

you can help create a healthier Halifax County.

Top 5 Health Tips

1. Get more sleep – sleep helps you feel rested and gives your body time to repair.
2. Exercise daily – commit to even a small amount of structured exercise every day, such as walking in a park.
3. Healthy snacking – eating a healthy snack like low fat yogurt or fruit is a great way to eat healthier.
4. Drinking water – sugary soft drinks and juices may taste good, but water is the best way to hydrate your body to maintain vital functions.
5. Regular check-ups – visiting your local doctor for regular check-ups is a great way to make sure you're healthy and can prevent major health problems in the future.

Local Medical Facilities

Halifax County Health Department

19 Dobbs Street
Halifax, NC 27839
(252) 583-5021

Halifax Regional Medical Center

250 Smith Church Road
Roanoke Rapids, NC 27870
(252) 335-8011

Rural Health Group at Enfield

114 Market Street
Enfield, NC 27823
(252) 445-2332

Rural Health Group at Lake Gaston

108 North Mosby Avenue
Littleton, NC 27850
(252) 586-5411

Rural Health Group at Roanoke Rapids

2066 NC Highway 125
Roanoke Rapids, NC 27870
(252) 536-5000

Rural Health Group at Roanoke Rapids - WIC

116-A West 3rd Street
Roanoke Rapids, NC 27870
(252) 535-4845

Rural Health Group at Scotland Neck

919 Jr. High School Road
Scotland Neck, NC 27874
(252) 826-3143

Rural Health Group at Twin County

204 Evans Road
Hollister, NC 27844
(252) 586-5151

Rural Health Group at Weldon

Located within Weldon Elementary School
805 Washington Avenue
Weldon, NC 27890
(252) 536-0116

Park Hours

| Site | Location | Town | Phone | Hours |
|--|-------------------------------------|----------------|----------------|--|
| Centennial Park | 7th and Jackson Streets | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Chockoyotte Park | Chockoyotte Street | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Community Park | McFarland Road | Enfield | (252) 445-3146 | Dawn to dusk |
| C.W. Davis Park | Cedar Street | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Edward George Park | Virginia Avenue | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Emry Park | Corner of 9th and Cleveland Streets | Roanoke Rapids | (252) 533-2847 | Dawn to dusk (fee required) |
| Fishing Creek | NC 481/Bellamy Mill Road | Enfield | (252) 445-3146 | Open year round |
| Lake Gaston | SR 1214 | Littleton | (252) 586-5711 | Open year round |
| Ledgerwood Field | 11th Street and Vance Street | Roanoke Rapids | (252) 533-2847 | Dawn to dusk (some reservations required) |
| Long Park | 400 Block of 4th and 5th Streets | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Martin Luther King Park | Wyche Street and Virginia Avenue | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Melody Park | Cedar Street | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Myers Oak Park | Bell Street | Enfield | (252) 445-3146 | Dawn to dusk |
| Randolph Park | Whitaker Street | Enfield | (252) 445-3146 | Dawn to dusk |
| River Falls Park | Rockfish Drive | Weldon | (252) 536-4836 | Dawn to dusk |
| Roanoke Rapids Lake | SR 1422 | Roanoke Rapids | (252) 410-6318 | Open year round |
| Roanoke River | NC 48 | Roanoke Rapids | 800-522-4282 | Open year round |
| Rochelle Park | 5th Street and Vance Street | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Smith Park | 600 Block of 4th and 5th Streets | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Southgate Park | Charles Circle | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Sylvan Heights Bird Park (fee required) | 500 Sylvan Heights Park Way | Scotland Neck | (252) 826-3186 | Open Tuesday through Sunday April – October, 9am to 5pm November – March, 9am to 4pm |
| Tinsley Park | Corner of Arbutus and 6th Street | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |
| Wheeler Park | Shell Street and Oak Street | Roanoke Rapids | (252) 533-2847 | Dawn to dusk |



Don't overlook your neighborhood school for opportunities to be physically active. You may use these facilities outside of regular school hours. play Safe!

Aurelian Springs Elementary School

10536 Highway 48, Littleton

Belmont Elementary School

1517 Bolling Road, Roanoke Rapids

Dawson Elementary School

6878 Old 125 Road, Scotland Neck

Enfield Middle School

13723 Highway 481, Enfield

Everetts Elementary School

458 Everetts School Road, Roanoke Rapids

Hollister Elementary School

37432 Highway 561, Hollister

Inborden Elementary School

13587 Highway 481, Enfield

Northwest Halifax High School

8492 Highway 48, Littleton

Pittman Elementary School

25041 Highway 561, Enfield

Roanoke Rapids High School

800 Hamilton Street, Roanoke Rapids

Southeast Halifax High School

16683 Highway 125, Halifax

Weldon Elementary School

805 Washington Avenue, Weldon

Weldon High School

415 County Road, Weldon

Weldon Middle School

4489 Highway 301, Halifax

William L. Manning Elementary School

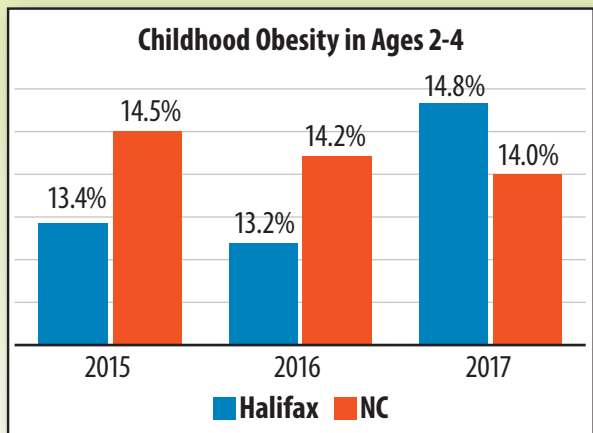
1102 Barrett Street, Roanoke Rapids

Top three health priorities identified in the Community Health Needs Assessment: Obesity • Physical Activity and Nutrition • Maternal, Fetal and Infant Health

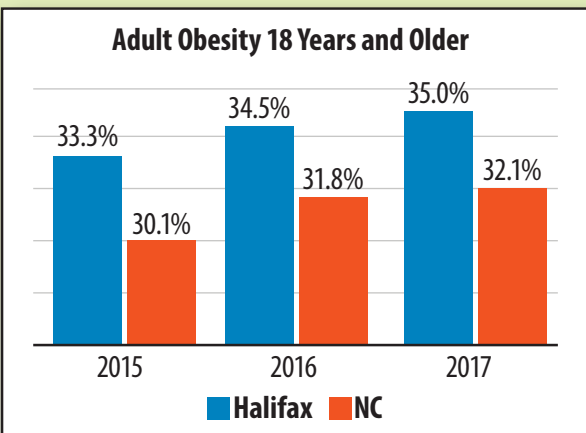
70% of Halifax County residents believe their health could be improved.

Obesity: 55.8% of respondents reported being told by a health professional that they were overweight and/or obese.

Solution: The CATCH nutrition and fitness program is implemented at local schools.



Eat Smart Move More NC



State Center for Health Statistics

Physical Activity: Data from the community survey participants show that 45.4% of community members do not engage in any physical activity or exercise during the week that lasts at least 30 minutes. More than half of the population is inactive.

| | Highly Active | Active | Insufficiently Active | Inactive |
|----------------|---------------|--------|-----------------------|----------|
| 2017 | | | | |
| Eastern NC | 27.6% | 17.3% | 22.9% | 32.2% |
| North Carolina | 28.7% | 19.5% | 22.8% | 29.1% |

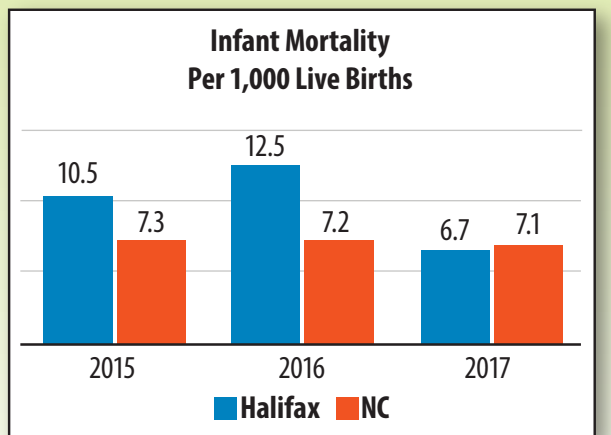
State Center for Health Statistics

Solution: Roanoke Valley Community Health Initiative offers a free Map of Play to identify places to explore, move and play. Grab your map at www.GetFitStayFitRV.com.

Maternal, Fetal and Infant Mortality

Halifax County has a higher proportion of babies who are born with low birth weight (11.2%) or very low birth weight (2.3%) compared to the state average for those indicators of infant health (9.0% and 1.7%, respectively).

Solution: Halifax County Public Health System offers a free safe sleep education class for pregnant women and caregivers.



State Center for Health Statistics