Physical Activity Promotion in School Age Youth in Orange County, North Carolina

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Honors Advisor Approval: Eric A. Hodges

Eric A. Hodges, PhD, FNP-BC
Background

The benefits of regular physical activity in children are both profound and long-lasting, enhancing all aspects of well-being, while the consequences associated with a sedentary lifestyle, particularly obesity, are linked to numerous adverse health outcomes that can persist throughout a child’s lifetime (Biro & Wien, 2010; Brown, Pearson, Braithwaite, Brown, & Biddle, 2013; Guh et al., 2009; Strong et al., 2005). Unfortunately, for the last several decades, the United States has been battling both an epidemic of childhood obesity as well as a decline in physical activity levels. Using a definition of obese in children ages 6-11 years old as a BMI at or above 95th percentile, the obesity rate in this age range in the U.S. has almost tripled from 6.5% in 1976-1980 to 17.7% in 2011-2012 (Ogden, Carroll, Kit, & Flegal, 2014; Suton et al., 2013). This data alone implores urgent action to be taken; however, if viewed more carefully, it becomes evident that the burden of obesity rests disproportionately on certain subpopulations of children: non-Hispanic black, Hispanic, lower socioeconomic status and those who live in rural areas (Davis, Bennett, Befort, & Nollen, 2011; Ogden, Carroll, Kit, & Flegal, 2014; Rossen & Schoendorf, 2012). As compared to non-Hispanic white children, non-Hispanic black and Hispanic children had practically double the rate of obesity in 2012 as evidenced by the following respective rates: 13.1%, 23.8% and 26.1% (Ogden et al., 2014). If the category is expanded to include obese as well as overweight, defined as a BMI between the 85th-95th percentile, the data reveals a similar disparity with an overall rate of 34.2%, 29.4% in non-Hispanic white, 38.1% in non-Hispanic black, and 46.2% in Hispanic (Ogden et al., 2014). Several studies have also demonstrated an inverse relationship between socioeconomic status and childhood obesity rates. Using sociodemographic characteristics of U.S. children with mean age of 10.0 years old (range 2-18 years old) in 2001-2002 and 2009-2010, data shows that across
all disparity metrics, socioeconomic disparities were statistically significant—obesity rates were inversely correlated with socioeconomic status (Rossen & Schoendorf, 2012).

Geographically, studies have shown that children who live in rural areas are significantly more likely to be obese than their urban counterparts (Davis et al., 2011). Furthermore, amongst rural children research has found that the following factors were positively correlated with higher obesity rates: non-Hispanic black race, inadequate physical activity levels, and electronic entertainment use greater than 2 hours daily (Davis et al., 2011).

In regard to physical activity levels, the CDC currently recommends that children obtain at least 60 minutes or more of physical activity daily, the majority being aerobically based. However, current data suggests that only 40% of children in the U.S. ages 6-11 years old actually achieve this recommendation (Centers for Disease Control and Prevention, 2015; Troiano et al., 2008). Furthermore, among children ages 6-11 years, non-Hispanic black and Hispanic children spend relatively more hours per day in sedentary behaviors than their non-Hispanic white counterparts (Whitt-Glover et al., 2009). However, of significance is that non-Hispanic black children achieved higher levels of moderate-intensity physical activity than both the non-Hispanic white and Hispanic children, with rates of 50.4%, 39.9%, and 41.3% respectively for 2003-2004 (Whitt-Glover et al., 2009). Even so, these rates are still remarkably low and in need of attention. In all populations, levels of sedentary activity drastically increased with successive age groups as evidenced by the following prevalence of achievement of moderate-intensity physical activity in 2003 and 2004 for Non-Hispanic black, Non-Hispanic white and Hispanic children: 12-15 year old youth achieved 11.4%, 6.4% and 10.3% respectively while 16-19 year old youth achieved 8.5%, 7.1% and 8.6% respectively (Whitt-Glover et al., 2009). This inverse relationship between a child’s age and physical activity levels suggests the need to intervene.
upon exercise habits as early as possible. While it is well-documented that risk of obesity increases among children who are economically disadvantaged, results are inconsistent as to whether physical activity levels are correlated with socioeconomic status (Rossen & Schoendorf, 2012; Veitch, Hume, Salmon, Crawford, & Ball, 2013).

North Carolina is no exception to the national trend with 37.9% of children ages 5-11 either overweight or obese in 2002 and 42.9% in 2009 (Sachdeva & Cilenti, 2011). Orange County, NC, however, has seemingly managed to reduce its overall obesity rate in this age range from 42.4% in 2002 to 28.2% in 2009 (Sachdeva & Cilenti, 2011). Despite this favorable trend, further examination reveals that there still remains room for improvement and unmet needs in Orange County. In 2010, Orange County had approximately 16,040 residents between the ages of 5-14 years old, 10,423 of which were non-Hispanic white, 2,044 were non-Hispanic black, 2,025 were Hispanic, and 1,548 were other non-Hispanic minorities, which has since grown by 1.3% and continues to do so (NC State Data Center, 2010). As of 2010, there were approximately 2,015 families with related children under 18 years old living in poverty in Orange County, with 14.5% of non-Hispanic white people living in poverty as compared to 23.6% of non-Hispanic blacks (NC State Data Center, 2010). Furthermore, in 2010 approximately 43% of Orange County residents lived in what would be considered rural areas of the county (Sachdeva & Cilenti, 2011). While specific data delineating obesity rates by ethnicity, socioeconomic status or geographic location for this age range in Orange County does not currently exist, there is data about Orange County residents of all ages that supports similar disparities in obesity rates as the national trend. Amongst all Orange county residents in 2010, 16.5% of non-Hispanic white residents would be considered obese and 29.7% overweight, while in non-white residents, 22.5% would be considered obese and 52.7% overweight (NC State Data
Center, 2010). Using what is known of Orange County’s demographics and overall obesity rates in conjunction with the well-established national trends regarding disparities in childhood obesity rates, it is likely that similar disparities exist in Orange County’s children.

**Health Outcomes Related to Physical Activity and Obesity**

Consistent, daily physical activity in children not only represents one of the key interventions in combating obesity and its associated comorbidities, but also serves as a vital method in improving many other childhood health issues. In regards to physical health, children who participate in the recommended levels of physical activity reap numerous benefits. In overweight children, one of the most critical benefits is a reduction in total body and visceral adiposity, because childhood obesity is associated with a large number of negative sequelae that have a higher morbidity and mortality (Biro & Wien, 2010; Guh et al., 2009; Strong et al., 2005). These consequences include type II diabetes, metabolic syndrome, hypertension, coronary artery disease, congestive heart failure, various cancer types, pulmonary embolism, stroke, asthma, and osteoarthritis (Biro & Wien, 2010; Guh et al., 2009; Strong et al., 2005). Childhood obesity also has several psychological comorbidities including low self-efficacy, depression, anxiety, and difficulties establishing friendships (Brown et al., 2013; Strong et al., 2005). What is more, multiple studies have demonstrated a positive correlation between pediatric and adulthood obesity with about half of overweight children becoming overweight adults and two-thirds of children in the highest BMI quartile staying in that same category as young adults; this likelihood increases with the age of the child independent of how long the child was obese (Biro & Wien, 2010).

Several studies have demonstrated that exercise in overweight children ages 5-17 successfully reduced three elements of metabolic syndrome: triglyceride levels, insulin levels
and adiposity (Janssen & Leblanc, 2010; Strong et al., 2005). In youth of the same age range with mild essential hypertension, regular aerobic activity was associated with a significant reduction in blood pressure (Janssen & Leblanc, 2010; Strong et al., 2005). In all children ages 5-17 years, physical activity has been shown to have a positive association with aerobic fitness as well as muscular strength and endurance (Strong, 2005). Furthermore, weight-bearing activities and resistance training in particular promote better bone mineral content, and bone mineral density in children (Janssen & Leblanc, 2010; Strong et al., 2005). With all of these benefits in mind, appropriate levels of physical activity in children should be promoted to minimize the negative consequences of obesity.

Physical activity has also been shown to be immensely beneficial in enhancing several aspects of mental health in children. Approximately 13-20% of children in the United States experience a mental disorder in a given year and prevalence appears to be increasing (Centers for Disease Control and Prevention, 2013). Depression in particular is the most commonly diagnosed mental disorder in youth and has a tendency to be chronic, recurrent, and detrimental to social functioning, cognitive development and academic achievement (Brown et al., 2013; Centers for Disease Control and Prevention, 2013). It is also associated with morbidity and mortality as suicide is the second leading cause of death among adolescents ages 12-17 in 2010 (Centers for Disease Control and Prevention, 2013). Evidence supports that regular exercise is not only able to significantly reduce depressive symptoms but is also protective against the onset of depression (Brown et al., 2013). Furthermore, physical activity is an especially critical tool to utilize in this population considering that pharmacological and psychotherapy interventions are often reported as ineffective in children (Brown et al., 2013). Since exercise is also an effective strategy for weight reduction, it could provide dual benefits to overweight children with
depression, who have higher rates of this disorder (Brown et al., 2013). Evidence also suggests that that physical activity can contribute towards lower levels of anxiety symptoms as well as improved self-concept in school aged youth (Strong et al., 2005).

