

# Delta County Resources

## Public Health Delta County

[www.phdm.org/](http://www.phdm.org/)

2920 College Ave.

Escanaba, MI 49829-9597

Phone: (906) 786-4111

Fax: (906) 786-7004

[www.yooperaid.org/Delta/](http://www.yooperaid.org/Delta/)

Click "Health" for links to county health-related information listings

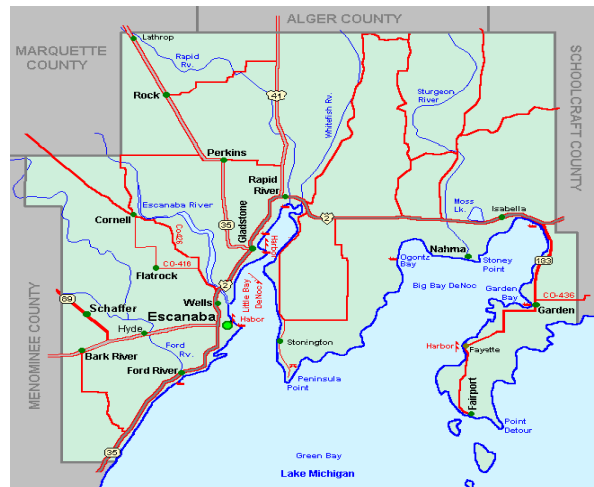
## MSU Cooperative Extension

[Delta County](#) Extension

2840 College Avenue

Escanaba 49829-9591

(906) 786-3032



## Michigan Diabetes Outreach Network

[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)

## Get Moving UP: Healthy Living in Michigan's Upper Peninsula

[www.fitup.org](http://www.fitup.org)

A "region-wide initiative to prevent obesity and improve health by increasing lifestyle physical activity".

## Organization & Association web links

American Cancer Society

1 800 227-2345

[www.cancer.org](http://www.cancer.org)

American Heart Association

1 800 242-8721

[www.americanheart.org](http://www.americanheart.org)

American Lung Association

[www.alam.org](http://www.alam.org)

For local resources call: 1-800-LUNG-USA

For lung health questions call: 1-800-548-8252

American Diabetes Association

1 800 232-3472

[www.diabetes.org](http://www.diabetes.org)

American Dietetic Association

1 800 366-1655

[www.eatright.org](http://www.eatright.org)

Centers for Disease Control

[www.cdc.gov](http://www.cdc.gov)

Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)

National Institutes of Health  
[www.nih.gov](http://www.nih.gov)

National Kidney Foundation of Michigan  
[www.nkfm.org](http://www.nkfm.org)

US Dept of Health and Human Services  
[www.hhs.gov/](http://www.hhs.gov/)

Alcoholics Anonymous  
[www.aa.org](http://www.aa.org)

## **Other Wellness Related Links**

### **Alcoholism or Alcohol Abuse**

National Interactive Screening Project. Call for a free anonymous Alcohol Screening toll free 1-800-887-5676, or go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### **Depression Screening**

National Interactive Screening Project. Call for a free anonymous Depression Screening toll free 1-800-887-5676, or go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### **Anxiety Screening**

For a free anonymous screening go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### **Eating Disorders Screening**

For a free anonymous screening go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### **State of Michigan Employee Service Program**

Toll free 1-800-521-1377

### **Michigan Coalition Against Domestic & Sexual Violence**

3893 Okemos Road, Ste B2

Okemos MI 48864

ph: 517 347-7000

fax: 517 347-1377

National Hotline: 1 800 799-SAFE

[www.ncadv.org](http://www.ncadv.org)

## **Recreation**

**Michigan's 97 State Parks** offer a variety of opportunities for physical activity, including canoeing, hiking, bicycling, swimming, water skiing and snow skiing.

[www.michigan.gov/dnr/0,1607,7-153-10365---,00.html](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

**North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

**Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

**Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

**Michigan bicycle club info**

[www.lmb.org/](http://www.lmb.org/)

[www.mmba.org/](http://www.mmba.org/)

**Michigan Walking club and events info**

[www.ava.org](http://www.ava.org)

**Want to start something in your area? Try these websites:**

**Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

**America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

**America Walks**

[www.americawalks.org](http://www.americawalks.org)