



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

Find out more and read more about our plan at LiveHealthyState.org.



Communities in Action

LOUISIANA REGION 5: LAKE CHARLES 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 5's opportunities for improvement: Region 5 parishes that are over the 25th percentile in the Healthy State-identified priority of...

Cancer

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

- Access to care - especially dental, dietitians, specialists and mental healthcare
- Economic opportunity and poverty - especially the costs of childcare and housing
- Food insecurity
- Crime

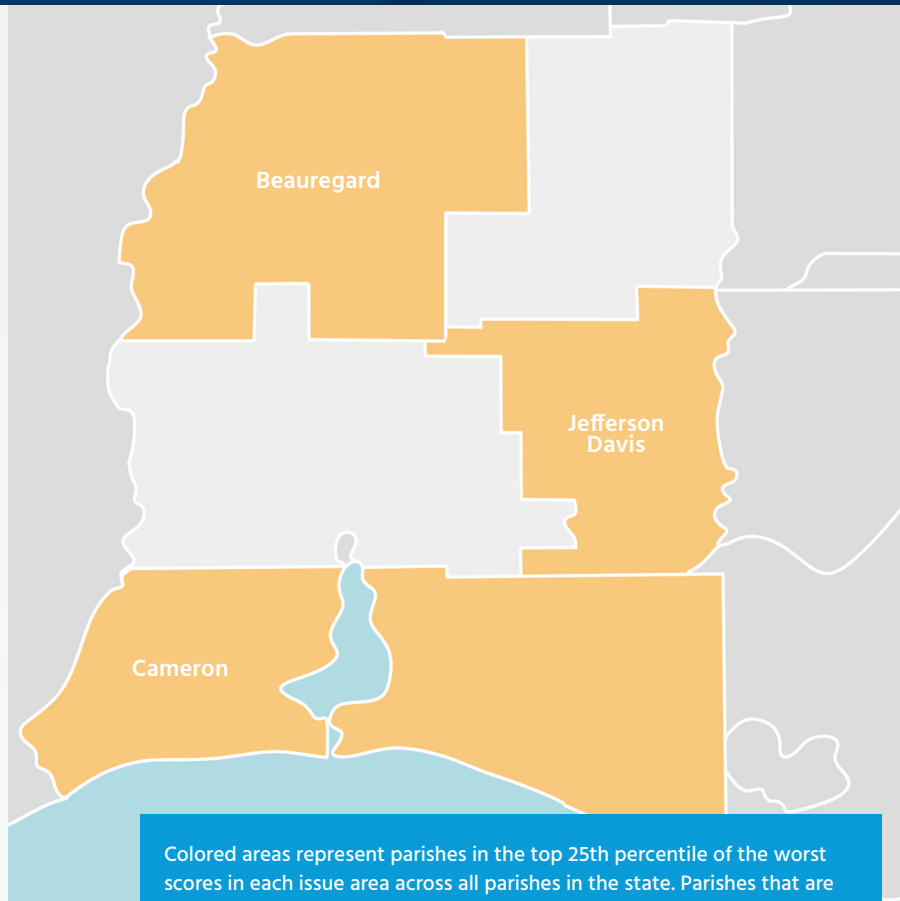
Recommendations

1) Cancer Screening and Treatment

- Increase access to cancer health education, screening and treatment for lung, breast, and colorectal cancer in Beauregard, Jefferson Davis, and Cameron parishes – **neighborhood-level geographic differences in cancer rates are significant.**

2) Income and Poverty

- Create career pathways that result in high-wage, high-demand jobs:
 - Petroleum pump operators, refinery operators, gaugers
 - General and operations managers
 - Sales reps - wholesale and manufacturing
 - Computer systems analysts



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.

Find out more about our work and how you can improve your own health at LiveHealthyState.org.

Scan the QR code below:

