



RURAL
HEALTH
WORKSHOP

WELCOME!





Bureau Updates

Bureau of Primary Care and Rural Health

Improves health status of rural and underserved residents of Louisiana by building capacity of community health systems to provide integrated, efficient, and effective healthcare services

Bureau of Chronic Disease Prevention and Health Promotion

Connects Louisiana communities to a healthy future by mobilizing them across the state, developing community resource linkages, and increasing access to healthier environments by promoting chronic disease prevention efforts statewide

Well-Ahead Louisiana





Connecting Louisiana Residents to a Healthier Future

- State Office of Rural Health
- Medicare Rural Hospital Flex
- Small Hospital Improvement Program
- State Loan Repayment
- Rural Provider Support Programs
- Primary Care Office
- HPSA Designation
- State Refugee Program
- Early Care and School Health Promotion
- Obesity and Management Prevention
- Diabetes Management and Prevention
- Heart Disease Management and Prevention
- Oral Health Promotion
- Tobacco Cessation and Prevention
- WellSpot Designation
- Healthy Community Design

NEARLY **3,000**
SPACES & PLACES
DESIGNATED AS WELLSPOTS

15

DIABETES
PREVENTION
PROGRAMS



66

DIABETES
SELF-MANAGEMENT
PROGRAMS



The Louisiana
TOBACCO QUITLINE
receives an average of

10,000
CALLS PER YEAR



95%

OF STUDENTS
IMPACTED BY THE HEALTHY
SCHOOLS TRAINING KREWE



396 oral screenings and 796
dental sealants provided to
students in Louisiana



321

Provider and Practice
Education Network
Members

WELL-AHEAD INITIATIVES HAVE IMPACTED OVER



RESIDENTS STATEWIDE

Well-Ahead Louisiana Provider Education Network

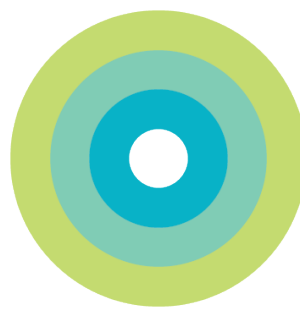
What is the Provider Education Network?

Connects providers to tools, training, and technical assistance to help you provide the best possible care to your patients and make every angle of your practice more effective



What does the Provider Education Network offer?

- Technical Assistance
- Population Health Cohort
- WellSpot Designation
- Education and Training
- Resources



Technical Assistance

Technical Assistance

- Establishing a Rural Health Clinic
- Establishing a Federally Qualified Health Center
- Student Loan Repayment Program Guidance
- Conrad 30/J1 Visa Waiver Guidance
- National Health Service Corps Guidance
- Regulations or Legislation
- Resources/Contact Information



Population Health Cohort

Population Health Cohort

Population Health

- The effort to improve the overall health of a population in a consistent and personalized manner at minimal cost.
- Delivering healthcare in a manner that helps people live healthier and happier lives regardless of their circumstances

Population Health Cohort Focuses

- Chronic Disease Prevention
- Chronic Disease Management
- Medical Therapy Management
- Database and Intervention Evaluation Tools



WellSpot Designation



★ ★ **HOORAY!** ★ ★

Healthcare Facilities

LEVEL 2

- Avoyelles Rural Health Clinic
- Delhi Rural Health Clinic
- Natchitoches RMC Walk-In Clinic
- North Natchitoches Medical Clinic

LEVEL 3

- St. Martin Parish School Based
Health Clinic

Hospitals

LEVEL 2

- Hood Memorial Hospital
- Lady of the Sea Hospital
- St. Martin Hospital

LEVEL 3

- Christus Highland Medical Center
- LaSalle General Hospital
- Mercy Regional Medical Center

WellSpot Designation

- Makes the healthy choice the easy choice through small changes like:
 - Geauxing tobacco-free
 - Providing Worksite Wellness Programming
 - Implementing Team-Based Care
 - Offering or referring to community resources for diabetes management and prevention
- Inspires a healthier, happier and more productive workforce
- Can reduce healthcare costs and increase employee retention and recruitment
- Begins with an online assessment



Education and Training

Education and Training Opportunities

- Brief Tobacco Intervention
- Emergency Preparedness Trainings
- Team-Based Care 101
- Population Health Analytics
- And more!

Coming Soon! Interactive WALPEN calendar that will provide information on all webinar and online training opportunities, in-person workshops, conferences, etc.



Brief Tobacco Intervention Training

Rural communities in Louisiana use tobacco products at higher rates and more heavily than urban communities.

Tobacco quit rates increase when healthcare providers consistently identify and treat tobacco use.

In this training you will:

- Learn three simple steps to effectively talk to patients about tobacco in less than three minutes
- Learn effective, evidence-based cessation treatments available in Louisiana
- Earn continuing education credits in less than an hour!



Resources

Resources

- Provider Education
- Patient Education
- Guides for clinic/program development
- Staff Development - Recruitment and Retention
- Community Resource Guide



Patient Education



Staying WELL-AHEAD with High Blood Pressure

When you have high blood pressure, also known as hypertension, it's important to pay close attention to your diet. Staying aware of portion size, eating a variety of foods and getting the right amount of nutrients can help lower your blood pressure.

Eating Tips

The trick to staying healthy with high blood pressure is monitoring your salt intake. Always choose low sodium or no salt added options. Limit salt to 2,300mg or less per day¹. Most of the sodium in our diets come from pre-packaged, processed, restaurant and fast foods. **Try to limit these types of food:**

Pre-Packaged Foods

- "instant" or "just add water" items
- chips, crackers & cereal
- canned soups, sauces & broths
- frozen dinners & pizzas
- baking mixes

Processed Foods

- white bread & pasta
- deli meats
- sausage, bacon & boudin
- pickled items

Condiments Count, Too!

- soy sauce & worcestershire sauce
- ketchup & bbq sauce
- Tony Chachere's seasoning
- gravy
- salad dressings

So, what can you eat? Check out the menu below. The meals are filling and the snacks are healthy!

Breakfast	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • 1 cup cooked oatmeal • 1 banana • 1/2 oz. unsalted nuts • 1 cup skim or 1% milk 	<ul style="list-style-type: none"> • 1 cup salad greens • 1/2 cup chopped raw veggies • 1/2 cup chickpeas • 1 boiled egg • 1 wheat dinner roll • 1 tbsp. vinegar based dressing 	<ul style="list-style-type: none"> • 1 medium apple • 2 tbsp. peanut butter 	<ul style="list-style-type: none"> • 1 cup cooked whole wheat pasta • 1/2 cup low sodium marinara • 4 oz. of chicken • 1.5 oz. shredded parmesan cheese • 1 cup broccoli, cooked 	<ul style="list-style-type: none"> • 1 cup fresh fruit • 1 cup low-fat yogurt

Shopping Tips

- **Buy foods in their most natural form.**
 - >> whole fruits and veggies (frozen works!)
 - >> lean meats and fish, dried beans and peas, eggs
 - >> nonfat or low-fat milk, yogurt and cheese
 - >> whole grains - whole wheat bread and pasta, rolled oats and brown rice
 - >> low sodium snacks - unsalted nuts, rice cakes, dried fruit, protein bars
- **Plan to go to the grocery store once a week!**
- **Aim for frozen fruits and veggies over canned.** When buying frozen veggies, avoid those that are pre-seasoned or come with a sauce. If buying canned produce, look for low sodium or no salt added varieties.
- **Find a local farmer's market to take advantage of in-season, local produce.** Many farmer's markets accept SNAP benefits (food stamps) and participate in the Senior Farmer's Market Nutrition Program (SFMNP). Use your SNAP benefits to purchase plants and seeds for growing your own vegetable garden!



Ways to Save

- ✓ **Buy frozen veggies and beans.**
- ✓ **If you chose fresh fruits/veggies, buy those in season.**
- ✓ **Instead of buying pre-packaged veggies, choose whole veggies and cut them yourself.**
- ✓ **Buy generic brands.**
- ✓ **Buy meats with the skin on them and remove before cooking.**



Staying WELL-AHEAD with Diabetes

The foods that we eat are made up of three major nutrients: carbohydrates (starches & sugars), protein (meat) and fats. When you have diabetes, also known as high blood sugar, you must monitor the type and the amount of carbohydrates you eat each day.

Eating Tips

Foods high in carbohydrates are: breads, crackers, cereals, pasta, rice, grits, oats, milk, fruit, beans, starchy vegetables (potatoes, corn and peas) and sweets (cakes, cookies, ice cream, candy bars, puddings and jams).

- Fill half of your plate with non-starchy vegetables - broccoli, green beans, spinach, collards, squash, cauliflower, beets, carrots, tomatoes or okra.
- Add whole grains or starches to half of the space left on your plate - brown rice, whole wheat pasta, sweet potatoes, corn, peas, or beans.
- A lean source of protein should take up the last empty section of your plate - eggs, chicken, turkey or salmon.



How big is a serving size?

Quick Tips	baseball	8 ball	deck of cards	3 dice	DVD
<ul style="list-style-type: none"> ✓ Pair carbs with a protein and/or healthy fat to prevent blood sugar spikes. ✓ Don't skip meals. Eat every 3-4 hours. ✓ Eat about the same amount of carbs daily. ✓ Eat 3 servings of non-starchy veggies daily. ✓ Switch fruit juice for whole fruit. 	1 cup	0.5 cup	3oz protein	1.5oz cheese	1oz deli meat
	Go Foods (foods to aim for)		Woah Foods (foods to limit)		Slow Foods (foods to avoid)
	non-starchy veggies beans & peas fish & seafood whole grains		fruit nuts avocados		carbs, like: white bread & rice bacon, chips, sweets fried foods

Shopping Tips

- **Shop Fresh!** Shop for most of your groceries on the outer edges of the store. Then shop the aisles.
- Fresh and frozen fruits/veggies are the best options. Remember, frozen veggie blends with sauces tend to have more salt.
- If you choose to buy canned fruits/veggies, buy the "no added sugar" and "reduced sodium" options.
- **Beware of sneaky "added sugar" items.** This is sugar added during processing - many pre-packaged and canned foods contain it. Look for these words in the ingredients: sugar, high fructose corn syrup, sucralose, fructose, dextrose and corn syrup.
- **"Low-fat" items are not always the better option.** They most likely have even more added sugar than regular items!
- Instead of buying white bread, rice and pastas, **buy 100% whole wheat.**
- **Choose lean meats:** sirloin, rump roast, tenderloin, pork chops, chicken breast and turkey breast.

Ways to Save



- ✓ **Always look for produce sales!**
- ✓ **Buy heads of dark lettuce instead of ready-made salad packs.**
- ✓ **Buy whole carrots and peel them, instead of buying minis.**
- ✓ **Buy chicken breasts with the skin - remove skin before cooking.**
- ✓ **Buy frozen meats.**
- ✓ **Store brand eggs, low-fat milk and yogurt, brown rice, whole wheat pasta and whole wheat bread are much cheaper than the name brands.**



COMMUNITY RESOURCE GUIDE

FIND COMMUNITY RESOURCES NEAR YOU!

Use the search tool below to find local resources for topics like breastfeeding, diabetes, healthy eating, physical fitness, stress management and tobacco cessation.

Is there a local resource that you would like for others to know about?

Submit a new resource, or email us at wellahead@la.gov. Help us in moving your community Well-Ahead!

Add

TYPE

- ☐ Breastfeeding
- ☐ Diabetes Prevention and Self-Management
- ☐ Health Screenings
- ☐ Healthy Eating and Food Resources
- ☐ Physical Fitness
- ☐ Stress Management/Mental Health
- ☐ Tobacco Cessation

PARISH

Search

Staying Connected

Louisiana Obesity Prevention and Management Commission

- Improves obesity prevention and management strategies
- Priority Area 1: Educate Payers and Healthcare Providers on Obesity Prevention and Treatment Best-Practices
- Priority Area 2: Provide Community Resources for Obesity Prevention Best Practices
- Priority Area 3: Improve Data Tracking for Obesity in Louisiana
- Priority Area 4: Inform and Education Legislators of the State's Obesity Burden, Community Interventions and Policy Recommendations
- Meets quarterly



Louisiana Diabetes Collaborative

- Improves health outcomes related to diabetes
- Goal: Gains and increases coverage and reimbursement of Diabetes Self-Management Education and Support programs and the National Diabetes Prevention Program
- Goal: Educates providers on DSMES and the National DPP and works to increase referrals to both programs
- Goal: Increases awareness among the general population about prediabetes, diabetes, DSMES and the National DPP
- Goal: Increases the availability of DSMES and the National DPP in the state
- Meets quarterly



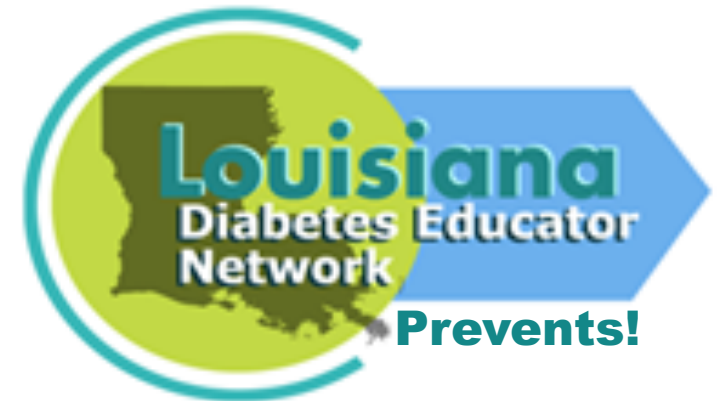
LaDEN: Louisiana Diabetes Educators Network

