

Counseling Services

Adena Counseling Center

455 Shawnee Lane
Chillicothe, OH 45601
(740) 779-4888
Monday - Friday, 8am - 5:30pm

Scioto-Paint Valley Mental Health Center

4449 State Route 159
Chillicothe, OH 45601
Phone (740) 775-1260
Fax (740) 775-0292
www.spvmhc.org
Monday - Friday, 8am - 5:30 pm

Smoking Cessation

American Cancer Society FreshStart

Adena Regional Medical Center
272 Hospital Road
Chillicothe, OH 45601
(740) 779-7135

Mary Ginther, FreshStart Coordinator
Rose Haubiel, FreshStart Coordinator

A tobacco cessation program designed to help participants stop smoking through proven strategies. One hour classes are held on four consecutive Tuesday's usually at the first of every month.

Health Literature

Adena Health System

(740) 779-7330

American Heart Association Ross County Division

1-800-282-0291

Chillicothe & Ross County Library

(740) 702-4145

Ross County Health District

(740) 775-1146

Internet Sites

American Cancer Society, <http://www.cancer.org>

American Heart Association, <http://www.americanheart.org>

Centers for Disease Control & Prevention -Heart Disease & Stroke Prevention, <http://www.cdc.gov/dhdsp>

National Heart, Lung & Blood Institute, <http://www.nhlbi.nih.gov>

National Institute of Diabetes, Digestive & Kidney Disease, <http://www.niddk.nih.gov>

National Coalition of Women with Heart Disease, <http://www.womenheart.org>

The National Women's Health Information Center, <http://www.womenshealth.gov>

Office of Minority Health, <http://www.omhrc.gov>

USDA, <http://www.mypyramid.gov>

Ohio Department of Health, <http://www.healthyohioprogram.org>

Ross County Health District, <http://www.rosscountyhealth.com>

OSU Extension - Ross County, <http://www.ross.osu.edu>

National Institute of Health, <http://www.nih.gov>

Ohio Department of Health, Heart Disease & Stroke Prevention Program, <http://www.odh.ohio.gov/odhPrograms/hpr/cardio/hdsp.aspx>

This listing is for reference only and is not an endorsement by Heart Health of Ross County or any of its cooperating agencies. Local organizations provided information to Heart Health of Ross County that indicated the program meets our basic requirements.

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Ross County Heart Health Resource Guide

*Compiled and designed by:
Heart Health Task Force of Ross
County & Adena Health System*



Ross County Heart Health Resource List

Heart Attack Information

Heart Attack Warning Signs

- Chest discomfort (*usually in center of chest, pressure, squeezing pain*)
- Arm, back, neck or jaw pain
- Shortness of breath
- Cold sweats, nausea or vomiting
- Unexplained anxiety
- Weakness or tiredness
- Paleness or dizziness (may be more present in women)

What To Do If Experiencing Warning Signs

Call 911 (minutes matter, time is muscle, EMS can begin treatment immediately)

Heart Attack Risk Factors

- Family history, gender & race
- Diabetes
- Smoking
- Excess weight
- High cholesterol levels & blood pressure

Blood Pressure Measurement

Ross County Health District

475 Western Avenue, Suite A
Chillicothe, OH 45601
(740) 775-1146

Monday - Friday, 8am to 4pm

Closed from 11:45am to 1pm for lunch.

Contact your local pharmacy to see if they offer free blood pressure checks.

Cardiac Rehabilitation & Support Groups

Adena Cardiac Rehabilitation & Support Group

(740) 779-7891

Worksite Health Promotion

Ross County Health District

475 Western Avenue, Suite A
Chillicothe, OH 45601
(740) 779-9346, ext. 224
www.rosscountyhealth.com

Adena Occupational Health Center

Adena Health System
272 Hospital Road, West Entrance
Chillicothe, OH 45601
(740) 779-7813

OSU Extension - Ross County

475 Western Avenue, Suite F
Chillicothe, OH 45601
(740) 702-3200
<http://ross.osu.edu>

Nutrition & Diabetes

Adena Regional Medical Center

Dietitian Services,

Registered, Licensed Dietitians available

(740) 779-7520 & (740) 779-7689

OSU Extension Office - Ross County

475 Western Avenue, Suite F
Chillicothe, OH 45601
(740) 702-3200

Weight Control

TOPS (Take Off Pounds Sensibly)

(414) 482-4620

www.tops.org

Weight Watchers of Chillicothe

8 Health Drive
Chillicothe, OH 45601
1-800-651-6000

Physical Activity & Indoor Walking Areas

Tabernacle Baptist Church

Corner of Hickory & Main Street, Chillicothe
Open Monday - Friday, 6:30am - 4:30pm for indoor walking in their air-conditioned gymnasium

Ohio University Chillicothe's Shoemaker Center

101 University Drive, Chillicothe
Open Monday - Friday, 8am - 8pm

Physical activity at a moderate level improves your mood and sense of well being. It gives you more energy and helps control weight and it helps to prevent falls and fractures. It can help you live longer, and as you age, live more independently. Take the first step and start moving today.

For walking maps of Chillicothe & Ross County, contact Ross County Health District, (740) 779-9346, ext. 224 or www.rosscountyhealth.com.

Contact Information

Heart Health of Ross County

Ross County Health District

Phone: (740) 779-9346, ext 224

Fax: (740) 775-3696

hearthealth@rosscountyhealth.com