



Physical Activity and Fitness

RESOURCE LIST

This resource list contains references to Federal, State, and local government agencies as well as private organizations that offer information resources related to the physical activity and fitness objectives of *HEALTHY PEOPLE 2000*. Because many States have adopted their own year 2000 objectives, you may wish to contact your State health department for additional information.

Physical Activity and Fitness

LEAD AGENCIES:

President's Council on Physical Fitness and Sports

701 Pennsylvania Avenue, NW
Suite 250
Washington, DC 20004
(202)272-3424

Science Coordinator:

Centers for Disease Control and Prevention

YEAR 2000 OBJECTIVES

- Reduce coronary heart disease deaths
- Reduce overweight prevalence
- Preserve independent functioning in older adults
- Increase moderate physical activity
- Increase vigorous physical activity
- Reduce sedentary lifestyle
- Increase activities that enhance muscular strength, endurance, and flexibility
- Increase sound weight loss practices
- Increase participation in school physical education
- Increase activity level in school physical education
- Increase worksite fitness programs
- Increase availability and accessibility of community fitness facilities
- Increase physical activity counseling by primary care providers

Federal and National Information Sources

U.S. DEPARTMENT OF EDUCATION

National Diffusion Network

555 New Jersey Avenue, NW, Room 510
Washington, DC 20208-5645
(202)219-2134; (202)219-1407 FAX
Makes educational programs available to schools, colleges, and other institutions. Lists of facilitators and programs are free.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Public Health Service

Centers for Disease Control and Prevention

Public Inquiries

1600 Clifton Road, NE
Mailstop A23
Atlanta, GA 30333
(404)639-3534; (404)639-1537 FAX
Refers inquiries from the public and professionals to the appropriate area at CDC.
**National Center for Chronic Disease
Prevention and Health Promotion**
4770 Buford Highway, NE
Mailstop K13
Atlanta, GA 30333
(404)488-5080; (404)488-5962 FAX
Plans, directs, and coordinates national programs for the prevention of premature mortality, morbidity, and disability due to chronic illnesses and conditions. Call for electronic product information.

National Institutes of Health

National Arthritis and Musculoskeletal and Skin Diseases Information

Clearinghouse

P.O. Box AMS
9000 Rockville Pike
Bethesda, MD 20892
(301)495-4484
Provides patient education materials and information related to arthritis and musculoskeletal and skin diseases. Publications list available.

National Diabetes Information Clearinghouse

Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
(301)654-3327
Provides patient and professional educational materials on diabetes-related topics. Call for electronic product information.

National Heart, Lung, and Blood Institute Education Programs Information Center

P.O. Box 30105
Bethesda, MD 20824-0105
(301)251-1222, (301)251-1223 FAX
Provides information about NHLBI education programs on high blood pressure, cholesterol, obesity, asthma, and heart attack. Offers information on cardiovascular disease prevention and heart-health promotion to consumers and professionals. Call for electronic product information.

National Institute on Aging

Public Information Office
Building 31, Room 5C27
9000 Rockville Pike
Bethesda, MD 20892
(301)496-1752; (800)222-2225 Publications
(800)438-4380 Alzheimer's Information
(301)496-1072 FAX
Answers questions and distributes free consumer publications about the diseases of

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HEALTHY PEOPLE 2000 is a national initiative to improve the health of all Americans through prevention. It is driven by 300 specific national objectives targeted for achievement by the year 2000. HEALTHY PEOPLE 2000's overall goals are to: increase the span of healthy life, reduce health disparities among Americans, and achieve access to preventive services.

National Institute on Aging (continued)

older people, including Alzheimer's, the aging process, and safety. Publishes a series of fact sheets, *Age Pages*, which address health concerns applicable to the elderly. Publications list available.

Office of Minority Health Resource Center

P.O. Box 37337
Washington, DC 20013-7337
(800)444-6472; (301)589-0884 FAX
Responds to inquiries about major health problems among minority populations. Assists in locating materials, programs, and technical assistance through an automated Resource Persons Network and materials database.

President's Council on Physical Fitness and Sports

701 Pennsylvania Avenue, NW
Suite 250
Washington, DC 20004
(202)272-3424; (202)504-2064 FAX
Works with schools, clubs, recreation agencies, and employers on physical fitness and exercise program design and implementation. Produces informational materials on exercise, school physical education programs, corporate fitness, and physical fitness for youth, adults, and senior citizens.