Children who participated in a sport showed higher levels of self-esteem, better social skills, higher confidence and higher competence as compared to non-sport participants, and this correlation was even stronger for team sports (Eime, Young, Harvey, Charity, & Payne, 2013). It is thought that participating in physical activities helps provide children with a sense of achievement and mastery which is associated with positive self-concept (Lubans, Plotnikoff, & Lubans, 2012). Evidence has also demonstrated that daily aerobic activity in children is positively linked with executive control, an aspect of cognition that consists of inhibition (“resisting distractions or habits to maintain focus”), working memory (“mentally holding and manipulating information”) and cognitive flexibility (“multitasking”) (Hillman et al., 2014 p. 1064). In fact, an elementary school child’s overall academic performance has been shown to be positively correlated with time spent in moderate to vigorous physical activity (Donnelly & Lambourne, 2011; Singh, Uijtdewilligen, Twisk, van Mechelen, & Chinapaw, 2012). Because the elementary school years represent a time when children are developing lifestyle habits that persist into adulthood, this population is a prime target for intervention (Suton et al., 2013).

Barriers and Facilitators of Physical Activity in Children

In order to effectively address the issue of obesity and inactivity in children, it is critical to identify potential barriers and facilitators to physical activity and tailor interventions towards those factors. This is particularly true when trying to target disadvantaged groups, as many interventions have proven to be less effective at engaging ethnic minorities and lower socioeconomic families (Withall, Jago, & Fox, 2011). For children in general, one of the
primary barriers to physical activity is their relative lack of autonomy in decision-making and reliance on their caregivers; therefore, a child’s environment, both geographical and interpersonal, becomes an especially influential factor in determining their activity levels (Ding, Sallis, Kerr, Lee, & Rosenberg, 2011).

The family in particular represents the primary social setting for a child, and parental support has been shown to play a pivotal role in promoting a child’s activity levels (Veitch et al., 2013). In a review of recent studies, researchers have highlighted parents’ recognition of their influence in their children’s behaviors and their responsibilities to act as positive role models, although many commonly cited a perceived lack of time as a major barrier to exercise (Moore et al., 2010; Pocock, Trivedi, Wills, Bunn, & Magnusson, 2010; Veitch et al., 2013). Erkelenz et al. (2014) found that physically active parents, even if only one active parent, correlated positively with children engaging in more organized physical activity as well as lower BMI as compared to physically inactive parents whose children had a higher prevalence of being overweight or obese; furthermore, while there was no correlation between parental activity on a child’s participation in non-organized physical activity, parental perceived physical activity was related to a child’s participation in organized sport, suggesting “parents who perceive themselves as active may also be more likely to facilitate their children’s participation in various activities” (Erkelenz et al., 2014, p. 648). These results reflect the potential for parents’ involvement in physical activity to positively influence the activity level and weight of their children. Yet, according to a surveillance study done by the CDC in 2011, only 45.1% of adults in Orange County met recommendation for moderate or vigorous physical activity (Li et al., 2011).

Other key barriers reported by parents are cost, access to facilities, social support, lack of culturally appropriate facilities and programming, neighborhood safety and crime, and
preference for television (Moore et al., 2010; Pocock et al., 2010). For low-income parents, the key reported barriers were cost, lack of time and low awareness (Withall et al., 2011). For rural parents, a common concern was distance and its associated transportation cost (Moore et al., 2010).

One study done in Chapel Hill, NC specifically examined the perception of Hispanic caregivers regarding childhood obesity and found several commonly cited issues (Berry et al., 2009). Many caregivers reported that it would be helpful to receive information in a written format in Spanish to help their understanding and assist them in having a reference for later use (Berry et al., 2009). Others cited long work hours, desire to watch television and the climate (heat in the summer and cold in the winter) as other key barriers to physical activity (Berry et al., 2009).

For children overall, evidence supports that important determinants of participation in physical activity include access and proximity to recreation facilities, land-use mix, residential density, and walking/biking structures (Ding et al., 2011). Other consistently reported facilitators of activity by children is the opportunity to socialize with peers, boredom prevention and freedom (Brockman, Jago, & Fox, 2011; Moore et al., 2010).

Although Orange County has implemented several initiatives over the last several years in an effort to promote healthful living and activity amongst its residents, several barriers still persist, as revealed in the Community Health Assessment (Sachdeva & Cilenti, 2011). For families living in rural areas, public transportation is relatively inaccessible, making transportation to a recreation facility challenging for the approximately 3500 families without private means of transportation or the 17,000 families with only one vehicle, based off of 2010 data (NC State Data Center, 2010; Sachdeva & Cilenti, 2011). While parks, recreational space
and athletic fields are plentiful in most parts of Chapel Hill, Carrboro and Hillsborough, with over 35 locations, the more rural areas of the county are lacking in facilities (Sachdeva & Cilenti, 2011; Young, 2014). Furthermore, most recreation facilities that offer organized activities require payment, an extra challenge for families of lower-income. Activities that can accommodate primarily Spanish speaking families are also relatively limited (Young, 2014).

**Proposed Intervention**

Primary intervention tactics regarding health behaviors are considered to be especially beneficial in elementary school children, as they are just beginning to form lifestyle habits that persist into adulthood (Suton et al., 2013). As already discussed, certain subpopulations are disproportionately affected by the obesity epidemic and declining physical activity levels. Regular physical activity in childhood represents one of the key interventions to reducing obesity rates and its related pathologies as well as to overall health improvement. The difficulty then resides in determining an effective method of promoting physical activity that targets the affected population while addressing some of the previously described barriers. The proposed project is a pamphlet entitled Orange County: Eating Smart, Moving More, Physical Activity and Nutrition Guide that will be created in partnership with The Health Promotion Department of the Orange County Health Department as an intervention with the primary goal of promoting physical activity levels in school-age youth, especially those from disadvantaged backgrounds. In light of the aforementioned barriers and facilitators to physical activity among school-age youth, including the importance of adult role modeling, this project will be a compilation of local age-appropriate activities that highlights means to address specific barriers to physical activity such as financial aid availability, bilingual accommodations, public transportation access and contact information for Orange County residents of all ages.
Research has shown that an active approach to information dissemination that is tailored to a specific population’s needs is decisively more effective than a passive approach (Kreuter & Bernhardt, 2009). Furthermore, public health interventions in particular tend to find more success if partnerships at the community level are utilized, as they provide access to the target population and the means to facilitate and implement distribution of the desired information (Dearing, Maibach, & Buller, 2006; Kreuter & Bernhardt, 2009). Utilization of such marketing and dissemination principles is critical in the development of health promotion interventions, as efficiency will ultimately be a major determinant of efficacy, stemming from the desire to influence a relatively large number of potential consumers (Kreuter & Bernhardt, 2009).

Partnering with the Orange County Health Department, therefore, is not only appropriate, but also represents a key determinant in this intervention’s potential for success.

Ethnic minority and low-income populations have been considered “‘hard to reach’ by public health researchers because of their non-responsiveness to health promotion materials and messages targeting ‘general’ audiences” (Yancey, Ory, & Davis, 2006, p. S83). The refractoriness of this population to the standard interventions suggests the need to implement strategies specifically tailored to their needs. In fact, research shows that certain key dissemination strategies are more effective regarding interventions intended to promote physical activity levels in underserved populations: focus on environmental intervention rather than the traditional individual-level models, incorporate community-based participatory research to assess the specific needs and values of the targeted group, and give attention to intervention sustainability (Yancey et al., 2006). This project aims to employ such principles in its partnership with the Orange County Health Department in order to help facilitate the much
needed increase in children’s physical activity levels. The Orange County Health Department intends to extend this project to include all age populations.

**Methods and Discussion**

Using what is known from research regarding physical activity interventions for school age youth and underserved populations in conjunction with the information from the community-based participatory research presented in the 2011 Orange County Community Health Assessment, the *Orange County: Eating Smart, Moving More, Physical Activity and Nutrition Guide: 2014* (see Appendix A) will be designed and formatted to specifically address physical activity barriers in this target population. This tool will be created utilizing the previous guides, both English and Spanish, created in 2009 by the Orange County Health Department as a template. This updated version will utilize the same categories as the pamphlet from 2009 but with several improvements: the inclusion of new activities, updated and expanded contact information, and the addition of a column detailing public transportation options. Furthermore, as supported by evidence in previous studies, this intervention will incorporate the Orange County Health Department’s ability to more effectively facilitate and disseminate information to the local community (Dearing et al., 2006). Programs and organizations featured will be selected based off of their ability to meet the following the needs: free program or financial assistance available, accommodations made for people with disabilities, accommodations for bilingual or Spanish speaking residents, and those along public transportation routes.

The guide will be divided into the following columns: *Population Served* (we are only focusing on school-aged youth), *Organization, Program Description, Contact Information*, and *Public Bus Routes*. The *Organization* section will consist of the name of the featured program as well as what accommodations it can make to meet an individual’s needs. A coding system will
be used to identify those programs with accommodations for financial assistance, people with disabilities and bilingual abilities. Since environment and access were identified as key influences for physical activity levels for children in general as well as for children of ethnic minorities and low-income families, the guide will select activities spread throughout the entirety of Orange County, including some of the more rural, isolated areas (Ding et al., 2011; Moore et al., 2010; Pocock et al., 2010). Since financial burden was also commonly cited as a barrier to physical activity participation, the guide will aim to primarily include activities that are either free, low-cost or have financial accommodations available (Moore et al., 2010; Pocock et al., 2010; Withall et al., 2011). A lack of culturally appropriate activities was also revealed to be a common barrier; therefore, the guide will aim to provide a diverse listing of activities that would appeal to the interests of as many children as possible (Moore et al., 2010; Pocock et al., 2010). Furthermore, since Berry et al. (2009) study reported a preference by the Chapel Hill Hispanic population for information to be provided in Spanish and in a written format, the guide will also be replicated in Spanish to accommodate this need. Additionally, the Spanish guide will be reviewed by translators approved through the Orange County Health Department in order to ensure accuracy of translation.

The *Program Description* will highlight the main activities associated with each of the organizations as well as any important deadlines or age restrictions. As previously stated, the goal will be to provide a highly diverse sampling of available activities in order to appeal to the needs and preferences of the diverse population represented in Orange County. This section will be used to provide enough detail about each program’s offerings to hopefully both spark an interest by the user as well as allow for informed decision making surrounding each activity’s characteristics. Efficient use of this section will also hopefully address the issue of low
awareness reported by some parents (Withall et al., 2011). There will also be several activities listed that are primarily interactive group activities since the opportunity to socialize with peers was cited as a facilitator to participation in physical activities (Brockman et al., 2011; Moore et al., 2010). Additionally, there will be a section detailing activities that are appropriate for people of all ages on account of the powerful influence that family support can have on their children’s activity levels (Ding et al., 2011; Veitch et al., 2013). Activities that are appropriate for all ages can help consolidate parents’ time commitments and their perceived lack of time to find ways for each family member to exercise since everyone can partake in the activity together (Moore et al., 2010; Pocock et al., 2010; Veitch et al., 2013).

The Contact Information Section will provide the best means of obtaining more information on a given program. When possible this section will include a person’s name, a phone number, a website address and a physical address so that users may select the means of contact that is most helpful for their needs and communication preferences. Providing available contact information should also aid in reducing the additional time requirement that a caregiver would have had to spend searching for this information, and thus help partially address the commonly cited barrier of perceived lack of time (Moore et al., 2010; Pocock et al., 2010; Veitch et al., 2013). Also, this section should again help address the caregiver’s issue of low awareness since it provides easy means to obtaining more information (Withall et al., 2011).

The column entitled Public Transportation Options will include the contact information for the public transportation system as well as list the specific routes that would travel to a given program. The goal is to help facilitate means of travel and access to activities, a previously described barrier to physical activity for some children, particularly those living in rural areas
(Moore et al., 2010). Use of public transportation would also help eliminate travel costs, another cited barrier (Moore et al., 2010).

The Orange County Health Department has several plans to implement this guide into use. One of their current projects is to partner up with local businesses of fifty employees or less and implement a worksite wellness toolkit that will include this physical activity guide. The goal of this project is to improve the wellness and physical activity levels of the employees and their families. The committee is working alongside leaders of each of the participating businesses to tailor the toolkit to their needs. This program represents how the Orange County Health Department is utilizing an active approach to information dissemination that incorporates participation of the targeted community and thus should find a relatively higher success rate (Kreuter & Bernhardt, 2009; Yancey et al., 2006). The Orange County Health Department will also post the guide on their website for easy public access to these resources. This guide also has the potential to be utilized by local healthcare providers as a means to disseminate information to families with children who could benefit from learning more about local physical activity resources. Because of the strategies employed in its design and implementation this guide has great potential for promoting physical activity in school-age youth, particularly those who are disproportionately affected by obesity and low levels of physical activity.
References


ORANGE COUNTY: EATING SMART, MOVING MORE PHYSICAL ACTIVITY AND NUTRITION GUIDE

2014

Guide Key:

- Free Program or Financial Assistance Available
- Accommodation made for people with disabilities
- Accommodations for Bilingual or Spanish Speaking Residents

