATION	30 EAST 33RD ST.; SUITE 1100	NEW YORK	NY	10016	1-800-622-9010	<a href="http://www.kidney.org">www.kidney.org</a>
AMERICAN CANCER SOCIETY	1599 CLIFTON ROAD NE	ATLANTA	GA	30329	1-800-ACS-2345	<a href="http://www.cancer.org">www.cancer.org</a>
AMERICAN PUBLIC HEALTH ASSOCIATION	800 EYE ST. NW	WASHINGTON	DC	20001	(202) 777-2742	<a href="http://www.apha.org">www.apha.org</a>
NATIONAL CENTER FOR TOBACCO-FREE KIDS	1707 L STREET NW: SUITE 800	WASHINGTON	DC	20036	1-800-284-KIDS	<a href="http://www.tobaccofreekids.org">www.tobaccofreekids.org</a>
NATIONAL COUNCIL ON ALCOHOLISM & DRUG DEPENDENCE, INC.	20 EXCHANGE PLACE; SUITE 2902	NEW YORK	NY	10005	(212) 269-7797	<a href="http://www.ncadd.org">www.ncadd.org</a>

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AMERICAN ASSOCIATION FOR WORLD HEALTH	1825 K STREET NW, SUITE 1208	WASHINGTON	DC	20006	(202) 466-5883	<a href="http://www.aawhworldhealth.org">www.aawhworldhealth.org</a>
MARCH OF DIMES DEFECTS FOUNDATION	1275 MAMARONECK AVE.	WHITE PLAINS	NY	10605	1-800-525-WALK	<a href="http://www.modimes.org">www.modimes.org</a>
ASTHMA & ALLERGY FOUNDATION OF AMERICA	1233 20TH ST. NW; SUITE 402	WASHINGTON	DC	20036	1-800-7-ASTHMA	<a href="http://www.aafa.org">www.aafa.org</a>
AMERICAN LUNG ASSOCIATION	P.O. BOX 5004: 212 N 2ND ST.	BISMARCK	ND	58501	1-800-252-6325	<a href="http://www.lungusa.org">www.lungusa.org</a>
HEPATITIS FOUNDATION INTERNATIONAL	30 SUNRISE TERRACE	CEDAR GROVE	NJ	7009	1-800-891-0707	<a href="http://www.hepfi.org">www.hepfi.org</a>
NATIONAL MENTAL HEALTH ASSOCIATION	1021 PRINCE ST.	ALEXANDRIA	VA	22314	1-800-969-6642	<a href="http://www.nmha.org">www.nmha.org</a>
NATIONAL STROKE ASSOCIATION	9707 EAST EASTER LANE	ENGLEWOOD	CO	80112	1-800-STROKES	<a href="http://www.stroke.org">www.stroke.org</a>
NATIONAL ASSOCIATION FOR HEALTH AND FITNESS	401 WEST MICHIGAN ST.	INDIANAPOLIS	IN	46202	(317) 955-0957	<a href="http://www.physicalfitness.org">www.physicalfitness.org</a>
NATIONAL HIGHWAY TRANSPORTATION SAFETY ASSOCIATION	400 SEVENTH ST. SW	WASHINGTON	DC	20590	(202) 366-9550	<a href="http://www.nhtsa.dot.gov">www.nhtsa.dot.gov</a>
NATIONAL MEN'S HEALTH FOUNDATION	154-182 EAST MINOR STREET	EMMAUS	PA	18098	1-800-955-2002	<a href="http://www.nationalmenshealthweek.com">www.nationalmenshealthweek.com</a>
EDUCATION TELEVISION NETWORK, INC.	P.O. BOX 442	UNIONVILLE	PA	19375	(610) 793-0978	<a href="http://www.healthyaging.net">www.healthyaging.net</a>
NATIONAL CANCER INSTITUTE	6130 EXECUTIVE BLVD., EPN 232 4078	BETHESDA	MD	20892	1-800-4-CANCER	<a href="http://www.5aday.gov">www.5aday.gov</a>
HEALTH INFORMATION RESORUCE CENTER	1850 WEST WINCHESTER, SUITE 213	LIBERTYVILLE	IL	60048	1-800-828-8225	<a href="http://www.fitnessday.com/family/thompsoh@nsc.org">www.fitnessday.com/family/thompsoh@nsc.org</a>
NATIONAL SAFETY COUNCIL	1121 SPRING LAKE DRIVE	ITASCA	IL	60143	(630) 285-1121	
NATIONAL COUNCIL ON PATIENT INFORMATION AND EDUCATION	4915 SAINT ELMO AVE., SUITE 505	BETHESDA	MD	20814	(301) 656-8565	<a href="http://www.talkaboutrx.org">www.talkaboutrx.org</a>
SHAPE UP AMERICA!	6707 DEMOCRACY BLVD., SUITE 306	BETHESDA	MD	20817	(301) 493-5368	<a href="http://www.shapeup.org">www.shapeup.org</a>
HEALTH NORTH DAKOTA						<a href="http://www.health.state.nd.us/healthyND">http://www.health.state.nd.us/healthyND</a>
WEBMD						<a href="http://www.webmd.com">www.webmd.com</a>
UNIVERSITY OF WISCONSIN HEALTH SERVICES						<a href="http://wellness.uwsp.edu/Other/lifescan">http://wellness.uwsp.edu/Other/lifescan</a>
THE WELLNESS COUNCILS OF AMERICA	9802 NICHOLAS ST STE 315	OMAHA	NE	68114	(402) 827-3590	<a href="http://www.welcoa.org">www.welcoa.org</a>
COOL RUNNING WEBSITE						<a href="http://www.coolrunning.com">www.coolrunning.com</a>
PARA TECHNOLOGIES						<a href="http://www.paratec.com">www.paratec.com</a>
WALKING ONLINE REFERENCE						<a href="http://walking.about.com">http://walking.about.com</a>
NATIONAL HEALTH INFORMATION CENTER						<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
HEALTH MD						<a href="http://www.healthweb.org">www.healthweb.org</a>
ABOUT HEALTH & FITNESS						<a href="http://www.about.com">www.about.com</a>
HEALTH ENHANCEMENT SYSTEMS						<a href="http://www.hesonline.com">www.hesonline.com</a>
AMERICAN ON THE MOVE WEEK - YMCA						<a href="http://www.americaonthemove.org">www.americaonthemove.org</a>
NDSU EXTENSION SERVICE						<a href="http://www.ag.ndsu.nodak.edu/health.htm">www.ag.ndsu.nodak.edu/health.htm</a>
WALKND						<a href="http://www.WalkND.com">www.WalkND.com</a>
CDC'S HEALTHIER WORKSITE INITIATIVE (HWI)						<a href="http://www.cdc.gov/hwi">www.cdc.gov/hwi</a>
CDC's FRUITS & VEGETABLES MATTER						<a href="http://www.fruitsandveggiesmatter.gov">www.fruitsandveggiesmatter.gov</a>
WISE ALIVE WEIGHT LOSS CHALLENGES					(701) 388-3969	<a href="mailto:rl@laventurellc.com">rl@laventurellc.com</a>
HEALTHY MONDAY - COLUMBIA UNIVERSITY						<a href="mailto:healthymonday@columbia.edu">healthymonday@columbia.edu</a>
LANCE ARMSTRONG FOUNDATION						<a href="http://www.livestrong.com">www.livestrong.com</a>
NORTH CAROLINA WELLNESS PROGRAM IDEAS						<a href="http://www.fittogethernc.org/WellnessProgramIdeas.aspx">http://www.fittogethernc.org/WellnessProgramIdeas.aspx</a>
TOMPKINS COUNTY, NEW YORK WELLNESS PROGRAM						<a href="http://www.co.tompkins.ny.us/wellness/worksites/workwell/ideas.html">http://www.co.tompkins.ny.us/wellness/worksites/workwell/ideas.html</a>
GOOD WORK! RESOURCE KIT						<a href="http://healthymainepartnerships.org/mcvhp/qw.aspx#1">http://healthymainepartnerships.org/mcvhp/qw.aspx#1</a>

