

Recommended Nutrition and Physical Activity Contacts and Resources

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

800-213-7193
www.aahperd.org

American Cancer Society (ACS)

Check your phone book under “American Cancer Society” for your regional office.

www.cancer.org

Provides guest speakers for classrooms, parent groups, and health fairs.

American Council on Exercise

5820 Oberlin Drive, Suite 102

San Diego, CA 92121-3787

858-279-8227

www.acefitness.com

American Diabetes Association

1701 North Beauregard Street

Alexandria, VA 22311

800-DIABETES (800-342-2383)

www.diabetes.org

Materials include *New Soul Food Cookbook for People with Diabetes*

American Dietetic Association (ADA)

800-366-1655

www.eatright.org

Can provide referrals to a Registered Dietitian in your area.

American Heart Association (AHA)

Contact your division or regional American Heart Association office in your phone book.

www.americanheart.org

American Volkssport Association

1001 Pat Booker Rd., Suite 101
Universal City, TX 78148-4147
800-830-9255 or 210-659-2112

For organized, noncompetitive hikes and walks for walkers of all abilities throughout the country; call to reach local chapters.

www.ava.org

Association of Black Cardiologists, Inc.

6849-B2 Peachtree Dunwoody Rd., NE
Atlanta, GA 30328
678-302-4ABC

www.abc cardio.org

Boys and Girls Clubs of America

1275 Peachtree Street NE
Atlanta, GA 30309-3506
404-487-5700

www.bgca.org

California Adolescent Nutrition & Fitness Program

2140 Shattuck Ave, Suite 610
Berkeley, CA 94704
800-200-3131 or 510-644-1533

www.canfit.org

Centers for Disease Control and Prevention

Division of Nutrition and Physical Activity
4770 Buford Highway, N.E. Mailstop K33
Atlanta, GA 30341-3717
770-488-5820

www.cdc.gov/nccdphp/dnpa/

Nutrition and Physical Activity Information Line 888-CDC-4NRG

Center for Science in the Public Interest

1875 Connecticut Ave., N.W., Suite 300
Washington, DC 20009-5728
202-332-9110

www.cspinet.org

Materials include the *Nutrition Action Health newsletter*

Food and Nutrition Information Center (FNIC)

National Agriculture Library, Rm. 304
10301 Baltimore Ave.
Beltsville, MD 20705-2351
301-504-5719
www.nal.usda.gov/fnic

**Food Safety and Inspection Service (FSIS)
Food Safety and Consumer Education**

1400 Independence Ave. S.W., Rm-2932-S
Washington, D.C. 20250-3700
www.fsis.USDA.gov
www.fightbac.org

Minority Health Professions Foundation

3 Executive Park Drive, NE, Suite 100
Atlanta, GA 30329
404-634-1993
www.minorityhealth.org

National Association for Health and Fitness

c/o Be Active New York State
65 Niagara Square, Room 607
Buffalo, NY 14202
716-583-0521
www.physicalfitness.org

**National Center for the Advancement of Blacks in the Health
Professions**

P.O. Box 21121
Detroit, MI 48221
313-342-1522
dm2103@aol.com

National Hypertension Association (NHA)

324 East 30th Street
New York, NY 10016
212-889-3557
www.nathypertension.org



National Institutes of Health (NIH)

National Center on Minority Health & Health Disparities
6707 Democracy Blvd. Suite 800
Bethesda, MD 20892-5465
301-402-1366
www.ncmhd.nih.gov

National Kidney and Urologic Diseases Information Clearinghouse

3 Information Way
Bethesda, MD 20892-3580
301-654-4415
www.kidney.niddk.nih.gov

National Recreation and Park Association (NRPA)

22377 Belmont Ridge Rd.
Ashburn, VA 20148
703-858-0784
www.nrpa.org

Office of the Centers for Disease Control and Prevention

Associate Director of Minority Health
1600 Clifton Road, N.E.
Mailstop D39
Atlanta, GA 30333
404-639-7210
www.cdc.gov/od/admh/

Office of Minority Health Resource Center

Can provide a list of health professionals in your area for guest speaking.
P.O. Box 37337
Washington, DC 20013-7337
800-444-6472
www.omhrc.gov

Society for Nutrition Education (SNE)

7100 Winton Drive, Suite 300
Indianapolis, IN 46268
317-328-4627 or 800-235-6690
www.sne.org

YMCA-USA

101 North Wacker Drive
Chicago, IL 60606
800-872-9622
www.ymca.net

U.S. Department of Agriculture

Food and Nutrition Service
Team Nutrition
3101 Park Center Drive, Rm. 632
Alexandria, VA 22302
703-305-1624
www.teamnutrition.usda.gov

Team Nutrition is the implementation tool for the USDA's School Meals Initiative for Healthy Children.

U.S. Department of Agriculture

Center for Nutrition Policy and Promotion
3101 Park Center Drive, Rm. 1034
Alexandria, VA 22302
703-305-7600
www.cnpp.usda.gov

Materials include *MyPyramid Food Guidance System* and the *Healthy Eating Index*.

U.S. Food and Drug Administration (FDA)

5600 Fishers Lane, HFE-88
Rockville, MD 20857
888-INFO-FDA (463-6332)
301-827-7130
www.fda.gov/opacom/morecons.html

Recommended Web sites Related to Nutrition and Physical Activity

See also the Web addresses for organizations listed in the previous section. The Centers for Disease Control and Prevention and the U.S. Department of Agriculture/Food and Nutrition Service, do not monitor or endorse the information contained in the referenced Web sites.

General Web sites

Body and Soul Wellness Program

www.bodyandsoul.nih.gov/index.html

Dietary Guidelines for Americans

www.health.gov/dietaryguidelines/

Dole's 5 a Day

www.dole5aday.com

Food Composition Information

www.nal.usda.gov/fnic/foodcomp

Food and Drug Administration's (FDA) Center for Food Safety and Applied Nutrition

www.cfsan.fda.gov/list.html

Guide to Your Health Daily

www.yourhealthdaily.com

Health and Fitness Page

www.k2.kirtland.cc.mi.us/~balbachl/fitness.htm

Healthy People 2010

www.healthypeople.gov

International Food Information Council

www.ificinfo.health.org

Kid's Health for Parents, Kids and Teens

www.kidshealth.org/index.html

Kids Walk-to-School Program

www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

MedlinePlus Health Information

www.nlm.nih.gov/medlineplus

MyPyramid Food Guidance System

www.mypyramid.gov

Small Step Program

www.smallstep.gov

Team Nutrition

www.teamnutrition.usda.gov

The President's Council on Physical Fitness and Sports

www.presidentschallenge.org

U.S. Department of Agriculture (USDA)

What We Eat in America—Food Surveys Research Group

www.barc.usda.gov/bhnrc/foodsurvey/home.htm

Youth Web sites

Body and Mind

www.bam.gov

Bodies in Motion...Minds at Rest

www.library.thinkquest.org/12153/

BodyWise

www.girlpower.gov/girlarea/BodyWise/

Girls Health

www.girlshealth.gov

Healthy Eating and Active Living

www.kidnetic.com



In the Mix Sports

www.pbs.org/inthemix/shows/show_sports.html

National Bone Health Campaign – Powerful Bones. Powerful Girls.™

www.cdc.gov/nccdphp/dnpa/bonehealth/

Nutrition on the Web for Teens

www.library.thinkquest.org/10991/nutriquiz.html

Youth Physical Activity

www.verbnow.com

We Can! Ways to Enhance Children’s Activity & Nutrition

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Information on Fast Foods

www.calorieking.com/foods

www.fatcalories.com

www1.wfubmc.edu/nutrition/count+your+calories/dtd.htm

Nutrition and Physical Activity Vendors and Materials

Nutrition

Nutrition Counseling Education Service® (NCES®) Materials on Nutrition/Physical Activity

Credit card orders: Call 1-800-445-5653 (M-F 9 a.m. to 5 p.m. Central)
Fax your credit card or purchase orders any time. Fax: 1-800-251-9349
Mail orders to: NCES, 1904 E 123rd St., Olathe, KS 66061 or order from the Web site: www.ncescatalog.com/

Nutrition and Cookbooks

Eating on the Run, Evelyn Tribole, RD

One of the most helpful books we have come across. Tribole shows how to combine nutritious eating with fast-paced living. She provides strategies for weight control, meal and snack planning, and 40 recipes that can be prepared in less than one minute! This book is filled with calorie and nutrient content charts and tips on dining out.

#1012 Soft-cover 1992 \$15.95

Bowes and Church's Food Values of Portions Commonly Used, 17th Edition, Jean A.T. Pennington, Ph.D., RD.

It's all here...the data you need on the nutrient content of foods in quick reference.

#2000 \$47.00

Nasco Nutrition Teaching Aids

Featuring Lifeform Food Replicas

Call: 800-558-9595

Nasco—Modesto

4825 Stoddard Rd.

P.O. Box 3837

Modesto, CA 95352-3837

Phone: 209-545-1600

Fax: 209-545-1669

www.enasco.com

or

Nasco–Fort Atkinson
901 Janesville Ave.
P.O. Box 91
Fort Atkinson, WI 53538-0901
Fax: 920-563-8296

Physical Activity

Collage Video–Exercise videos for home use and classes

1-800-433-6769
www.collagevideo.com

Accusplit–Pedometers and stopwatches

2290A Ridgewood Ave.
San Jose, CA 95131
Order by phone: 1-800-935-1996
www.accusplit.com

ProFit Instructor Supplies

Books, nutrition education supplies–fat tubes, food maps, strengthening equipment, balls, bands, step counters
Order by phone: 425-255-3817 or fax 425-255-0478

ProFit

12012 156th. Ave. SE
Renton, WA 98059
www.exercisexpress.com

SPORTIME

Physical Education, Recreation, Athletics, Aquatics, Dance, and Health supplies and equipment
Phone orders: 1-800-283-5700
Fax orders: 1-800-845-1535
www.sportime.com

SPRI

Xertube Products–low-cost, physical activity equipment (e.g., tubes, bands)
To order call: 1-800-222-7774
www.spriproducts.com