

# WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



## Addressing Health Disparities and Reaching for Health Equity

### National and State Level Resources

#### National Level

##### [National Institute on Minority Health and Health Disparities](#)

NIMHD's mission is to lead scientific research to improve minority health and reduce health disparities in health status and health care delivery, including racial and ethnic minority groups, rural populations, populations with low socioeconomic status, and other population groups.

##### [Centers for Disease Control and Prevention: Health Equity](#)

CDC's Health Equity Strategy broadly seeks to improve the health outcomes of populations disproportionately affected by focusing on four priorities.

##### [Agency for Healthcare Research and Quality \(AHRQ\)](#)

The Agency for Healthcare Research and Quality's (AHRQ) mission is to produce evidence to make health care safer, higher quality, more accessible, equitable, and affordable, and to work within the U.S. Department of Health and Human Services and with other partners to make sure that the evidence is understood and used.

##### [American Psychological Association](#)

Tackling the bias, stigma, and discrimination at the root of these inequities and ensure that all strategies and solutions are delivered equitably.

#### State Level

##### [NC Department of Health and Human Services: NC Office of Minority Health and Health Disparities](#)

NIMHD's mission is to lead scientific research to improve minority health and reduce health disparities in health status and health care delivery, including racial and ethnic minority groups, rural populations, populations with low socioeconomic status, and other population groups.

##### [NC Division of Public Health](#)

The Office of Minority Health and Health Disparities works throughout Public Health to bridge the health status gap between racial/ethnic minorities and the general population, and advocates for policies and programs that improve access to public health services for underserved populations

##### [NC Institute of Medicine](#)

To seek constructive solutions to statewide problems that impede the improvement of health and efficient and effective delivery of health care for all North Carolina citizens and to serve an advisory function at the request of the Governor, the General Assembly, and/or agencies of state government, and to assist in the formation of public policy on complex and interrelated issues concerning health and healthcare for the people of North Carolina.

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## [Kaiser Family Foundation \(KFF\)](#)

Organization focusing on national health issues, as well as the U.S. role in global health policy.

## [Healthy People](#)

Promoting mental health and preventing mental illness through advocacy, education, research and services.

## [UNC ECHO Project](#)

UNC ECHO for Medication Assisted Treatment (MAT) is a project supported by the Agency for Healthcare Research and Quality's (AHRQ), and the North Carolina Department of Health and Human Services (NC DHHS)/Substance Abuse and Mental Health Services Administration (SAMHSA) that is focused on understanding the barriers healthcare networks and medical providers face when deciding to offer MAT in their practice. Evaluate strategies which can address those obstacles and implement practice supports and education access to medication assisted treatment in North Carolina.

## [BlueCross BlueShield of North Carolina](#)

At Blue Cross Blue Shield of North Carolina, purpose is to improve the health and well-being of our customers and communities. Health care is better for all.

## **Addressing Health Disparities and Reaching for Health Equity Local Resources**

### [Durham County Department of Public Health](#)

Working with the Community to Prevent Disease, Promote Health, and Protect the Environment.

### [The Center for Black Health and Equity](#)

The center for Black Health and Equity promotes public health campaigns, programs and resources that are created with African American audiences in mind.

### [Doris Duke Charitable Foundation](#)

The mission of the Doris Duke Charitable Foundation is to improve the quality of people's lives through grants supporting the performing arts, environmental conservation, medical research and child well-being.

### [North Carolina Alliance for Health](#)

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### City of Durham:

Equity & Inclusion Department

The Equity & Inclusion Department will create an environment that promotes, supports, and advances equity and inclusion in the City of

Durham's contracting and organizational decision-making. The department consists of **two divisions:**

#### **Racial Equity and Inclusion Division & Contract and Compliance Division**

The Racial Equity & Inclusion Division

Looks within all aspects of City government to closely examine policies, practices, budget allocations and programs that may perpetuate institutional racism and systemic inequities.

Contract and Compliance Division

Division is responsible for the implementation of the City's Equal Business Opportunity Program (EBOP) and Small Local Business Enterprise Program (SLBEP)

### Community Health Coalition

Since 1989, North Carolina's Community Health Coalition has focused on achieving health equity and eliminating racial health disparities in Durham County and the surrounding areas.

Convene, mobilize, support, and empower partners to advance equitable policies that reduce health disparities, prevent chronic disease, and promote health.

### Durham Public Schools: Office of Equity Affairs

Ensuring that students experience educational equity in grades pre-K-12 regardless of race or ethnicity. Beyond racial equity, the office also addresses disparities related to gender, socioeconomic status, sexual orientation, disability, etc. The vision of the office is to establish the district as a national prototype for effectively educating students of color.

### Orange County Health Department

Orange County exists to provide governmental services requested by our residents or mandated by the State of North Carolina. To provide these quality services efficiently, we must, serve the Residents of Orange County - Our Residents Come First, depend on the energy, skills and dedication of all our employees and volunteers, and treat all our Residents and all our Employees with fairness, respect, and understanding.

### Wake County Health Department

To improve the economic, education, social well-being and physical quality of the community, we are committed to collaboration, service excellence and embracing new approaches to more effectively meet the ever-changing needs of our customers.