Disclaimer: This Guide was produced by the Health Promotion committee of Healthy Carolinians of Orange County. The Guide contains a listing of core, on-going physical activity and nutrition related programs for children, adults, and older adults in Orange County. The list may not be exhaustive and Healthy Carolinians of Orange County does not endorse a specific program.
<table>
<thead>
<tr>
<th>POPULATION SERVED</th>
<th>ORGANIZATION</th>
<th>PROGRAM DESCRIPTION</th>
<th>CONTACT INFO</th>
<th>PUBLIC TRANSPORTATION OPTIONS</th>
</tr>
</thead>
</table>
| PRESchool & SCHOOL-AGED CHILDREN | Chapel Hill-Carrboro YMCA | YMCA offers a variety of sports programs and camps (day camps and summer camps)  
After School Care: Kindergarten – 8th grade  
Teacher Workdays/Holiday Camps: Kindergarten – 8th grade  
Swim Lessons: Ages 6 months – Adult  
Sport programs including: soccer, basketball, volleyball, T-ball, baseball and more – Starting at age 3  
Financial Aid offered on either sliding scale or scholarship basis – application available online | 980 Martin Luther King Jr. Blvd. Chapel Hill, NC 27514  
Youth Directors: Alex Mayfield: Alexander.Mayfield@YMCATriangle.org  
Will Speight: Will.Speight@YMCA Triangle.org  
Website: www.chcymca.org  
Phone: 919-442-9622 | Chapel Hill Bus Routes:  
• A  
• G  
• NS  
• T  
• T Saturday  
• NU Weekend  
http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules |
| Boy Scouts | | Activities designed around being active, exploring the outdoors and developing character. Summer camps and day camps are also available.  
Cub Scouts: Boys ages 7-10 years  
Boy Scouts: Boys ages 11-17 years | | http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules |
| Girls Scouts | | Girl Scouts builds girls of courage, confidence, and character, who make the world a better place. We strive to be the premier leadership organization for girls, and experts on their growth and development. Activities include participating in a troop, camps, and other events.  
Girls ages kindergarten – 12th grade | | http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules |
| Orange Partnership for Young Children | | Growing Healthy Kids: Young children, families, and volunteers are all enjoying the fruits of their labor at the two to three community gardens located in Carrboro. Along with upcoming cooking classes, local children and their families are learning the benefits of better nutrition, outdoor activity, and quality family time.  
Move it! Program established to create scholarships for low-income children (0-5 years of age) to attend local physical activity programs and camps. Scholarships available through Recreation and Parks Departments, the SportsPlex in Hillsborough and the Chapel Hill YMCA. Contact the individual organizations to inquire about available programs and scholarships. | 120 Providence Rd. Suite 101  
Chapel Hill, NC 27514  
919-967-9091  
ocpyc@OrangeSmartStart.org  
Bilingual Coordinator - Amanda Srsic  
<table>
<thead>
<tr>
<th>Parks and Recreation Departments</th>
<th>There are three Recreation and Parks Departments in Orange County and each offers a variety of resources and opportunities for activities. <strong>Sports Leagues and Classes (for youth)</strong> Please call or visit your local Recreation and Parks Department for a schedule of activities and information on how to apply. <strong>Public Facilities</strong>  * 40 parks and recreation facilities spread throughout the county. Refer to following map guide: <a href="http://server2.co.orange.nc.us/parklocator/">http://server2.co.orange.nc.us/parklocator/</a>  * Multiple recreation centers and swimming pools  * Public parks (some near lakes and rivers with public access for boating and fishing)  * Miles of trails and greenways  ** For a guide of public recreation areas in Orange County, refer to the following website: <a href="http://www.co.orange.nc.us/deapr/parksandfacilities.asp">http://www.co.orange.nc.us/deapr/parksandfacilities.asp</a></th>
</tr>
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<tbody>
<tr>
<td>Rainbow Soccer</td>
<td>Rainbow Soccer and Chapel Hill United serve more than 1,300 children each season and over 300 adults from Chapel Hill, Durham, Carrboro, Hillsborough and other surrounding communities. Our organization is proud to work with families that have deep roots in the area with generations of Rainbow supporters and participants, as well as those visiting for just a few months from foreign countries. We count many nationalities represented among our population of players and embrace the multi-cultural experience that comes along with the sport of soccer.  Ages 3 and up for both boys and girls  Registration for fall soccer starts in June  Registration for spring soccer starts in November</td>
</tr>
<tr>
<td>Triangle Sportsplex</td>
<td>The Triangle Sportsplex offers a variety of recreational opportunities for the whole family including ice skating, hockey, swimming, gymnastics, childcare and camps, and special programs.</td>
</tr>
<tr>
<td>Carrboro</td>
<td>Carrboro Century Center 100 N. Greensboro St. Carrboro, NC 27510 (919) 918-7364 RecParks@_org  Website: <a href="http://www.ci.carrboro.nc.us/RP">www.ci.carrboro.nc.us/RP</a></td>
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<tr>
<td>Chapel Hill</td>
<td>200 Plant Road Chapel Hill, NC 27514 (918) 968-2784 <a href="mailto:parksrec@townofchapelhill.org">parksrec@townofchapelhill.org</a>  Website: <a href="http://townofchapelhill.org/">http://townofchapelhill.org/</a></td>
</tr>
<tr>
<td>Orange County Recreation Administrative Offices</td>
<td>Orange County Recreation Administrative Offices 302 West Tryon Street PO Box 8181 Hillsborough, NC 27278 (919) 245-2660</td>
</tr>
<tr>
<td>Rainbow Soccer</td>
<td>121 S. Estes Dr., Suite 203A Chapel Hill, NC 27515 - Phone: 919-967-8797 Email: <a href="mailto:info@rainbowsoccer.org">info@rainbowsoccer.org</a>  Website: <a href="http://www.rainbowsoccer.org/ourclub/648441.html">http://www.rainbowsoccer.org/ourclub/648441.html</a>  Executive Director: Mike Hickey  Financial Aid/School Liaison: Karen Aldridge  We use fields throughout Chapel Hill for both games and practices  * Typically use Rainbow Soccer Complex &amp; Southern Community Park for both practices and Saturday games  * Typically use Homestead/Cedar Falls for practices and Triangle Church fields for Saturday games (CHU only)</td>
</tr>
<tr>
<td>Triangle Sportsplex</td>
<td>101 Meadowlands Drive Hillsborough, North Carolina 27278 Phone: 919-644-0339 Email: <a href="mailto:plex4kids@oc-sportsplex.com">plex4kids@oc-sportsplex.com</a></td>
</tr>
<tr>
<td>Southern Community Park</td>
<td>• NS  • V  Homestead Park:  • A  • NS  • T  Rainbow Soccer Complex:  • D  • G</td>
</tr>
<tr>
<td>Triangle Sportsplex</td>
<td><a href="http://www.ci.hillsborough.nc.us/content/transportation">www.ci.hillsborough.nc.us/content/transportation</a> Triangle Transit Route 420</td>
</tr>
<tr>
<td>PRESCHOOL &amp; SCHOOL-AGED CHILDREN (CONT.)</td>
<td>Arc of Orange County</td>
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<tr>
<td>ADULTS</td>
<td>Arc of Orange County</td>
</tr>
<tr>
<td>UNC Wellness Center</td>
<td>UNC Wellness Centers offer many of the amenities traditionally associated with a high-end fitness facility, but adds a variety of clinical, health education, wellness, disease management and other programs that distinguish the facility and programs from traditional or non-medically based gyms and fitness centers.</td>
</tr>
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100 N. Greensboro St.  
Carrboro, NC 27510  
(919) 918-7364  
RecParks@.org  
Website: www.ci.carrboro.nc.us/RP | 980 Martin Luther King Jr. Blvd. Chapel Hill, NC 27514  
Website: www.chcymca.org  
Phone: 919-442-9622  
Facilities Director: Greg Stanley  
Greg.Stanley@YMCA Triangle.org | Chapel Hill Bus Routes:  
- A  
- G  
- NS  
- T  
- T Saturday  
- NU Weekend  
http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules |
## Older Adults

**Orange County Department on Aging**

There are two senior centers in Orange County. Each offer opportunities for educational, social and recreational activities.

**Wellness Program**
The senior centers offer health promotion activities for older adults:
- Health education and screenings
- Exercise & fitness classes - more than 18 different exercise classes are held at 2 senior centers

**Recreational Activities**: bocce ball, basketball, senior games, bowling, Wii games, etc.

### Central Orange Senior Center

*(located at the Triangle SportsPlex)*

101 Meadowlands Drive
Hillsborough, NC 27278
(919) 245-2015

Website: [http://www.friendsofcosc.com/](http://www.friendsofcosc.com/)
Email: FriendsofCentralOrangeSeniors@gmail.com

### Robert & Pearl Seymour Center

2551 Homestead Rd.
Chapel Hill, NC 27516
(919) 968-2070

Website: [www.friendssseymourcenter.org/](http://www.friendssseymourcenter.org/)
Email: friendsseymourcenter@gmail.com

### Orange County Department on Aging:

[http://www.co.orange.nc.us/aging/index.asp](http://www.co.orange.nc.us/aging/index.asp)

### Transportation Options

**Central Orange**
- Triangle Transit
  - Route 420
  - [http://www.ci.hillsborough.nc.us/content/transportation](http://www.ci.hillsborough.nc.us/content/transportation)

**Seymour Center**
- A
- NS
- T

---

## Orange County Nutrition Referral Guide – 2014

<table>
<thead>
<tr>
<th>POPULATION SERVED</th>
<th>ORGANIZATION</th>
<th>PROGRAM DESCRIPTION</th>
<th>CONTACT INFO</th>
<th>PUBLIC TRANSPORTATION OPTIONS</th>
</tr>
</thead>
</table>
| ALL AGES          | Arc of Orange County      | Nutrition & Cooking Classes
This class is conducted weekly in a demonstration-style kitchen where adults use hands-on experiences to further their knowledge of nutrition as well as their skills in the kitchen. This class seeks to educate adults about wise food choices and kitchen skills. At the end of the class, the cooks get to enjoy the fruits of their labor. | Michael Kirschner
(919) 942-5119, ext 121
mkirschner@arcoforange.org
208 N. Columbia St.
Suite 100
Chapel Hill, NC 27514 | Main Address:
- A, CL, CPX, CW, D, DX,
  - F, G, HS, J, N, NS, NU,
  - T, U
<table>
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<tr>
<th>ALL AGES</th>
<th>UNC Hospitals</th>
<th>Orange County Health Department</th>
<th>Carolina Wellness Center</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Counseling</strong></td>
<td>Individual counseling provided by Registered Dietitians; fee for service or insurance accepted.</td>
<td><strong>Nutrition Counseling</strong></td>
<td>Individual nutrition counseling provided by a Registered Dietitian; Wellness 12-week program; Metabolic Testing; Weight management software</td>
</tr>
</tbody>
</table>
| **Pediatric Specialty Clinics** | Must be enrolled in the pediatric specialty clinic to participate. | **Whitted Human Services Center** | 300 West Tryon Street Hillsborough, NC 27278  
**Orange County West Campus Building** | 131 West Margaret Lane Suite 100 Hillsborough, NC 27278  
**Southern Human Services Center** | 2501 Homestead Rd. Chapel Hill, NC 27516 Main Phone: (919) 245-2400 Línea de Español: (919) 644-3350  
Renée Kemske, Registered Dietitian/Nutrition Program Manager Email: rkemske@orangecountync.gov |
| **Community Education Programs** | | **Bus Routes:** |  
- A, CCX, CM, D, DX, FCX, G, HU, N, NS, S, T, V  
http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules |
| | • Individual nutrition counseling on a sliding scale fee  
• Language interpretation services available.  
• Provided by Registered Dietitians for all age groups and medical conditions (weight management, diabetes, food allergies, hypertension, high cholesterol etc.)  
**Educational Programs** | |  
- 420  
- A, NS, T  
http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules |
| | • Nutrition education classes/programs for all age groups upon request  
• Diabetes education program (free; ongoing) | |  
- A, NS, T |
| **Children’s Specialty Clinic** | | |  
**Nutrition Counseling:**  
(919) 783-7809 Website: nccchildrenshospital.org/ourservices/raleigh clinic/nutrition  
http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules |
| **Health Education Director:** | | |  
JMCgee@UNCH.UNC.EDU  
http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules |
<p>| <strong>Nutrition Counseling:</strong> | | |</p>
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<th>Nutrition Counseling Services</th>
<th>Central Orange Senior Center</th>
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<td></td>
<td></td>
<td>Offered at the OC Senior Centers by Licensed Dietitian, UNC-CH Gillings School of Global Public Health. Counseling services available by appointment only at these times: Seymour Center: Thursday afternoons, 1 - 2 pm except the 3rd Thursday of the month, March 5 - Dec. 2009. Central Orange: 3rd Friday, 11 -12, of the month beginning March 19. Monthly Healthy Cooking Demonstrations Provides healthy tips and nutrition information to participants (classes restricted to ages 55 and older). Healthy and Simple Cooking Classes lead by UNC faculty and students. Nutrition Education Programs Offered quarterly and provided by Orange County Health Department dietitians, nurses and health educators, UNC faculty and students.</td>
<td>(located at the Triangle SportsPlex) 101 Meadowlands Drive Hillsborough, NC 27278 (919) 245-2015 Website: <a href="http://www.friendsforcoc.com/">http://www.friendsforcoc.com/</a> Email: <a href="mailto:FriendsofCentralOrangeSeniors@gmail.com">FriendsofCentralOrangeSeniors@gmail.com</a></td>
</tr>
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<td></td>
<td>Cooperative Extension</td>
<td>Expanded Foods and Nutrition Education Program (EFNEP) Offered to limited resource families with children and teaches how to prepare nutritious meals. They offer classes in English and Spanish for families. Breastfeeding Support Program For English and Spanish-speaking mothers who are interested in breastfeeding their babies. This is a collaborative effort with Cooperative Extension, Piedmont Health Services, UNC Hospitals and the Health Department. Women Living Healthy, Women Living Well is an interactive CD developed for women focusing on healthy eating, physical activity, and women’s health issues.</td>
<td>EFNEP: Lisa Benavente: <a href="mailto:Lisa_benavente@ncsu.edu">Lisa_benavente@ncsu.edu</a> Phone: 919-245-2054 306-E Revere Rd, Hillsborough, NC 27278 (919)245-2053 <a href="http://orange.ces.ncsu.edu/">http://orange.ces.ncsu.edu/</a> Women Living Well: <a href="http://www.ces.ncsu.edu/depts/fcs/pdfs/womenscd_1pager.pdf">http://www.ces.ncsu.edu/depts/fcs/pdfs/womenscd_1pager.pdf</a> Carolyn Dunn: <a href="mailto:Carolyn_Dunn@ncsu.edu">Carolyn_Dunn@ncsu.edu</a> (919) 515-9142</td>
</tr>
<tr>
<td></td>
<td>Community Gardens</td>
<td>Growing Healthy Kids Gardens at: MLK Jr. Park, Carrboro Elementary School and Duke Energy sub-station, James Street, Carrboro Open to families with children 5 and younger to learn to grow vegetables and enjoy benefits of better nutrition and outdoor activity, and cooking classes to learn how to use the produce grown. Carrboro Community Garden Coalition Garden, at MLK Jr. Park, Carrboro Open to residents. Participating community members learn how to grow food in an environmentally sustainable way, while connecting with others in the community.</td>
<td>Orange County Partnership for Young Children <a href="http://www.OrangeSmartStart.org">www.OrangeSmartStart.org</a> (919) 967-9091 120 Providence Rd. Suite 101 Chapel Hill, NC 27514 Carrboro Community Garden: 1120 Hillsborough Rd, Carrboro NC 27510 Email: <a href="mailto:ccgc@riseup.net">ccgc@riseup.net</a> (919) 647.9633 <a href="http://www.carrborogarden.org">www.carrborogarden.org</a></td>
</tr>
<tr>
<td><strong>ALL AGES</strong></td>
<td><strong>Community Gardens Cont.</strong></td>
<td><strong>Farmer’s Markets</strong></td>
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<tr>
<td><strong>Northside Community Garden, Northside Center, Chapel Hill</strong></td>
<td><strong>Carrboro Farmers’ Market</strong> 301 W. Main St. Carrboro, NC 27510 Saturdays year-round, 7:00 am-noon April-October; 9:00am-12pm November-March; During the regular growing season, Wednesday Market is open from 3:00-6:00pm</td>
<td><strong>Erin Jobe (919) 280-3326 Email: <a href="mailto:carrboromarket@gmail.com">carrboromarket@gmail.com</a> <a href="http://www.carrborofarmersmarket.com/index.shtml">http://www.carrborofarmersmarket.com/index.shtml</a></strong></td>
<td></td>
</tr>
<tr>
<td>Open to everyone and gardeners with special needs. Participants learn about the environment, sustainable gardening practices and the importance of eating fruits and vegetables.</td>
<td><strong>Southern Village Farmers’ Market</strong> Market St. in Southern Village Chapel Hill, NC 27516 Thursday; 3:30-6:30 pm Open May through August</td>
<td><strong><a href="http://www.southernvillage.com/farmers-market/">http://www.southernvillage.com/farmers-market/</a> (919) 942-4610</strong></td>
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</tr>
<tr>
<td><strong>Anathoth Community Garden , Cedar Grove</strong> Faith-based approach to gardening to teach organic gardening, tend creation and help those in need. Open to all residents and hosts regular tour groups, workshops, educational events, monthly worship services during summers; occasional concerts and community celebrations.</td>
<td><strong>South Estes Farmers’ Market</strong> 201 South Estes Dr. Chapel Hill, NC 27514 Saturdays 9:00 am-noon outside the mall open year-round</td>
<td><strong><a href="http://www.thecapelhillfarmersmarket.com/">www.thecapelhillfarmersmarket.com/</a> Email: <a href="mailto:farmersoforange@gmail.com">farmersoforange@gmail.com</a> (919) 533-9496</strong></td>
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<td><strong>Northside Community Garden:</strong> 400 Caldwell St. Chapel Hill, NC Greta Lee: <a href="mailto:GML@med.unc.edu">GML@med.unc.edu</a></td>
<td><strong>Hillsborough Farmers’ Market</strong> Home Depot parking lot I-85 and new NC 86 Hillsborough, NC 27278 Saturdays April through November, 8:00 am-noon December - March 1st and 3rd Saturday 10:00 am-1pm Wednesday, 4:00-7:00 pm June through Labor Day</td>
<td><strong><a href="http://www.hillsboroughfarmersmarket.org">www.hillsboroughfarmersmarket.org</a> (919) 360-5254 Email: <a href="mailto:TeamHFM@yahoo.com">TeamHFM@yahoo.com</a></strong></td>
<td></td>
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<tr>
<td><strong>Anathoth Community Garden</strong> Email: <a href="mailto:anathothgarden@gmail.com">anathothgarden@gmail.com</a> <a href="http://www.anathothgarden.org">www.anathothgarden.org</a> (919) 732-8405 PO Box 138 Cedar Grove, NC 27231</td>
<td><strong>Orange County/Eno River Farmers’ Market</strong> Public Market House in Downtown Hillsborough 120 East Margaret Lane Hillsborough, NC 27278 Saturdays Year Round; April –October: 8:00am-12:00pm November-March: 10:00am-12:00pm <strong>Several Farmer’s Market locations now accept Farmer’s Market Nutrition Program (FMNP) coupons</strong></td>
<td><strong>Email: <a href="mailto:enoriverfarmersmarket@gmail.com">enoriverfarmersmarket@gmail.com</a> <a href="http://www.enoriverfarmersmarket.com/">www.enoriverfarmersmarket.com/</a></strong></td>
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<td><strong>Bus Routes:</strong></td>
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CONDADO DE ORANGE: COMER SANO, MOVERSE MÁS
GUÍA PARA LA ACTIVIDAD Y LA NUTRICIÓN

2014

Llave de la Guía:

= Programa gratis o ayuda económica disponible
= Adaptaciones para personas con discapacidades
= Arreglos para personas bilingües o hispanohablantes

Nota: Esta Guía fue producida por el Comité de Promoción de Salud del Programa “Healthy Carolinians” del Departamento de Salud del Condado de Orange. La Guía contiene una lista de programas centrales y continuos relativos a la actividad física y la nutrición para niños, adultos y personas mayores que viven en el condado de Orange. Puede que esta lista no sea exhaustiva y “Healthy Carolinians” del condado de Orange no respalda ningún programa en particular.
<table>
<thead>
<tr>
<th>PROGRAMA PARA</th>
<th>ORGANIZACIÓN</th>
<th>DESCRIPCIÓN DEL PROGRAMA</th>
<th>INFORMACIÓN DE CONTACTO</th>
<th>OPCIONES DE TRANSPORTE PÚBLICO</th>
</tr>
</thead>
</table>
| NIÑOS Y NIÑAS DE EDAD PREESCOLAR Y ESCOLAR | Chapel Hill-Carrboro YMCA | YMCA ofrece una variedad de programas deportivos y campamentos (días de campamentos y campamentos de verano)  
Cuidado después de la escuela: Kindergarten – grado 8  
Vacaciones y días de trabajo docente: Kindergarten – grado 8  
Clases de natación: Edades de 6 meses – adultos  
Programas de deportes: fútbol, baloncesto, voleibol, béisbol y más – comienza a la edad de 3 años  
Ayuda financiera ofrecida por escala móvil o beca — la aplicación disponible en línea | 980 Martin Luther King Jr. Blvd. Chapel Hill, NC 27514  
**Directores Juveniles:**  
Alex Mayfield: [Alexander.Mayfield@YMCATriangle.org](mailto:Alexander.Mayfield@YMCATriangle.org)  
Will Speight: [Will.Speight@YMCATriangle.org](mailto:Will.Speight@YMCATriangle.org)  
La Página Web: [www.chcymca.org](http://www.chcymca.org)  
Teléfono: 919-442-9622 | Las Rutas de Autobús  
• A  
• G  
• NS  
• T  
• T Sábado  
• NU Fin de semana [http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules](http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules) |
| Niños Exploradoras (Boy Scouts) | | Actividades diseñadas alrededor de estar activo, explorar la naturaleza y desarrollo de carácter. Campamentos de verano y campamentos de día también están disponibles.  
Cub Scouts: Niños: Edades de 7-10 años  
Boy Scouts: Niños: Edades de 11-17 años | Comisionado del Distrito: Dennis Nicholson – [polarbear89@earthlink.net](mailto:polarbear89@earthlink.net)  
Teléfono: 919-682-8857  
La Página Web: [www.bsaorange.org](http://www.bsaorange.org)  
| Niñas Exploradoras (Girl Scouts) | | Girl Scouts ayuda a las niñas con coraje, confianza y carácter, hacen el mundo un lugar mejor. Nos esforzamos por ser la organización principal líderaxgo para las niñas y expertos en su crecimiento y desarrollo. Las actividades incluyen participando en una tropa, campamentos y más.  
Niñas: Edades de kindergarten – grado 12 | Membership Director: Elaine Penny– [epenny@nccoastalpines.org](mailto:epenny@nccoastalpines.org)  
Teléfono: 919-497-6382  
La Página Web: [www.nccoastalpines.org](http://www.nccoastalpines.org)  
| Asociación para los Niños Pequeños del Condado de Orange (Orange Partnership for Young Children) | | Growing Healthy Kids: Las familias y los niños pequeños están disfrutando los frutos de su labor en los jardines de la comunidad situados en Carrboro. Junto con clases de cocina, los niños y sus familias están aprendiendo los beneficios de la mejor nutrición, actividad al aire libre y tiempo de la familia de calidad. ¡Muévete! Programa establecido para crear becas para niños (hasta los 5 años de edad) de familias con bajos recursos para que puedan formar parte de programas de actividad física y campamentos locales. Becas disponibles mediante los Departamentos de Parques y Recreo, el SportsPlex de Hillsborough y el YMCA de Chapel Hill. Contacte con una de estas organizaciones para averiguar la disponibilidad de programas y becas. | 120 Providence Rd. Suite 101  
Chapel Hill, NC 27514  
Teléfono: 919-967-9091  
[opcyc@OrangeSmartStart.org](mailto:opcyc@OrangeSmartStart.org)  
Coordinador bilingüe - Amanda Srsic  
<table>
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<tr>
<th>Departamentos de Parques y Recreo</th>
<th>Hay tres Departamentos de Parques y Recreación en el Condado de Orange y cada uno ofrece una variedad de recursos y oportunidades para actividades</th>
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</tr>
<tr>
<td><strong>Las Instalaciones Públicas</strong></td>
<td>Para una guía de áreas de esparcimiento público en el Condado Orange, consulte el siguiente sitio web: <a href="http://www.co.orange.nc.us/deapr/parksandfacilities.asp">www.co.orange.nc.us/deapr/parksandfacilities.asp</a></td>
</tr>
<tr>
<td><strong>Rainbow Soccer</strong></td>
<td>Sirven más de 1.300 niños y niñas cada temporada y más de 300 adultos de Chapel Hill, Durham, Carrboro, Hillsborough y otras comunidades aledañas. Nuestra organización está orgullosa de trabajar con las familias que tienen raíces profundas en la zona con las generaciones de los partidarios del Arco Iris Fútbol (Rainbow Soccer) y los participantes, así como aquellos que visitan a pocos meses de países extranjeros. Contamos con muchas nacionalidades representadas en nuestra población de jugadores y abrazar la experiencia multicultural que viene junto con el deporte del fútbol. Comienza a 3 años de edad y mayores para niños y niñas El registro por otoño comienza en Junio El registro por primavera comienza en Noviembre</td>
</tr>
<tr>
<td><strong>Triangle Sportsplex</strong></td>
<td>Ofrece una variedad de oportunidades recreativas para toda la familia incluyendo patinaje sobre hielo, hockey, natación, gimnasia, guarderías y campamentos y programas especiales.</td>
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| NIÑOS Y NIÑAS DE EDAD PREESCOLAR Y ESCOLAR (CONTINÚA) | Arc of Orange County | Asiste a niños con discapacidades de desarrollo aumentan su aptitud física a través de programas tales como fútbol, campo de teatro y danza y la natación. **Trabajo de verano y bienestar (Summer Work & Wellness)** Este es un programa de ocho (8) semanas concebido para el adulto joven. Ofrece experiencias profesionales, educación en salud y bienestar físico así como actividades sociales que brindan a los clientes una oportunidad de relajarse al final de la semana mediante una actividad comunitaria divertida. **Campamentos de Primavera e Invierno** Este es un programa para estudiantes concebido para coincidir con las vacaciones escolares. Los campamentos ofrecen una alternativa agradable para los padres que trabajan durante las vacaciones escolares de sus hijos. Los niños pasan cada día en un entorno seguro y supervisado que es a la vez estructurado y divertido. | Michael Kirschner  
(919) 942-5119, ext 121  
mkirschner@arcoforange.org  
La Página Web: www.arctriangle.org/  
208 N. Columbia St.  
Suite 100  
Chapel Hill, NC 27514 | Dirección Principal:  
• A  
• CL, CPX, CW  
• D, DX  
• F  
• G  
• HS  
• J  
• N, NS, NU  
• T  
• U  
http://www.townofchapelhill.org/townhall/departments/services/transit/routes-schedules |
| ADULTOS | Arc of Orange County | Asiste a adultos con discapacidades de desarrollo aumentan su aptitud física a través varias programas. **Clases de Entrenamiento Cardiovascular y Muscular (Cardio and Strength Training Classes)** Clases cardiovascular y de entrenamiento de fuerza, tales como clases de spin y baloncesto, se ofrecen cada semana en un gimnasio totalmente equipado. El objetivo de las clases es aumentar la salud general y bienestar de cada participante centrándose en ambos cardiovascular y ejercicios de entrenamiento de fuerza. Los participantes disfrutan la interacción con sus semejantes y conseguir un buen ejercicio al mismo tiempo. | Michael Kirschner  
(919) 942-5119, ext 121  
mkirschner@arcoforange.org  
La Página Web: www.arctriangle.org/  
208 N. Columbia St.  
Suite 100  
Chapel Hill, NC 27514 | Dirección Principal:  
• A  
• CL, CPX, CW  
• D, DX  
• F  
• G  
• HS  
• J  
• N, NS, NU  
• T  
• U  
http://www.townofchapelhill.org/townhall/departments/services/transit/routes-schedules |
| UNC Wellness Center | Ofrece muchas de las amenidades asociadas tradicionalmente a un gimnasio de alta gama, pero añade una variedad de clínicas, educación para la salud, bienestar, manejo de la enfermedad y otros programas que distinguen a las instalaciones y del tradicionales o no basado en la medicina en gimnasios y centros de aptitud físico. | (919) 966-5500  
Correo Electrónico: wellness@unch.unc.edu  
100 Sprunt Street  
Chapel Hill, North Carolina 27517 | Las Rutas de Autobús  
• V  
http://www.townofchapelhill.org/townhall/departments/services/transit/routes-schedules |
<table>
<thead>
<tr>
<th>ADULTOS (CONTINÚA)</th>
<th>Chapel Hill- Carrboro YMCA</th>
<th>Deportes para Adultos</th>
<th>980 Martin Luther King Jr. Blvd. Chapel Hill, NC 27514</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>• Partidos de Básquetbol – Edades 18 años y mayores</td>
<td>La Página Web: <a href="http://www.chcymca.org">www.chcymca.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lunes – Viernes: 12:15 p.m. – 2:45 p.m., Martes y Jueves: 3 contra 3 - 12:15 p.m. – 2 p.m.</td>
<td>Teléfono: 919-442-9622</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Horario cambia estacionalmente debido a programas</em></td>
<td>Director de servicios: Greg Stanley</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Voleibol de Adultos: Edad 17 y mayor, Domingos 5-6:45pm</td>
<td>[Greg.Stanley@YMCA Triangle.org](mailto:Greg.Stanley@YMCA Triangle.org)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasio</td>
<td>Las Rutas de Autobús:</td>
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<td></td>
<td></td>
<td>Tiene un gimnasio abierto al público por un costo mínimo. Las sesiones de entrenamiento personal están disponibles para aquellos que desean la atención en uno o necesitan un plan personalizado. El YMCA también ofrece una evaluación personal para proporcionar información sobre su estado actual de la aptitud y las orientaciones a la sala de pesas.</td>
<td>• A</td>
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<tr>
<td></td>
<td></td>
<td>Clases de ejercicio físico</td>
<td>• G</td>
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<tr>
<td></td>
<td></td>
<td>Ofrece una variedad de clases de ejercicio grupo incluyendo kickboxing, yoga, entrenamiento total, entrenamiento de resistencia, ejercicios aeróbicos acuáticos, danza del vientre, Tai Chi y más.</td>
<td>• NS</td>
</tr>
<tr>
<td>Departamentos de Parques y Recreo</td>
<td></td>
<td>Clases de natación</td>
<td>• T</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Este programa es para adultos de 13 años de edad y mayores que tienen miedo y tienen el deseo de aprender a nadar, así como para aquellas personas que necesitan mejorar en habilidades fundamentales</td>
<td>• T Saturday</td>
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<tr>
<td></td>
<td></td>
<td>Las Instalaciones Públicas</td>
<td>• NU Weekend</td>
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<tr>
<td></td>
<td></td>
<td>• 40 parques e instalaciones de recreación se extienden por todo el condado. Consulte el siguiente mapa guía</td>
<td><a href="http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules">http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules">http://www.townofchapelhill.org/town-hall/departments/services/transit/routes-schedules</a></td>
<td><strong>Para una guía de áreas de esparcimiento público en el Condado Orange, consulte el siguiente sitio web:</strong></td>
</tr>
</tbody>
</table>

**Carrboro**

Carrboro Century Center
100 N. Greensboro St.
Carrboro, NC 27510
(919) 918-7364
RecParks@.org
Página Web: [www.ci.carrboro.nc.us/RP](http://www.ci.carrboro.nc.us/RP)

**Chapel Hill**

200 Plant Road
Chapel Hill, NC 27514
(919) 968-2784
parkrec@townofchapelhill.org
Página Web: [http://townofchapelhill.org/Orange County Recreation Administrative Offices](http://townofchapelhill.org/Orange County Recreation Administrative Offices)
302 West Tryon Street PO Box 8181
Hillsborough, NC 27278
(919) 245-2660

**Las Rutas de Autobús:**
- A
- G
- NS
- T
- T Saturday
- NU Weekend
<table>
<thead>
<tr>
<th>ADULTOS MAYORES</th>
<th>Departamento para Adultos Mayores del condado de Orange</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Centros para adultos mayores (Senior Centers)</strong></td>
<td>Hay dos centros para adultos mayores en el condado de Orange. Cada uno ofrece oportunidades educativas, sociales y recreativas.</td>
</tr>
<tr>
<td><strong>Programa de Salud y Bienestar Físico</strong></td>
<td>Los centros para adultos mayores ofrecen actividades para fomentar la salud de los adultos mayores:</td>
</tr>
<tr>
<td></td>
<td>• Educación en salud y evaluaciones de salud</td>
</tr>
<tr>
<td></td>
<td>• Clases de ejercicios – más de 18 clases de ejercicios diferentes ofrecidas en ambos centros</td>
</tr>
<tr>
<td><strong>Actividades de Recreo</strong></td>
<td>bocce ball, baloncesto, juegos para adultos mayores, boliche, Wii juegos, etc.</td>
</tr>
<tr>
<td><strong>Central Orange Senior Center</strong></td>
<td>situado en Triangle SportsPlex</td>
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<td></td>
<td>101 Meadowlands Drive</td>
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<td></td>
<td>Hillsborough, NC 27278</td>
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<td></td>
<td>(919) 245-2015</td>
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<tr>
<td></td>
<td>Página Web: <a href="http://www.friendsofcosc.com/">www.friendsofcosc.com/</a></td>
</tr>
<tr>
<td></td>
<td>Correo Electrónico: <a href="mailto:friendsofcentralorangeseniors@gmail.com">friendsofcentralorangeseniors@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Central Orange:</td>
</tr>
<tr>
<td></td>
<td>• Triangle Transit Route 420</td>
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<td><a href="http://www.ci.hillsborough.nc.us/content/tran">http://www.ci.hillsborough.nc.us/content/tran</a> sportation</td>
</tr>
<tr>
<td><strong>Robert &amp; Pearl Seymour Center</strong></td>
<td>2551 Homestead Rd.</td>
</tr>
<tr>
<td></td>
<td>Chapel Hill, NC 27516</td>
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<tr>
<td></td>
<td>(919) 968-2070</td>
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<tr>
<td></td>
<td>Página Web: <a href="http://www.friendsseymourcenter.org/">www.friendsseymourcenter.org/</a></td>
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<tr>
<td></td>
<td>Correo Electrónico: <a href="mailto:friendsseymourcenter@gmail.com">friendsseymourcenter@gmail.com</a></td>
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<tr>
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<td>Seymour Center</td>
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<td>• A</td>
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<td>• NS</td>
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<td>• T</td>
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<td></td>
<td><a href="http://www.townofchapel">http://www.townofchapel</a> hill.org/town -hall/departments services/transit/routes -schedules</td>
</tr>
<tr>
<td><strong>Orange County Department on Aging:</strong></td>
<td><a href="http://www.co.orange.nc.us/aging/index.asp">www.co.orange.nc.us/aging/index.asp</a></td>
</tr>
</tbody>
</table>
GUÍA DE REFERIDA DE NUTRICIÓN EN EL CONDADO DE ORANGE - 2014

<table>
<thead>
<tr>
<th>PROGRAMA PARA</th>
<th>ORGANIZACIÓN</th>
<th>DESCRIPCIÓN DEL PROGRAMA</th>
<th>INFORMACIÓN DE CONTACTO</th>
<th>OPCIONES DE TRANSPORTE PÚBLICO</th>
</tr>
</thead>
</table>
| TODAS LAS EDADES | Arc of Orange County | La Nutrición y Clases de Cocina
Esta clase semanal se imparte en una cocina en estilo demostración donde los adultos utilizan actividades participativas para adquirir más conocimientos sobre la nutrición así como sus aptitudes para cocinar. El objetivo de esta clase es educar a los adultos a que opten por mejores alimentos y los cocinen mejor. Al final de la clase, los cocineros disfrutan de los frutos de su labor. | Michael Kirschner
(919) 942-5119, ext 121
mkirschner@arcoforange.org
208 N. Columbia St.
Suite 100
Chapel Hill, NC 27514 | Dirección Principal
• A, CL, CPX, CW, D, DX, F, G, HS, J, N, NS, NU, T, U
http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules |
| | | | | |
| | Hospitales de la UNC (UNC Hospitals) | Asesoramiento en Nutrición
Consejos individuales impartidos por nutriólogos diplomados; coste por el servicio o seguro médico aceptado.
Pediatric Specialty Clinics (Cursos en nutrición de los niños)
Para poder participar hay que estar matriculado en la clínica especializada en pediatría. | Asesoramiento en Nutrición
(919) 966-6875 or (919) 966-0210
Susannah Southern: ssouth@unch.unc.edu
590 Manning Drive
Chapel Hill, NC 27599
La clínica especializada en pediatría
(919) 783-7809
Página Web: [ncchildrenhospital.org/ourservices/raleighclinic/nutrition](http://ncchildrenhospital.org/ourservices/raleighclinic/nutrition) | Hospitales de la UNC:
• A, CCX, CM, D, DX, FCX, G, HU, N, NS, S, T, V
http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules |
| | | | | |
| | Departamento de Salud del Condado de Orange | Asesoramiento en Nutrición
• Consulta individual en nutrición con coste según ingresos
• Servicios de intérprete disponibles
• Ofrecidos por nutriólogas diplomadas para personas de cualquier edad y para cualquier condición de salud (control de peso, diabetes, alergias alimenticias, hipertensión, colesterol elevado, etc.) | Whitted Human Services Center
300 West Tryon Street
Hillsborough, NC 27278
Orange County West Campus Building
131 West Margaret Lane
Suite 100
Hillsborough, NC 27278 | Las Rutas de Autobús
• 420
• A, NS, T |
<table>
<thead>
<tr>
<th><strong>TODAS LAS EDADES (CONTINÚA)</strong></th>
<th><strong>Departamento de Salud del Condado de Orange Continúa</strong></th>
<th><strong>Programas educativos para la comunidad</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>• Clases y programas educativos en nutrición para personas de cualquier edad que los solicite</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Programa educativo sobre la Diabetes (gratis; continuo)</td>
</tr>
</tbody>
</table>

