

RURAL **HEALTH** WORKSHOP

Welcome!



Year in Review

First and Foremost: Thank You!

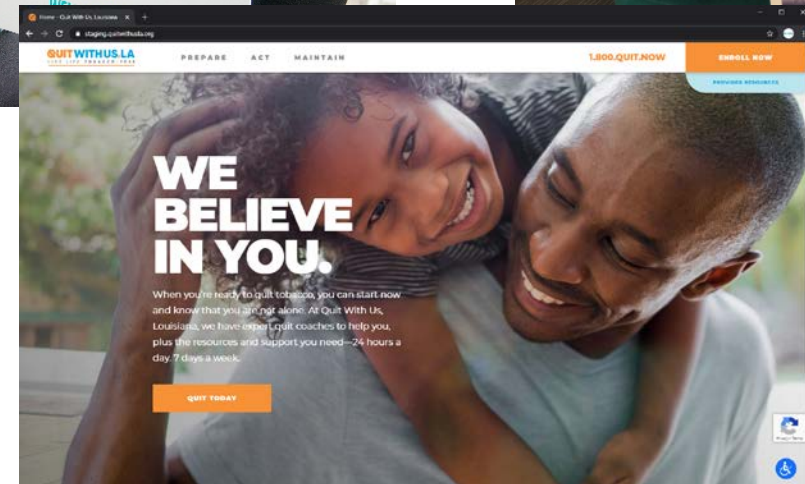


Dr. Deepa Vasireddy, Pediatric Group of Acadiana



Candice Leach, NP, Jonesville Care Clinic

Looking Back: Successes



Looking Back: Challenges

- COVID-19 Pandemic
 - Racial disparities of those affected
- Social Injustice and Health Inequity
- Hurricane Laura

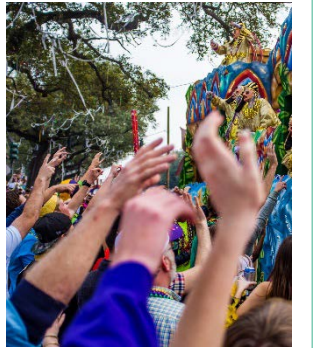


Looking Forward: Opportunities

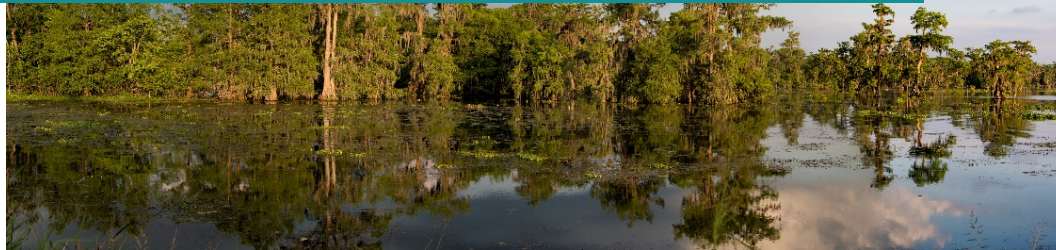
- Innovation
- Greater Focus on Health Equity
- Partnership and Collaboration