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## **Triangle Mindfulness/Stress Reduction Resources**

### **Third Wave Psychotherapy**

700 Harps Mill Rd, Suite 102, Raleigh, NC

### **Duke Integrative Medicine: Mindfulness Based Stress Reduction**

3475 Erwin Road Durham, NC 27705  
919-660-6826

### **Teer House Community Education Program**

Holds classes and support groups on a wide variety of health and wellness topics.  
919-477-2644

### **Durham County Department of Public Health: Health Promotion and Wellness**

The Durham County Department of Public Health also offers a series of one-time presentations/workshops that can be offered in any community space, including: Self-management classes for living with long-term conditions, stress management and other topics.  
919-560-7771

### **Hope4NC Helpline**

Connects individuals to mental health and resilience supports that help with coping skills and building resilience during times of crisis. Hope4NC is available 24 hours a day, seven days a week, with access to 711/TTY and interpreters.  
1-855-587-3463

### **Hope4Healers Helpline**

### **Success Over Stress**

Online resource for learning stress management skills

### **Take Ten**

Rejuvenate during the day with stretching breaks with this online program. Incentives can be earned.

### **Duke Run/Walk Club**

Provides walking, run/walking programs for all fitness levels.

### **The Mindfulness Center at UNC: Mindfulness Based Courses, Workshops and Retreats**

The UNC Mindfulness-based Program for Stress and Pain Management offers training in meditation and mind-body awareness that will teach you how to slow down, set priorities and stay calm, focused and relaxed in the midst of a busy life.

### **YMCA of the Triangle Locations**

Committed to nurturing the potential of children through Youth Development, improving the nation's health and well-being by promoting Healthy Living, and fostering a sense of Social Responsibility by providing opportunities to give back and support neighbors. In addition, the mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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Provides mental health and resilience supports for healthcare professionals, emergency medical specialists, first responders, other staff who work in health care settings, as well as teachers and school personnel.  
919-226-2002

**Optum**

Toll-free 24 hours Emotional Support Help Line for people who may be experiencing anxiety or stress.  
866-342-6892

## **Triangle Yoga Studios**

**Blue Point Yoga**

2816 Erwin Rd, Durham, NC 27705  
919-381-6419

**Durham Yoga Company**

502 Rigsbee Ave #203, Durham, NC 27701  
919-502-0108

**Global Breath Studio**

906 Lamond Ave, Durham, NC 27701  
919-645-7070

**Yoga Off East**

702 9<sup>th</sup> St, Durham, NC 27705  
919-275-2765

**Arrichion Hot Yoga + Circuit Training Durham**

**Republic of Yoga**

202 Ledgestone Way, Cary, NC 27519  
919-460-0080

**G's House of Yoga, LLC**

313 St Thomas Dr, Chapel Hill, NC 27517

**Hot Yoga RTP-Cary-Morrisville**

126 Morrisville Square Way, Morrisville, NC 27560

**Gneiss Yoga**

1713 Legion Rd, Chapel Hill, NC 27517  
919-300-4927

**YogaSix**

703 Meadowmount Village Cir, Chapel Hill, NC 27517  
919-240-5056

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202 W North Carolina 54 #102, Durham, NC 27713  
919-864-1712

## [Threehouse Studios](#)

1505 Morehead Ave, Durham, NC 27707  
919-748-3830

## [My Yoga](#)

1415 W North Carolina 54 Building 200, Ste 113, Durham, NC 27707  
919-401-9444

## [WythaBalance Yoga](#)

5117 Highgate Dr #200, Durham, NC 27713  
919-423-8844

## [MindBody Centering Yoga](#)

410 W Geer St, Durham, NC 27701  
919-559-0464

## [Hatha House Yoga & Meditation Studio](#)

5216 Old Chapel Hill Rd, Durham, NC 27707  
919-489-0516

## [Midtown Yoga Durham](#)

3109 Shannon Rd Suite 200, Durham, NC 27707  
919-246-8512

## [Kundalini Yoga Durham](#)

1215 Carroll St, Durham, NC 27707  
919-748-2794

## [VYB Studio](#)

## [Pura Vida Studio](#)

1162 Parkside Main St, Cary, NC 27519  
919-818-5886

## [Carrboro Yoga Company](#)

101 Two Hills Dr Unit 150, Carrboro, NC 27510  
919-502-0108

## [Red Room Hot Yoga Studio](#)

1848 M.L.K. Jr Blvd, Chapel Hill, NC 27514  
919-960-6688

## [Arrichion Hot Yoga + Circuit Training Raleigh \(Brier Creek\)](#)

8606 Jersey Ct, Raleigh, NC 27617  
336-669-4212

## [Integral Yoga Studio](#)

4000 Bear Cat Way #102 Morrisville, NC 27560  
919-926-9717

## [CorePower Yoga](#)

1800 E Franklin St STE 5, Chapel Hill, NC 27514  
919-276-4610

## [Yoga Shala Carrboro](#)

204 W Main St Unit C, Carrboro, NC 27510  
919-704-5365

## [Cary Flow Yoga](#)

2045 Renaissance Park Pl, Cary, NC 27513  
919-234-6431

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2400 Broad St Ste 4, Durham, NC 27704  
919-695-7043

#### Sahaja Space

2007 Chapel Hill Rd, Durham NC 27707  
919-760-0546

#### Ride the Breath

814 Lancaster St, Durham, NC 27701  
919-475-3848

#### Yoga in the Hood

2816 Butner St, Durham, NC 27704  
919-797-0383

#### Wholistic Health Studio

1000 Hackberry Ln, Durham, NC 27705  
919-489-5355

#### The Sweat Lab

5504 Durham-Chapel Hill Blvd Ste 201, Durham, NC 27707  
919-401-5559

#### InsideOut Body Therapies

5720 Fayetteville Rd #101, Durham, NC 27713  
919-361-0104

#### Franklin Street Yoga Center

431 W Franklin St #410, Chapel Hill, NC 27516  
919-869-7890

#### Bright Tree Yoga

9113 Leesville Rd, Raleigh, NC 27613