| **Southern Human Services Center** | **2501 Homestead Rd.**  
*Chapel Hill, NC 27516*  
(Teléfono principal)  
(919) 245-2400  
(Línea de Español)  
(919) 644-3350 |
|-----------------------------------|-----------------------------------------------------|
| Teléfono:  
(919) 966-5500  
100 Sprunt Street  
Chapel Hill, North Carolina 27517 |
| Teléfono:  
(919) 245-2400  
(Línea de Español)  
(919) 644-3350 |
| Renée Kemske, dietista certificado/ supervisor del programa de la nutrición  
Correo Electrónico:  
rkemske@orangecountync.gov |

<table>
<thead>
<tr>
<th><strong>Asesoramiento Nutricional</strong></th>
<th><strong>Asesoramiento nutricional individual proporcionada por un dietista registrado; Programa de 12 semanas de bienestar; Pruebas metabólicas; Software de gestión de peso</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Programas Educativos</strong></td>
</tr>
<tr>
<td></td>
<td>Mantenga un conferencia de nutrición cada mes, cocina de demostración, recorrido turístico de una tienda de comestibles y pida la tabla dietista sobre diversos temas relacionados con la salud/nutrición. Estos son gratis para los miembros y no miembros y abierto a la comunidad.</td>
</tr>
</tbody>
</table>

| **Central Orange Senior Center** | **Located at the Triangle SportsPlex**  
101 Meadowlands Drive  
Hillsborough, NC 27278  
(919) 245-2015 |
|---------------------------------|-----------------------------------------------------|
| Página Web:  
www.friendsofcosc.com/  
Correo Electrónico:  
friendscentralorangeseniors@gmail.com |
| **Robert & Pearl Seymour Center** | **2551 Homestead Rd.**  
*Chapel Hill, NC 27516*  
(919) 968-2070 |
| Página Web:  
www.friendssseymourcenter.org/  
Correo Electrónico:  
friendsseymourcenter@gmail.com |
| **Orange County Department on Aging:** | **www.co.orange.nc.us/aging/index.asp** |

<table>
<thead>
<tr>
<th><strong>Las Rutas de Autobús</strong></th>
<th><strong>Central Orange:</strong></th>
</tr>
</thead>
</table>
| • A, NS, T                | • Triangle  
Transit Route  
420  
http://www.ci.hillsborough.nc.us/content/transportation |
| • V                      | • Seymour Center  
http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules |
### TODAS LAS EDADAS (CONTÍNÚA)

<table>
<thead>
<tr>
<th>Cooperative Extension</th>
<th>Programa de expansión en educación sobre alimentos y nutrición (EFNEP)</th>
<th>Programa de apoyo a la lactancia</th>
<th>Mujeres que viven sanas, mujeres que viven bien</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ofrecidos a familias de bajos recursos que tienen niños y enseña a las familias a preparar comidas nutritivas. El personal ofrece clases en inglés y en español.</td>
<td>Para madres de habla inglesa o española interesadas en dar de lactar a sus bebés. Este es un trabajo en colaboración entre Cooperative Extension, Piedmont Health Services, los Hospitales de la UNC y el Departamento de Salud.</td>
<td>es un CD interactivo desarrollado para mujeres sobre los temas de alimentación sana, actividad física y asuntos de salud femenina.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jardines Comunitarios (Community Gardens)</th>
<th>Coalición de huertas comunitarias de Carrboro, en el parque MLK Jr., Carrboro</th>
<th>Huertas de ‘Criar Niños Saludables’ en: el Parque MLK Jr., escuela primaria Carrboro y la Duke Energy sub-station, James Street, Carrboro</th>
<th>Huertas de la Comunidad de Northside, Northside Center, Chapel Hill</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Abierto a residentes. Los miembros de la comunidad que participan aprenden a cultivar alimentos de una manera ambientalmente sustentable, mientras conviven con otros miembros de su comunidad.</td>
<td>Abierto a familias con niños de 5 años o menores. Aquí los niños y sus familias aprenden a cultivar verduras y disfrutan de los beneficios de una mejor alimentación, actividades al aire libre y momentos de calidad pasados en familia. Las familias participan también en clases de cocina para aprender a utilizar los productos cultivados.</td>
<td>Abierto a individuos y familias y a las personas con necesidades especiales. Los participantes aprenden sobre el medio ambiental, practicas de jardinería sustentables y la importancia de comer frutas y vegetales.</td>
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<tbody>
<tr>
<td>Todas las Edades (Continúa)</td>
<td>Jardines Comunitarios Continúa (Community Gardens)</td>
<td>Huerta Comunitaria de Anathoth, Cedar Grove: La huerta comunitaria de Anathoth utiliza un estilo religioso para la jardinería. La huerta sirve para reunir a las personas, enseñarles el cultivo ecológico, cuidar el universo y ayudar a los necesitados. La huerta está abierta a todos los residentes y ofrece visitas de grupo, talleres, eventos educativos, servicios de cultivo mensuales en el verano, y a veces conciertos y celebraciones comunitarias.</td>
<td>Huerta Comunitaria de Anathoth: Correo Electrónico: <a href="mailto:anathothgarden@gmail.com">anathothgarden@gmail.com</a> <a href="http://www.anathothgarden.org">www.anathothgarden.org</a> (919) 732-8405 PO Box 138 Cedar Grove, NC 27231</td>
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<tr>
<td>Mercados de Granjeros (Farmer’s Markets)</td>
<td>Visite para comprar deliciosos alimentos producidos localmente y apoyar así la agricultura local. <em>Varios mercados de granjeros aceptan ahora los bonos del Programa de Nutrición ‘Farmer’s Market’ (FMNP, siglas en inglés)</em></td>
<td>Mercado de Granjeros de Carrboro: 301 W. Main St. Carrboro, NC 27510 Los Sábados todo el año, 7:00 am a las doce del mediodía de Abril a Octubre; 9:00 a.m.-12p.m. Noviembre a Marzo; Durante la temporada regular de crecimiento, Miércoles Mercado está abierto de 3:00p.m a 6:00 p.m.</td>
<td>Erin Jobe (919) 280-3326 Correo Electrónico: <a href="mailto:carrboromarket@gmail.com">carrboromarket@gmail.com</a> Página Web: <a href="http://www.carrborofarmersmarket.com/index.shtml">www.carrborofarmersmarket.com/index.shtml</a></td>
<td></td>
</tr>
<tr>
<td>Mercado de Granjeros de Southern Village: Market St. in Southern Village Chapel Hill, NC 27516 Jueves; 3:30 p.m a 6:30 p.m. Abierto de Mayo a Agosto</td>
<td>Mercado de Granjeros de South Estes: 201 South Estes Dr. Chapel Hill, NC 27514 Los Sábados 9:00 am a las doce del mediodía afuera del centro comercial por todo el año</td>
<td>Mercado de Granjeros de Hillsborough: El estacionamiento de Home Depot en I-85 and nueva NC 86 Hillsborough, NC 27278 Sábados: Abril a Noviembre, 8:00 am a 12 p.m. Diciembre a Marzo primer y tercer Sábado 10:00 am a 1pm Miércoles, 4:00 p.m. a 7:00 p.m. Junio a Día Labor Day</td>
<td><a href="http://www.hillsboroughfarmersmarket.org">www.hillsboroughfarmersmarket.org</a> (919) 360-5254 Correo Electrónico: <a href="mailto:TeamHFM@yahoo.com">TeamHFM@yahoo.com</a></td>
<td></td>
</tr>
<tr>
<td>Mercado de Granjeros del Condado de Orange y Río En: Public Market House in Downtown Hillsborough 120 East Margaret Lane Hillsborough, NC 27278 Sábados por todo el año:Abril a Octubre: 8:00am a 12:00pm Noviembre a Marzo: 10:00am a 12:00pm</td>
<td>Las Rutas de Autobús <a href="http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules">http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</a></td>
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