

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: 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:

- **Access to Healthcare**
- **Health Outcomes:** Chronic conditions, cancer, maternal and child health, and discriminations in healthcare and health disparities
- **Educating the Next Generation**
- **Community Economic Opportunity**
- **Community Partnerships** to address social drivers

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

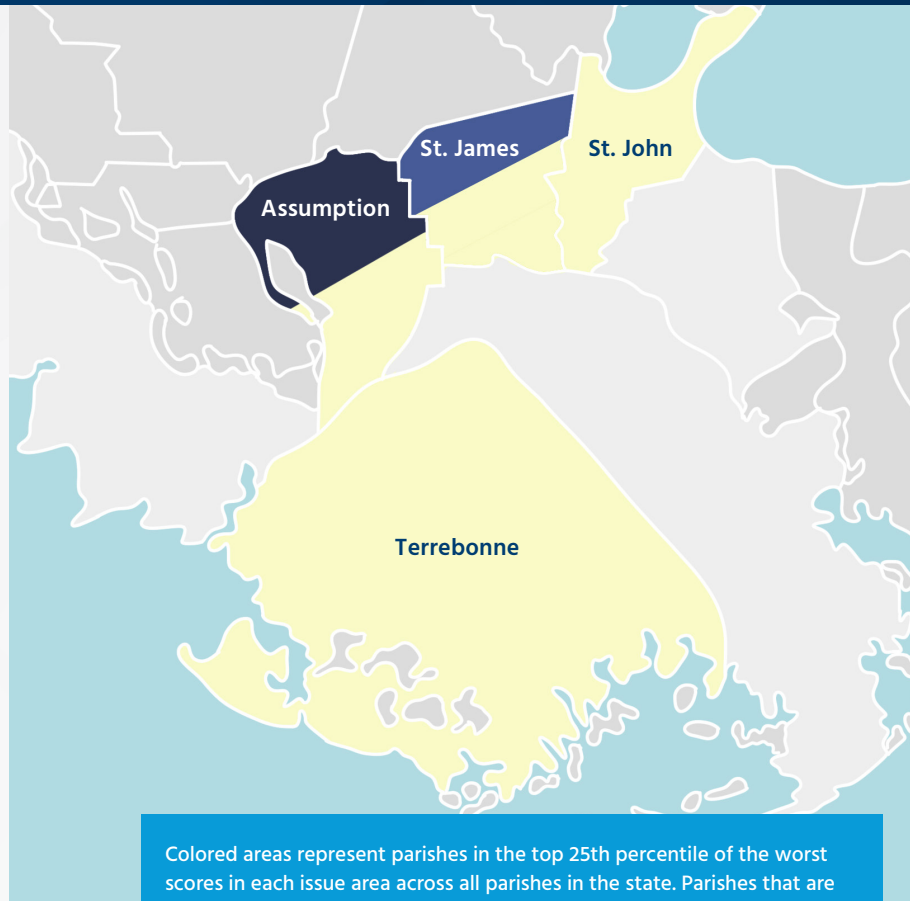
- Increase access to diabetes and hypertension management & health education and improve provider trust and cultural competency in St. James Parish.

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



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.

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.

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