

Healthy Living

Resources and programs for wellness and healthy habits



**Jeffers,
Mann &
Artman
Pediatric**
and Adolescent
Medicine, P.A.

We believe that wellness begins with healthy living. A healthier lifestyle improves energy levels and self-esteem, and helps prevent conditions such as diabetes, heart disease and depression. Body weight gives doctors a good indication of your child's health. Your providers want to help families to develop healthier habits. There are many resources available to help!

Online Resources

Eat Right—Academy of Nutrition and Dietetics - Recipes for food, health and fitness for kids sorted by age. "Find an Expert" and search for dietitians in your area (Medicaid does not cover the cost of private nutritionists; please consult your insurance company about coverage). www.eatright.org

AHA (Advocates for Health in Action) - Information on where to access healthful food and physical activities in Wake County. www.advocatesforhealthinaction.org

NC Department of Health and Human Services - Comprehensive listing of services and resources, including children with special diet needs. ncdhhs.gov/assistance/childrens-services

Poe Center for Health Education - Offers classes on a variety of topics for all ages, including a Poe and Grow Interactive online gardening tool that teaches kids how to create their own garden. www.poehealth.org

Eat Smart, Move More NC - Website includes many programs and tools to help kids eat healthy and exercise more. www.eatsmartmovemorenc.com
email: info@EatSmartMoveMoreNC.com

Colormehealthy.com - Get children excited about eating smart and moving more! Recipes, handouts and activities related to healthy eating and exercise for preschool and young school-age kids. www.colormehealthy.com

Choosemyplate.gov - Comprehensive resource with healthy tips and handouts, growth charts, BMI calculator, ideas for fun physical activities, meal and snack ideas. Topics can be sorted by age. www.choosemyplate.gov

After patients come in for an office visit, we can fax a referral form for any of these above programs. YOUR CARE COORDINATOR at Jeffers, Mann & Artman is the point person, keeping track of all your specialists and outside resources. We keep all aspects of your care connected and up-to-date.

Get Active!

Parks and Recreation Programs - Public greenways, public community centers with fitness facilities, recreation programs for youth, athletic teams, swimming, tennis, basketball, dance and much more.

Wake County Parks and Recreation:

www.wakegov.com/parks

Town of Clayton Classes, activities, parks and greenways:

www.townofclaytonnc.org/Parks-and-Recreation

YMCA's - Exercise classes for the entire family, sports leagues, camp programs, nutrition and personal training classes, swim teams, swimming lessons. www.ymcatriangle.org

Boys & Girls Clubs - Sports, fitness, recreation, arts, education, career, health and life skills programs.

Wake County: www.wakebgc.org

Johnston County: www.bgcjohnstoncounty.com

Diet and Exercise Programs

Energize! Program by WakeMed - Intensive family-based nutrition and exercise program for children at risk for obesity and metabolic syndrome. 12-week exercise and educational program for kids 6-18 with BMI >85th percentile. 919-350-5955

www.wakemed.org/childrens-energize-program

Duke Children's Healthy Lifestyles Program

Multi-disciplinary referral clinic for pediatric weight management. 919-620-5356. www.dukehealth.org

Bull City Fit is a Free program for participants that provides fitness and instructional classes and support groups.

For kids with BMI >95th percentile.



Medical records access



Request an appointment



Ask our staff



Prescription refill requests



Fill out forms in advance

Find us on 

Raleigh (919) 786-5001

Clayton (919) 359-3500

Cary (919) 852-0177

West Cary (919) 388-7520

Wake Forest (919) 453-5363

Holly Springs (919) 586-0050

ONLINE RESOURCES AT WWW.JEFFERSANDMANN.COM

WE ARE HERE TO HELP

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