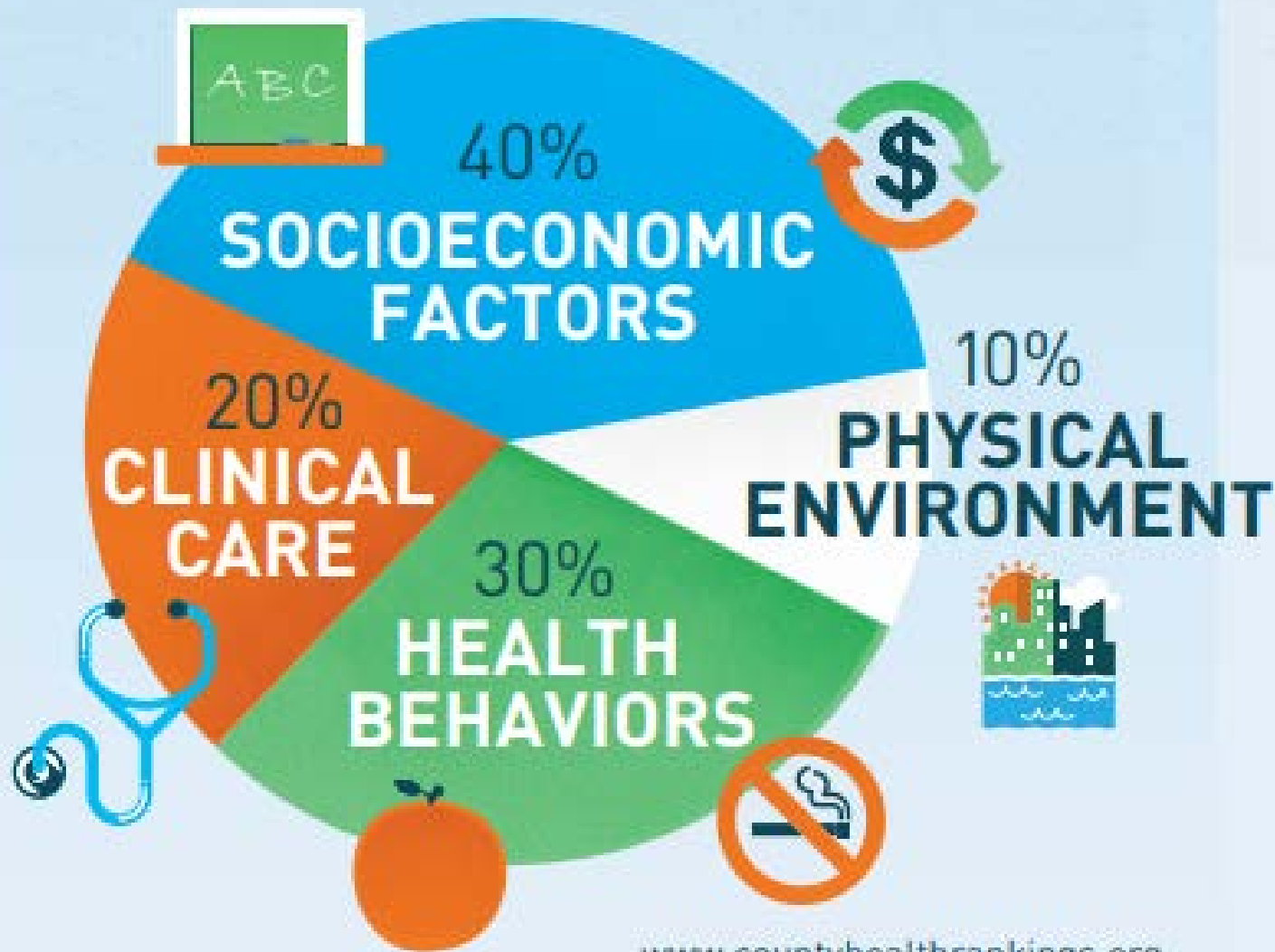
Know Our Numbers



Louisiana is ranked 49th in the nation for overall health

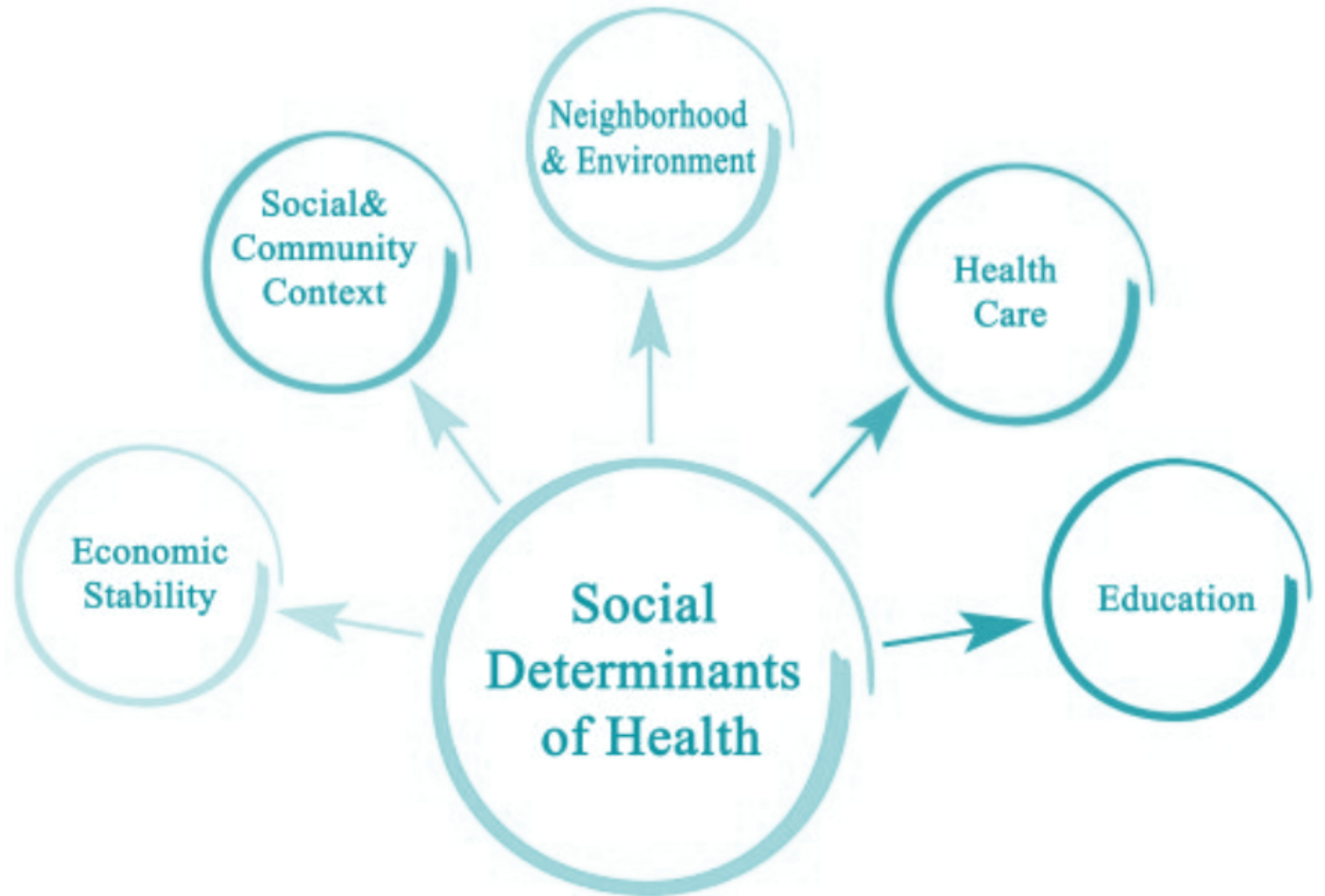


This is what affects health

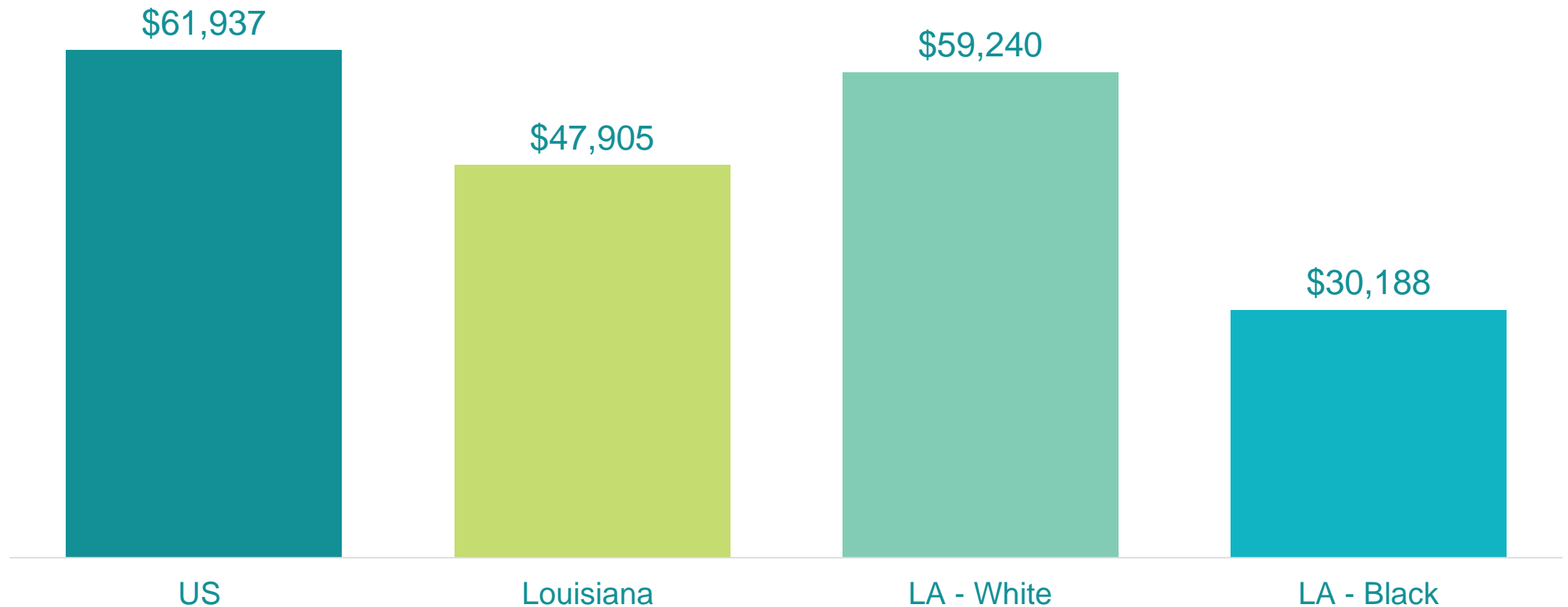


www.countyhealthrankings.org

The social determinants of health are the conditions in which people are “born, grow, work, live, and age, and the wider set of forces and systems” (economic, social policies, and political systems) that shape the conditions of daily life.