- Offers professional development and networking opportunities through webinars, workshops and online meetings to providers offering care and treatment to Louisiana residents living with diabetes
- Offers CEUs
- Nearly 120 members
- Meets quarterly



LaDEN: Louisiana Diabetes Educators Network Prevents!

- Offers professional development and support to National DPP coordinators and lifestyle coaches through webinars and workshops
- Offers technical assistance to current National DPPs.
- Meets quarterly



Louisiana Tobacco Coalition

- Improves tobacco cessation and prevention strategies
- Goal Area 1: Youth Prevention
- Goal Area 2: Eliminating Secondhand Smoke Exposure
- Goal Area 3: Promoting Cessation
- Goal Area 4: Eliminating Disparities
- Goal Area 5: Statewide Coordination/ Surveillance and Evaluation
- Goal Area 6: Mass-Reach Communications
- Meets quarterly



Louisiana Oral Health Coalition

- Coordinates the provision of information, resources, and services so that all people of all ages can have excellent oral health
- Focus Area 1: Access
- Focus Area 2: Education
- Focus Area 3: Prevention
- Focus Area 4: Workforce
- Meets quarterly



Louisiana Healthy Communities Coalition

- Builds healthy thriving communities by mobilizing them to develop and implement policy, systems and environmental changes
- There are nine Healthy Community Coalitions across the state - one in each of the state's health regions
- Focuses: Tobacco, Obesity and Healthy Living
- Meets quarterly



LOUISIANA HEALTHY
COMMUNITY COALITION

Bookmark www.walpen.org



Subscribe to our WALPEN email list



Provider Education Network

You Are Invited!

Pharmacist-Provided Medication Therapy Management: A Patient's Ally Against Chronic Disease

April 26th: 12:00pm - 1:00pm



The webinar will provide an overview of the application of Medication Therapy Management in managing a patient with chronic disease, such as hypertension or diabetes.

In this webinar, you will:

- Learn about Medication Therapy Management (MTM) and its components.
- Learn about opportunities to sustain your MTM services.
- Learn about strategies to promote your MTM services.

[Click Here to Register for the Webinar.](#)

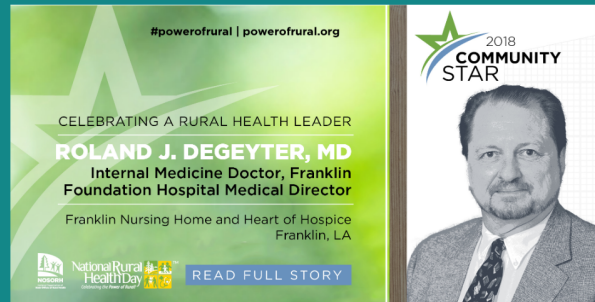


Happy National Rural Health Day!

Well-Ahead Louisiana is proud to recognize three recipients of the National Organization of State Offices of Rural Health's prestigious Community Star Award. Thanks for helping us move Louisiana's health forward!



The Bogalusa Mayor's Wellness Council was awarded for bringing together a diverse group of partners to implement Bogalusa Strong. In less than a year, Bogalusa Strong was able to launch a citywide tobacco cessation campaign, host a healthy lunchroom workshop for Bogalusa school cafeteria staff, establish a bi-annual Mayor's walk, and more.



Provider Education Network

Our Brief Tobacco Intervention Provider Training is now available online!



21.9% of Louisiana adults smoke. The majority of those who smoke are interested in quitting, but rarely receive quit assistance.

Tobacco quit rates increase when healthcare providers consistently identify and treat tobacco use. Cessation advice should be offered to every patient!


As a healthcare provider, you have a great opportunity to make tobacco use screening and cessation service referral a standard of care among your healthcare team.

Over 100 providers have participated in our Brief Tobacco Intervention Training! Don't miss out! In the training you will:

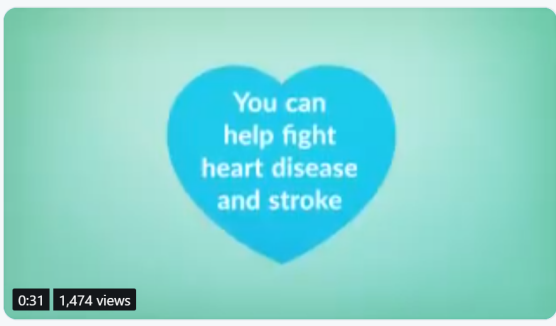
Follow Us On Social Media

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Published by Sprout Social [?] · April 17 · 🌐

Want to make a difference this Spring Break? Then join us April 23rd for a free Building Your Diabetes Education Program! Wednesday, April 17th, is the last day to register. But don't worry you can do it right now by clicking this link:
<https://www.myaadenetwork.org/p/cm/ld/&fid=7174> 📲



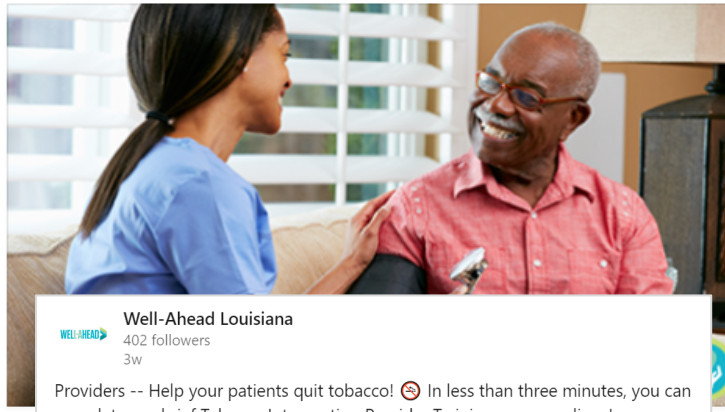
@WellAheadLA @WellAheadLA · Apr 8
Focusing on the fight against [#HeartDisease](#) and [#stroke](#) is one of the best ways you can make a difference in your [#community](#). Here's how! ❤️❤️❤️
[#HealthyHearts](#) [#BeALeader](#)



1 4 42

Well-Ahead Louisiana
Published by Hillary Simpson Sutton [?] · April 19 at 10:00am · 🌐


The trick to staying healthy with high blood pressure is monitoring your salt intake. When grocery shopping, choose low-sodium or no salt added options.



Well-Ahead Louisiana
402 followers
3w

Providers -- Help your patients quit tobacco! 🚭 In less than three minutes, you can complete our brief Tobacco Intervention Provider Training course online. Learn more: <http://bit.ly/2xxYE9T>

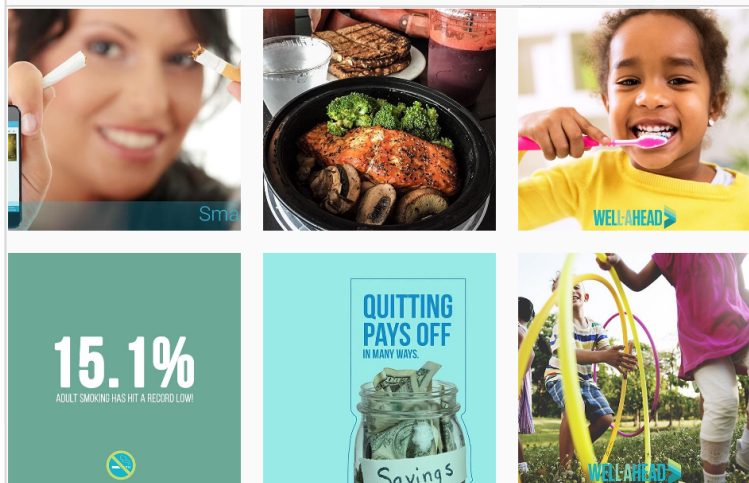
[#HealthyAir](#)



wellaheadlouisiana Edit Profile ⚙️

174 posts 534 followers 421 following

WellAheadLouisiana Well-Ahead Louisiana encourages people & groups to make small healthy lifestyle changes so we can all enjoy our great state for many years to come. www.facebook.com/WellAheadLA



15.1%
ADULT SMOKING HAS HIT A RECORD LOW!

QUITTING
PAYS OFF
IN MANY WAYS.

Savings

HOW TO BECOME A
WELLSPOTOLA
(It's really, really easy)

WELL-AHEAD

0:00 / 0:20

Social Media Handles



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Thanks for helping us move Louisiana's health forward!