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FRUIT & VEGGIE PROMOTION						<a href="http://www.fruitsandveggiesmorematter.org">www.fruitsandveggiesmorematter.org</a>
HEALTH SCREEN RECOMMENDATIONS FOR WOMEN						<a href="http://www.womenshealth.gov/screeningcharts/general/general.pdf">www.womenshealth.gov/screeningcharts/general/general.pdf</a>
HEALTH SCREEN RECOMMENDATIONS FOR MEN						<a href="http://www.womenshealth.gov/screeningcharts/men/men.pdf">www.womenshealth.gov/screeningcharts/men/men.pdf</a>
PRESIDENTIAL ACTIVE LIFESTYLE AWARD						<a href="http://www.walking.about.com/cs/measure/p/prechallenge.htm?n1=1">www.walking.about.com/cs/measure/p/prechallenge.htm?n1=1</a>

<b>ACTIVITIES</b>
America's walk for Diabetes/1-800-DIA-BETES
March American Diabetes Alert Month
March National Nutrition Month
Lowfat Recipes, Tip of the Day/1-800-242-8721
January American Heart Month
Information resources
Information resources
Information resources
Information resources
Information resources
Information resources
Information resources
Information resources
Information and recipes
Interactive tools
information resources
information resources
Interactive tools and information
Interactive tools and information
Interactive walking program
information resources
Interactive tools and information
information resources
Interactive tools
Interactive tools and information
Information and recipes
Information and recipes
information resources
Interactive tools and information
information resources
Information and recipes
information resources
Information and recipes
information resources
information resources
1/20 - 1/26 Healthy Weight Week
National Children's Dental Health Month
2/3 - 2/9 Cardiac Rehabilitation Week
March National Colorectal Cancer Awareness Month
March National Kidney Month
April Cancer Control Month
May Skin Cancer Awareness Month
Great American Smokeout
4/1 - 4/7 National Public Health Week
4/3 Kick Butts Day
4/5 - 4/7 Alcohol free days

<b>ACTIVITIES</b>
4/7 World Health Day
Walk America
May Asthma & Allergy Awareness Month
May Clean Air Month
Cold and Flu Campaign
Online Presentations re: Hepatitis C
May Mental Health Month
Online depression screening
May National Stroke Awareness Month
Information resources
5/20 - 5/27 Buckle Up America Week
5/10 - 5/16 National Men's Health Week
Sept. Healthy Aging Month
9/15 National 5-A-Day Week
Sept. Family Health and Fitness Days USA info.
Sept. Walk a Child to School Week Info.
Oct. Talk about prescriptions Month Info.
Information resources
Information resources
Information resources
Health Risk Appraisal (Personal)
Information resources
Couch to 5K a Day Workout information resources
Stretch Break Exercises
Information and ideas for walking programs
Information resources
Information resources
Free email courses and free email newsletter subscription
Information resources
9/23-9/30 America on the Move Week Events at YMCA
Information resources & Stretch Break Exercises (free)
Walk North Dakota
worksite wellness planning information
Information resources on getting enough fruits & vegetables
Weight loss challenges
Information resources
Health, fitness & lifestyle resources
Ideas for worksite programming including policy change suggestions and potential cost levels to implement
Ideas for nutrition, physical activity, policy, public image, promotion and awareness
Ideas to develop low-cost ways to support employee health and productivity

<b>ACTIVITIES</b>
Video Center offering a library of 275 videos with information about how to choose, store and cook different fruits & vegetables
List recommends how often screenings should be done for women
List recommends how often screenings should be done for men
six week walking program that gives a "Presidential Award" upon completion of the program