



## WHAT IS HEALTHY STATE?

# We Believe in a Healthy Louisiana

**Moving forward, together.** Imagine a Louisiana where everyone has the opportunity to lead a healthier, more prosperous life. That's the vision of Healthy State.

By engaging with healthcare, community, education, and policy organizations from across the state, Healthy State is working to tackle the leading causes of poor health - together. A prosperous Louisiana requires more than just economic mobility; it requires good education, good jobs, health awareness, and sustainable living. We are united by a common goal: to build a healthier Louisiana where families, neighbors, and friends can thrive. Join us in shaping a healthier future for our state.

## LOUISIANA'S AREA OF STRENGTH - WHERE WE ARE BETTER THAN THE NATION AND IMPROVING SINCE 2020



## HEALTHY STATE PRIORITIES

Through research conducted by the Healthy State Team and collaboration with the Healthy State Advisory Board, we have identified six initial priorities. These priorities will guide our future initiatives and are directly related to Louisiana's current standing in America's Health Rankings.

### SMOKING CESSATION: RANKING 43

**Goal:** End smoking by changing behavior, advancing policy and expanding access to comprehensive smoking cessation services.

**Reason:** Smoking is the number one cause of preventable death in Louisiana (CDC). As of 2022, almost 20% of adults in Louisiana and 14% in the United States continue to smoke. (AHR)

### FOOD SECURITY: RANKING 47

**Goal:** Reduce food insecurity rates by connecting people to benefit programs and food support systems, providing education on healthy foods, strengthening existing initiatives, and establishing new partnerships.

**Reason:** Food insecurity has broad effects on health due to the mental and physical stress it places on the body and is associated with anemia, asthma, depression and anxiety, cognitive and behavioral problems and higher healthcare-related costs. The rate of food insecurity in Louisiana is 15% as opposed to 10% in the United States. (AHR)

### BROADBAND: RANKING 49

**Goal:** Increase households with high-speed internet access and utilization of digital and telehealth medicine programs.

**Reason:** Broadband is a "super social determinant of health" because connectivity is critical to accessing other support programs including digital health services/telehealth, virtual learning, benefit sign up and more. Louisiana (89% coverage) lags the nation (92% coverage) in the number of households with high-speed internet access with over 400,000 households still lacking access. (AHR)

### CANCER & CHRONIC CONDITIONS: RANKING 45

**Goal:** Save lives through access to lung, colorectal and breast cancer screenings; Expand detection and treatment of chronic conditions.

**Reason:** Nearly two-thirds of preventable premature death in Louisiana is due to cancer and uncontrolled chronic conditions. The rate of multiple chronic conditions in Louisiana is 13%. The US rate is 10% (AHR).

### WELLNESS & OBESITY: OBESITY RANKING 49; PHYSICAL INACTIVITY RANKING 45

**Goal:** Reduce obesity by increasing access to nutritious foods, providing education on healthy eating and expanding access to safe physical activity in underserved communities.

**Reason:** Adults who have obesity are more likely to have decreased quality of life and increased risk of developing serious health conditions.

### WORKFORCE & EDUCATION: ECONOMIC HARDSHIP RANKING 49; INCOME INEQUALITY 49; HIGH SCHOOL COMPLETION 48

**Goal:** Reduce income inequality and economic hardship and improve high school graduation rates by advancing careers and career pathways into high wage, high demand jobs.

**Reason:** Those with lower incomes and less educational attainment have poorer health outcomes than those with higher educational attainment and higher incomes.

### Questions?

Email [healthystate@ochsner.org](mailto:healthystate@ochsner.org)

Find out more and read more about our plan at [LiveHealthyState.org](https://LiveHealthyState.org).



# Communities in Action

## LOUISIANA REGION 3: SOUTH CENTRAL LOUISIANA WHAT YOU CAN DO IN YOUR COMMUNITY



From tackling chronic diseases to making healthcare more accessible, there are ways to make life healthier for everyone.

Here are Region 3's opportunities for improvement: Region 3 parishes that are over the 25th percentile in the Healthy State-identified priority of...

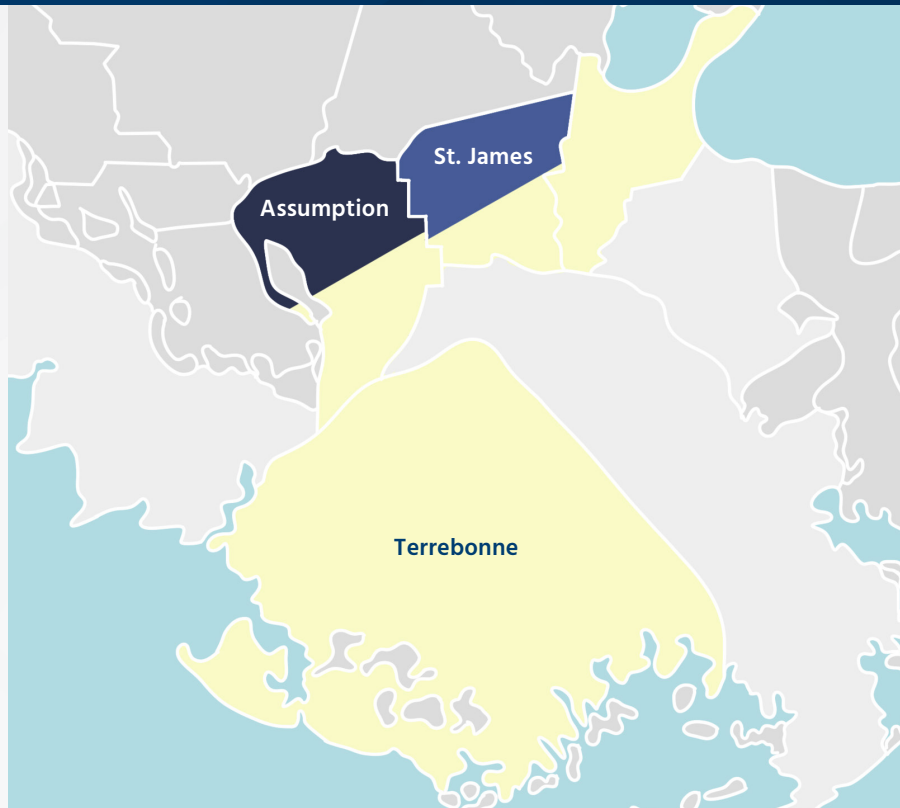
### ■ Smoking

### ■ Hypertension and/or Diabetes

### ■ Physical Inactivity and/or Obesity

Feedback from the latest Community Health Needs Assessment showed the following needs:

- Lack of access to care: Providers, location, and transportation
- Provider distrust; cultural competency; inserting politics into healthcare
- Health education/health literacy
- Food deserts
- Neighborhood safety
- The built environment and community infrastructure of the region often does not encourage or accommodate an active and healthy lifestyle



Colored areas represent parishes in the top 25th percentile of the worst scores in each issue area across all parishes in the state. Parishes that are in the 25th percentile for multiple issues are designated by corresponding stripes in corresponding colors. Areas that are not shaded may have significant need, but do not reach the 25th percentile.

## Recommendations

### 1) Smoking Cessation

- Advocate for smoke-free ordinances and increase access to smoking education, counseling, and medication in Assumption Parish.

### 2) Diabetes and Hypertension Management

- Increase access to diabetes and hypertension management & health education and improve provider trust and cultural competency in St. James Parish.

### 3) Obesity

- Increase access to obesity, physical activity, and nutrition interventions in St. John, St. James, and Terrebonne parishes.

### 4) Income and Poverty

- Create career pathways that result in high-wage, high-demand jobs:
  - Sailors and marine oilers
  - Captains, mates, pilots of water vessels
  - Registered nurses

SOURCE: Ochsner St. Mary 2021 Community Health Needs Assessment and Ochsner St. Anne Hospital 2021 Community Health Needs Assessment

Find out more about our work and how you can improve your own health at [LiveHealthyState.org](https://www.LiveHealthyState.org).

Scan the QR code below:

