



**Summit County
Cardiovascular Health
Coalition**

Heart Health

**Community
Resource
Directory**

2008-2009



The Summit County Cardiovascular Health Coalition provides interventions in five at-risk Summit County neighborhoods to encourage businesses, community members, schools and health care to reduce the risk of heart disease and stroke.

These neighborhoods include Barberton, Buchtel, Joy Park, Lakemore and the Tri-Communities of Tallmadge/Cuyahoga Falls/Northwest Akron.

Activities to promote heart health include nutrition, physical activity, cholesterol, tobacco cessation, blood pressure, and diabetes.



Summit County Health District
ATTN: CVH Project
1100 Graham Road Circle
Stow, OH 44224
330-923-4891
www.schd.org



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

Information is current as of printing date and is not intended to be a replacement for medical advice; the authors regret errors and omissions

Table of Contents

<p style="text-align: center;">Summit County Heart Health Community Resource Guide</p>

<u>Section</u>	<u>Page</u>
----------------	-------------

Physical Activity, Fitness, Exercise ...

Blood Pressure

Cholesterol

Diabetes

Nutrition and Weight Management.....

Tobacco

Health Care

Most services listed are available at no cost or low cost and many accept third party payers (insurance)

For additional information contact Info Line: 330-376-6660 or dial 211 anywhere in Summit County; www.211summit.org

In Summit County

Heart Disease

is the #1 cause of death
for both men and women

Heart Disease can be
prevented or controlled
by a healthy lifestyle

- ♥ Be physically active
- ♥ Live a tobacco-free life
- ♥ Eat low-fat foods
- ♥ Eat 5 to 9 fruits & vegetables a day
- ♥ Keep your weight healthy
- ♥ Control your blood pressure
- ♥ Control your cholesterol
- ♥ Keep diabetes under control



Physical Activity Fitness and Exercise



Akron Parks and Recreation Bureau330-375-2804

220 S. Balch St., Akron, OH 44302

www.ci.akron.oh.us

Call or visit website for information and locations

American Heart Association..... 800-242-8721

www.heart.org

On-line exercise and fitness program

Barberton Parks and Recreation Bureau330-848-6739

500 W. Hopocan Ave., Barberton, OH 44203

www.cityofbarberton.com

Call or visit website for information and locations

Cuyahoga Falls Parks and Recreation Bureau

2310 Second Street, Cuyahoga Falls, OH 44221

www.ci.cuyahogafalls.oh.us330-971-8225

Community Wellness Center330-971-8080

2345 – 4th St., Cuyahoga Falls, OH

Natatorium Info Line330-971-8082

Parks & Recreation Info Line330-971-8223

Cuyahoga Valley National Recreation Area800-433-1986

Happy Days Visitor's Center

www.nps.gov

Call or visit website for information and locations

Greenleaf Family Services..... 330-376-9494

212 E. Exchange St., Akron, OH 44304

www.greenleafctr.org

Family Wellness program

Call or visit website for information

Malls Indoor walking available at:

Chapel Hill330-633-1131

2000 Brittain Rd., Akron, OH 44310

Summit Mall330-867-1555

3265 W. Market St., Akron, OH 44333

Call for information on availability and times

Stow Parks and Recreation Department

5070 Stow Road, Stow, OH 44224.....**330-689-5100**

Activities Hotline330-689-5105

www.stow.oh.us

Call or visit website for information and locations

Tallmadge Parks and Recreational Center

..... **330-634-2349**

46 N. Munroe Rd., Tallmadge, OH 44278

www.tallmadge-ohio.org

Call or visit website for information and locations

Summit County Metro Parks330-867-5511

975 Treaty Line Road, Akron, OH 44313

www.summitmetroparks.org

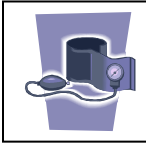
Call or visit website for information and locations

YMCA..... 330-376-1335

209 S. Main St., Akron, OH 44308 (main office)

www.akronymca.org

Call or visit website for information and locations



Blood Pressure

Akron Health Department330-375-2363

177 S. Broadway, Akron, OH 44308

Call for appointment; no medical treatment available

Barberton Health District330-745-6067

571 W. Tuscarawas Ave., Barberton, OH 44203

www.barbertonhealth.org

Boyd Esler Community Center.....330-733-2556

2491 Canfield Rd., Akron, OH 44312

Days and times change monthly. Call for information

Cuyahoga Falls General Hospital.... 330-971-7405

Primary Care and Specialty Center

1900 23rd St., Cuyahoga Falls

Fire Department

Contact the non-emergency phone number of your local Fire Department for locations, days and times:

Akron.....330-375-2552

Barberton.....330-745-2181

Cuyahoga Falls.....330-928-2181

Fairlawn.....330-666-8871

Lakemore.....330-733-6125

Norton.....330-825-3800

Springfield.....330-659-9400

Tallmadge330-633-0970

Summa Barberton Hospital..... 330-615-3916

Cardiac Services, ground floor
155 Fifth St., NE, Barberton, OH 44203

Summit County Health District..... 330-926-5713

Toll-free**877-687-0002**

Walk-ins welcome, clients with an appointment seen first

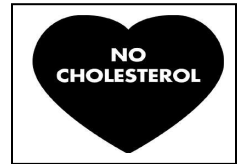
Clinic locations:

1100 Graham Road Circle, Stow, OH 44224

2600 Sanitarium Road, Lakemore, OH 44250 (Edwin Shaw)

8776 Harvard Road, Twinsburg, OH 44087

Cholesterol



Akron General Medical Center866-883-1354

www.akrongeneral.org

Low-cost blood cholesterol screenings at many locations including local supermarkets. Call or check the website for dates, times and locations

Summa Wellness Center.....330-342-4400

www.summahealth.org

Call or check the website for information including dates, times and locations of classes, programs and services



Diabetes

Akron General Medical Center 330-344-2462

“Dining With Diabetes” classes
400 Wabash Ave., Akron, OH 44307
www.agmc.org

.....**866-883-1354**

Low-cost blood glucose screenings at many locations including local supermarkets. Call or check the website for dates, times and locations

American Diabetes Association.....330-835-3149

1815 W. Market St., Suite 108, Akron, OH 44313
www.diabetes.org
Meal planning, classes, educational programs for individuals and families; information for newly diagnosed children

Boyd Esler Community Center.....330-733-2556

2491 Canfield Rd., Akron, OH 44312
Diabetic screenings
Days and times change monthly. Call for information

Summa Barberton Hospital..... 330-615-3911

155-5th Street, NE, Barberton, Ohio 44203
Educational program from physician referral; fee charged;
Call for information

Summa St. Thomas Center for Diabetes Care330-379-5680

444 N. Main St., Akron, OH 44310
www.summahealth.org
Educational program from physician referral; fee charged

Nutrition and Weight Management



Akron General Medical Center

Locations for each service varies

www.agmc.org

Personalized Nutritional Consultants.....866-467-9334

Nutrition and Fitness Club866-498-0727

LiteStyle-10 weeks to a Healthier Body.....866-607-0182

American Cancer Society..... 888-227-6446

www.cancer.org

“Great American Eat Right Challenge” on-line program

“Take Control of Your Weight” on-line program

American Heart Association..... 800-242-8721

www.heart.org

On-line Managing Your Weight program

On-line Diet and Nutrition program

Children’s Hospital Medical Center of Akron

..... **330-543-8260**

Various locations around Summit County

www.akronchildrens.org/sports

“Future Fitness Clinic” for children 8 -13 years old

Two to three times per week for one hour

Families may also benefit

Let's Grow Akron..... 330-745-9700

www.letsgrowakron.com

Call or check website for information on where to plant and grow vegetable gardens on vacant land; seeds and equipment available

Summa Wellness Center.....330-342-4400

www.summahealth.org

Call or check the website for information including dates, times and locations of classes, programs and services

Summit County WIC

Supplemental nutrition program for pregnant, breast-feeding, postpartum women, infants and children under five years of age at nutritional risk, who meet income guidelines

Summit County WIC Project Clinics:

- Akron Health Dept., 66 Merriman Rd.330-375-2142
- Akron Health Dept., 1400 S. Arlington330-375-2177
- Barberton Health District330-753-5426
- Summit County Health District330-926-5726
- Toll Free1-877-687-0002
- Summit Lake Community Center330-375-2641
- South Clinic (Lakemore)330-733-0730
- Western Reserve Outreach Center330-425-2699

Tobacco



Summit County Tobacco Prevention Coalition

.....**330-861-7179**

www.smoke-freecommunity.org

Free stop-smoking classes taught by a Certified Tobacco Treatment Specialist; participants may be eligible for discounts on quit smoking medications

Ohio Tobacco QUIT LINE.....1-800-QUIT-NOW

(1-800-784-8669)

www.ohioquits.com

Toll-free telephone counseling in English or Spanish;
opportunity for free or reduced-cost nicotine patch

Akron General Medical Center..... 330-344-2462

Heart and Vascular Center
400 Wabash Ave., Akron, OH 44307

www.agmc.org

Stop smoking classes taught by a Respiratory Therapist;
call for more information

American Cancer Society..... 800-227-2345

Various locations; call for information

American Heart Association.....800-242-8721

www.heart.org

On-line stop smoking program
On-line resources and tools for quitting

American Lung Association..... 800-586-4872

www.lungusa.org

On-line quit smoking program

Nicotine Anonymous 330-926-1060

www.ohio-nica.org

Free 12-step fellowship of men and women (current and former smokers) helping each other live nicotine-free; call for more information and meeting day, time and location



Health Care Services

Access to Care.....330-315-0209

Toll Free.....866-706-0209

www.schd.org or www.healthysummit.org

Link to free or low-cost medical care for qualifying low income, uninsured, working residents of Summit County
\$20 enrollment fee

Akron Community Health Resources.....

...330-724-5471

1400 S. Arlington, Suite 38, Akron, OH 44306

www.achrhealth.com

Primary care, behavioral health, dental and pharmacy assistance for insured or sliding-scale fee for qualified

Akron Health Department.....330-375-2363

177 S. Broadway, Akron, OH 44308

www.ci.akron.oh.us/Health04/index.htm

Barberton Community Health Clinic.....

.....330-745-7471

113 – 9th St., NW, Barberton, OH 44203

Health care services by appointment only

Barberton Health District330-745-6067

571 W. Tuscarawas Ave., Barberton, OH 44203

www.barbertonhealth.org

Open M Free Clinic.....330-434-0110

941 Princeton St., Akron, OH 44311

www.openm-ministry.org

Free medical services, pharmacy assistance; call to enroll

Summit County Health District330-926-5713

Toll Free.....877-687-0002

Central Clinic: 1100 Graham Road Circle, Stow, OH 44224

South Clinic: 2600 Sanitarium Road, Lakemore, OH

North Clinic: 8776 Harvard Road, Twinsburg, OH

www.schd.org

University of Akron Center for Nursing Clinics...

.....330-972-6968

209 Carroll St., Akron, OH 44325

www.uakron.edu/nursing

Medical services for uninsured adults and children by
appointment only