State and Local Sources

Look in your telephone directory for such listings as:

- Governor's Councils on Physical Fitness and Sports
- Local Councils on Physical Fitness and Sports
- State and local health departments
- Wellness centers
- YMCAs and YWCAs
- Community Recreation and Parks

NATIONAL SOURCES

American Alliance for Health, Physical Education, Recreation, and Dance

1900 Association Drive
Reston, VA 22091
(703)476-3400; (703)476-8316 FAX
Develops special programs including fitness for older persons, activity programs for people with handicaps, and exercise programs for youth and adults. Promotes school health and physical education programs. Distributes materials for professionals.

American College Health Association

P.O. Box 28937
Baltimore, MD 21240-8937
(410)859-1500; (410)859-1510 FAX
Publishes and distributes a series of pamphlets and videotapes for college students on a variety of health topics, including acquaintance rape, AIDS, and sexually transmitted diseases.

American College of Sports Medicine

P.O. Box 1440
Indianapolis, IN 46206-1440
(317)637-9200; (317)634-7817 FAX
Publishes materials, including position statements, on physical activity, physical fitness, and other sports medicine and exercise science topics.

American Heart Association

7272 Greenville Avenue
Dallas, TX 75231-4599
(214)373-6300; (800)AHA-USA1
(214)706-1341 FAX
Sponsors research, community programs, and professional education on cardiovascular diseases and stroke. Catalog of materials available.

Boys and Girls Clubs of America

1230 West Peachtree Street, NW
Atlanta, GA 30348-5771
(404)815-5759; (404)815-5757 FAX
Publishes materials and promotes physical activity and health programs which include participation in the lives of America's youth and the Keystone conference.

National Eldercare Institute on Health Promotion

601 E Street, NW, Fifth Floor, Building B
Washington, DC 20049
(202)434-2200; (202)434-6474 FAX
Supports States and agencies in the development and implementation of health promotion programs for older adults. Provides resource lists, publications, and referrals.

National Handicapped Sports

451 Hungerford Drive, Suite 100
Rockville, MD 20850
(301)217-0960; (301)217-0968 FAX
(301)217-9836 Electronic Bulletin Board
Provides sports and recreation activities for persons with orthopedic, spinal cord, neuromuscular, and visual impairments through more than 90 community-based chapters. Free bulletin board.

Federal Data Sources

Centers for Disease Control and Prevention

National Center for Health Statistics
Healthy People 2000 Staff
6525 Belcrest Road, Room 770
Hyattsville, MD 20782
(301)436-3548

National Center for Chronic Disease Prevention and Health Promotion

4770 Buford Highway, NE
Mailstop K13
Atlanta, GA 30333
(770)488-5080

Indian Health Service

Parklawn Building, Room 6-35
5600 Fishers Lane
Rockville, MD 20857
(301)443-3593

Office of Disease Prevention and Health Promotion

Healthy People 2000 Staff
330 C Street, SW, Room 2132
Washington, DC 20201
(202)205-8583

National Recreation and Park Association

2775 South Quincy Street, Suite 300
Arlington, VA 22206
(703)820-4940; (703)671-6772 FAX
Increases public awareness of the role of physical fitness in health, encourages recreation among the elderly, and establishes standards for recreation services for people with handicaps.

YMCA of the USA

Health and Physical Education
101 North Wacker Drive, 14th Floor
Chicago, IL 60606
(800)USA-YMCA; (312)977-0031
(312)977-9063 FAX
Provides fitness training, conditioning, and group fitness programs for all ages. Distributes brochures.

YWCA of the USA

726 Broadway
New York, NY 10003
(212)614-2700; (212)614-2703 FAX
Provides fitness training, conditioning, and group fitness programs for all ages. Distributes brochures.



For General Information on HEALTHY PEOPLE 2000:

Office of Disease Prevention and Health Promotion,
U.S. Public Health Service, 330 C Street, SW, Room 2132,
Washington, DC 20201; (202)205-8583.

For Healthy People 2000 Publications:

Please write to ODPHP National Health Information Center,
P.O. Box 1133, Washington, DC 20013-1133.

Inclusion in this listing does not imply endorsement by the Public Health Service or the U.S. Department of Health and Human Services.

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