

Communities in Action

LOUISIANA REGION 9: NORTHSHORE

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 9's opportunities for improvement: Region 9 parishes that are over the 25th percentile in the Healthy State-identified priority of...

- **Smoking**
- **Hypertension and/or Diabetes**
- **Food Security**
- **Physical Inactivity and/or Obesity**
- **Cancer**

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

- Chronic disease prevention
- Maternal and infant health services
- Access to and awareness of behavioral health services for both mental health and substance use

Recommendations

1) Smoking Cessation

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

2) Cancer Screening and Treatment

- Increase access to cancer health education, screening and treatment for lung, breast, and colorectal cancer in St. Tammany Parish.

3) Diabetes and Hypertension Management

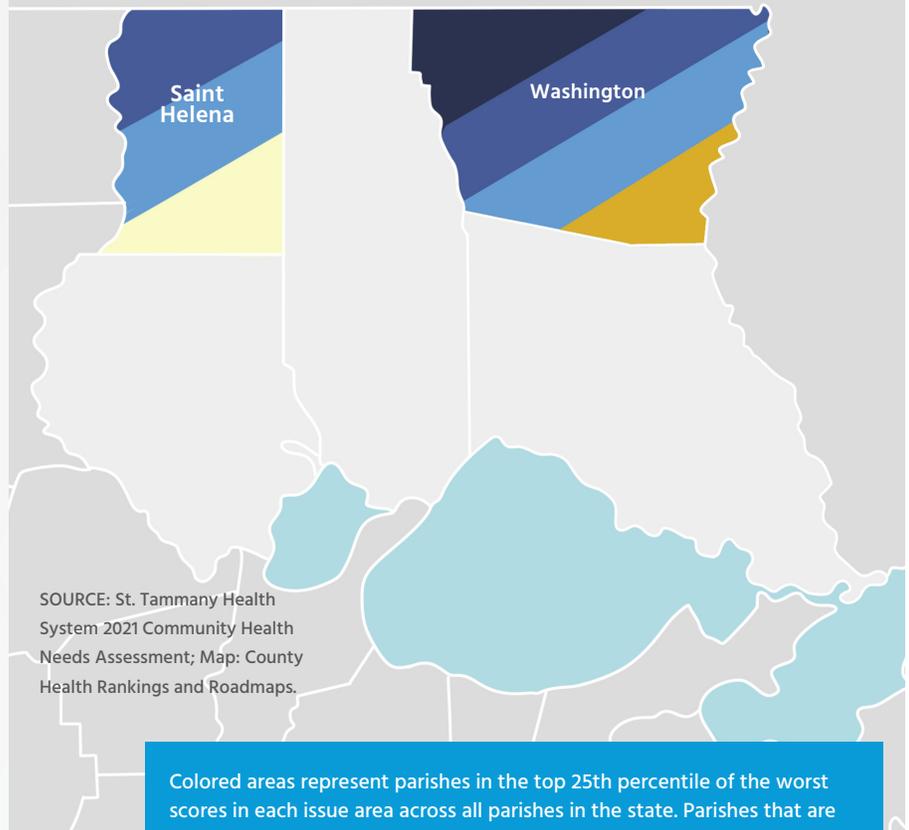
- Increase access to diabetes and hypertension management & health education and improve provider trust and cultural competency in Washington and St. Helena parishes.

4) Obesity

- Increase access to obesity, physical activity, and nutrition interventions in St. Helena Parish.

5) Food Security

- Partner with the Louisiana Department of Children and Family Services to promote and increase participation in food-related public benefits such as Supplemental Nutrition Assistance Program (SNAP), Elderly Simplified Application Project for SNAP, Women, Infants and Children program (WIC) in Washington and St. Helena parishes.



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.

Become a Department of Children and Family Services (DCFS) Community Partner by contacting the community outreach team at the QR code.



6) Income and Poverty

- Create career pathways that result in high-wage, high-demand jobs:
 - General and operations managers
 - Registered nurses
 - First line supervisors - construction trade and extraction

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:

