

Our Credentials

- National Association of Rural Health Clinics
- Urban Indian Health Institute
- National Diabetes Prevention Program/Center for Disease Control
- National Urban Indian Family Coalition
- Palmetto Care Connections

Affiliate Organizations

- HOPE Together
- Carolina Indian Heritage Association

Parent Organization

PINE  HILL
Indian Community Development Initiative

Our Core



Pine Hill Health Network
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Pine Hill Health Network

Community Health
Live Your Best Life



Pine Hill Health Network

COMMUNITY HEALTH PROGRAMS



Community Health Program

Pine Hill Health Network is a health and wellness hub serving rural areas with collaborating partners. The Program delivers access to existing healthcare providers, enhances established independent healthcare case management, provides health education, and ensures culturally appropriate outreach support to existing health and social services agencies and organizations.

Type 2 Diabetes Prevention Program

If you have Prediabetes, gestational diabetes, or are at risk for Type 2 Diabetes, this program is for you. This CDC based program focuses on healthy eating & physical activity proven to prevent or delay Type 2 Diabetes with support from a Diabetes Lifestyle Coach.

ChairRobics

An exercise program that overcomes mobility issues to reduce obesity and improve physical health.

Talking Circles

Caregiving, cancer, diabetes, abuse, anxiety/stress... our talking circles discuss unique topics to promote emotional health.

Blood Pressure Monitoring Program

Identify and control triggers that increase blood pressure and reduce risk for cardiovascular disease. This program provides you with a Blood Pressure (BP) Cuff, educational materials, and one-on-one support.



Nicotine Cessation Program

Learn the difference in the use of tobacco in traditional Native ceremony and tobacco addiction. Stop smoking today!



INDIGENOUS FIRST STEPS
Life and Culture Connected

Indigenous First Steps™

A culturally based program dedicated to support families through health education. From pre-pregnancy to post-pregnancy and breastfeeding, this program aims to reduce maternal and infant mortality, improve health outcomes for mothers and babies. Doula referral available.

YOUTH PROGRAMS

Teen Talk™

Youth empowerment and awareness program. Let's talk about it! Healthy relationships, peer pressure, substance abuse, and more.

Chasing the Dragon

Opioid prevention program led by the Federal Bureau of Investigations (FBI) and Drug Enforcement Agency (DEA).

Stay In Your Lane™

Domestic violence and teen dating violence program dedicated to a future without violence.

Veggie SoupER Kids Club™

In conjunction with HOPE Together, this food and nutrition educational resource program offers information on traditional Native American food recipes, soul food recipes, gardening information, and more.

Child ID Kits

A program of the National Center for Missing and Exploited Children, get your child ID kit today.

