

Wake and Johnston Counties Childhood Obesity Resources

Resource	Services Provided	Contact	Websites and Forms
WakeMed Energize	Intensive family based nutrition and exercise program for children with metabolic syndrome or at risk for metabolic syndrome	919-350-7584	Energize website Energize Referral form and Lab Referral form Energize Flyers English Spanish
Duke Children's Healthy Lifestyles	Multi-disciplinary referral clinic for pediatric weight management.	919-620-5356 866-530-5356 919-471-6930(f)	Duke Children's Healthy Lifestyles website Referral Form
UNC Pediatric Cardiology	Evaluation of pediatric patients for cardiovascular disease. Patients referred with base diagnosis of overweight or obese presenting with hypercholesterolemia, hypertension, and hyperlipidemia.	919-966-4601	UNC Pediatric Cardiology website
Wake County WIC	Nutritional education and counseling for families and their children <5 years of age, food assistance, Farmers Market Nutrition Program, breast-feeding supplies.	919-250-4720	WIC website WIC Referral form
Wake County WIC's "Ready to Change" Program	Nutrition and exercise classes for all WIC participants and also available to non-income eligible children between 1 and 5 years.	919-250-4728	WIC Ready to Change Referral form
Johnston County WIC	Nutritional education and counseling for families and their children <5 years of age, food assistance, breast-feeding support.	919-989-5255	WIC website
Parks & Recreation	Public greenways, community centers with fitness facilities, specialized recreation, athletics, teams and leagues, aquatics, tennis.		Wake County Parks and Rec website Johnston County Parks and Rec website
YMCA of the Triangle	Exercise and classes for the entire family. Sports leagues, camp programs for youth, nutritionist and personal training programs, swim teams and swimming lessons		YMCA website
Boys & Girls Clubs	Sports, fitness, recreation, arts, education, career, health & life skills programs.		Wake County Boys and Girls Club website Boys and Girls Club of Johnston County website
Academy of Nutrition and Dietetics	Access to nutrition information and search for dietitians in your area. No independent dietitian can bill Medicaid.		AND website (Top left under "Public" tab, "In This Section" scroll through topics for nutrition information and handouts Top right, click on "Find A Registered Dietitian ")
CCWJC	Provider tools, Clinicians Reference Guide		CCWJC website
My Eat Smart Move More	Consumer website offering the tips for healthier eating and increasing physical activity.		My Eat Smart Move More website
EFNEP Families Eating Smart and Moving More	Offers free nutrition classes for low income families with children.	919-250-1114	Contact: Suzanne P. van Rijn suzanne_van_rijn@ncsu.edu Referral form
AHA Advocates	Advocates for health in action provides information on where to access healthful food and physical activities in Wake County		AHA Advocates website