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 provided 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 Heathier 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 WELSPOTS

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 4,400,000 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

• 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
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 sizes, 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 sodium to 2,300mg or less per day. Most of the sodium in our diets come from pre-packaged, processed, restaurant and fast foods. Try to limit these types of foods.

**Processed Foods**

- White bread and pasta
- Canned beans and soups
- Processed meats
- Processed cheeses

**Processed Foods**

- Whole grain breads and cereals
- Nuts and seeds
- Fruits and vegetables
- eggs

**Eating Tips**

- Reduce your intake of salt. Avoid processed foods and pre-packaged foods.
- Choose whole grain breads and cereals instead of refined ones.
- Limit the amount of sodium in your diet.
- Increase the intake of fruits and vegetables.

### Staying WELL-AHEAD with Diabetes

When you have diabetes, also known as high blood sugar, you must monitor the types and the amount of carbohydrates you eat each day.

**Eating Tips**

- Fruits high in carbohydrates are broccoli, carrots, corn, potatoes, rice, peas, beans, lentils, fruits, vegetables (starchy, corn and beans) and sweets (cakes, cookies, ice cream, candy bars, pastries, and jellies).
- Add whole grains or starches to half of the space left on your plate - brown rice, whole wheat bread, 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.

### Shopping Tips

- Buy frozen veggies and fruits.
- When choosing fresh fruits and vegetables, buy those that are in season.
- Reduce the amount of pre-packaged meals, choose whole veggies and eat them yourself.
- Keep your meals simple.
- Always look for produce sales.
- Buy foods that do not contain added sugar or salt.
- Buy foods with low fat and sodium.
- Buy foods that are high in fiber and low in sugar.
- Buy foods that are rich in vitamins and minerals.

### How big is a serving size?

- Portion sizes vary depending on age and sex.
- Use a measuring cup to determine portion sizes.
- Serve your food in a serving bowl.
- Use a measuring cup to determine portion sizes.
- Use a measuring cup to determine portion sizes.
- Use a measuring cup to determine portion sizes.

### Ways to Save

- **Snack Tips**: Snack on fruits, nuts, and seeds instead of chips and crackers.
- **Shopping Tips**: Shop for sale items and use coupons.
- **Ways to Save**: Use coupons and look for sales.
- **Eating Tips**: Limit your intake of added sugars and fats.
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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

<table>
<thead>
<tr>
<th>TYPE</th>
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<tbody>
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<td>Breastfeeding</td>
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<td>Diabetes Prevention and Self-Management</td>
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<td>Health Screenings</td>
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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
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.

Our Brief Tobacco Intervention Provider Training is now available online!
21.6% 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. Counseling 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 130 providers have participated in our Brief Tobacco Intervention Training! Don’t miss out in the training you will.

Provider Education Network
Follow Us On Social Media
Social Media Handles

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Thanks for helping us move Louisiana’s health forward!