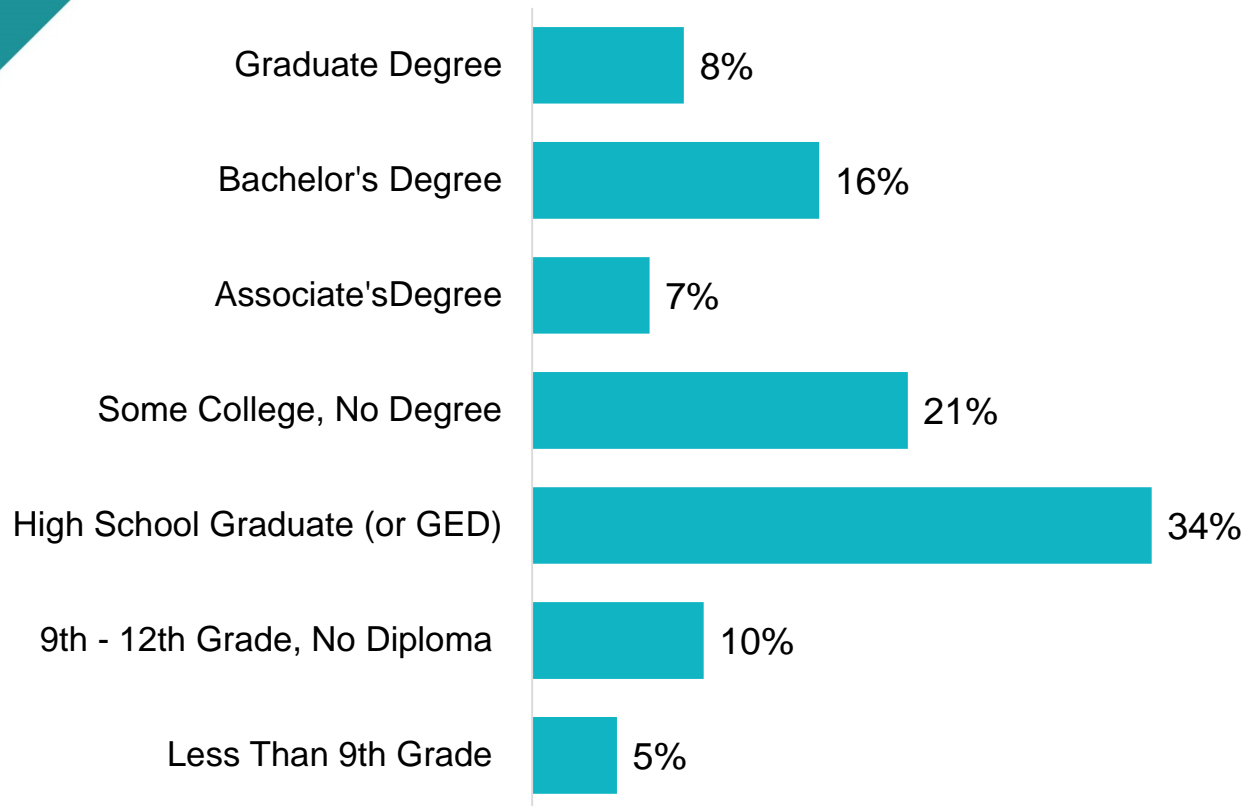


Economic Stability: Median Household Income in Louisiana by Race, 2018

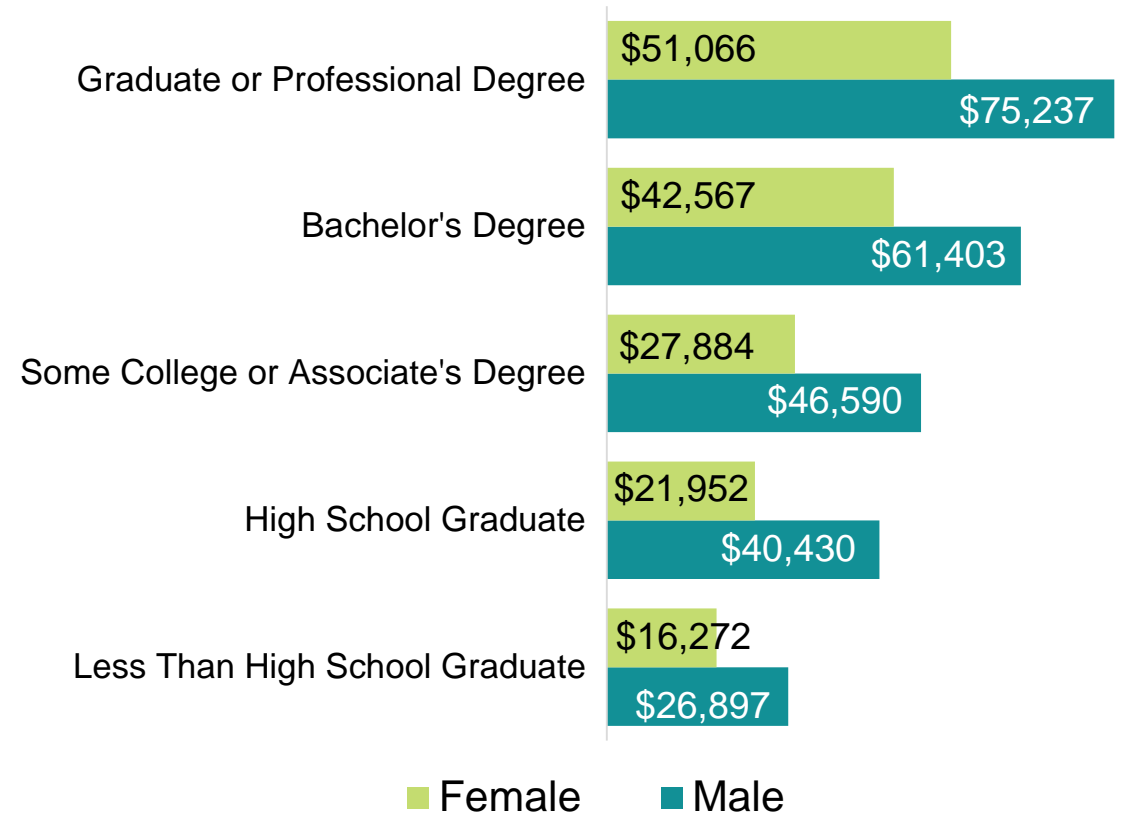


Education: Educational Attainment & Median Earning, 2018

Educational Attainment in Louisiana for People 25 Years of Age or Older, 2018



Educational Attainment and Median Earnings in Louisiana by Gender, 2018





Health Behaviors: Major Risk Factors

Tobacco Use

- Causes > 480,000 deaths each year
- Costs > \$300 billion each year

Poor Nutrition

- < 1 in 10 adults eat enough fruits and vegetables
- 40% of U.S. adults are obese
- Obesity costs \$147 billion each year

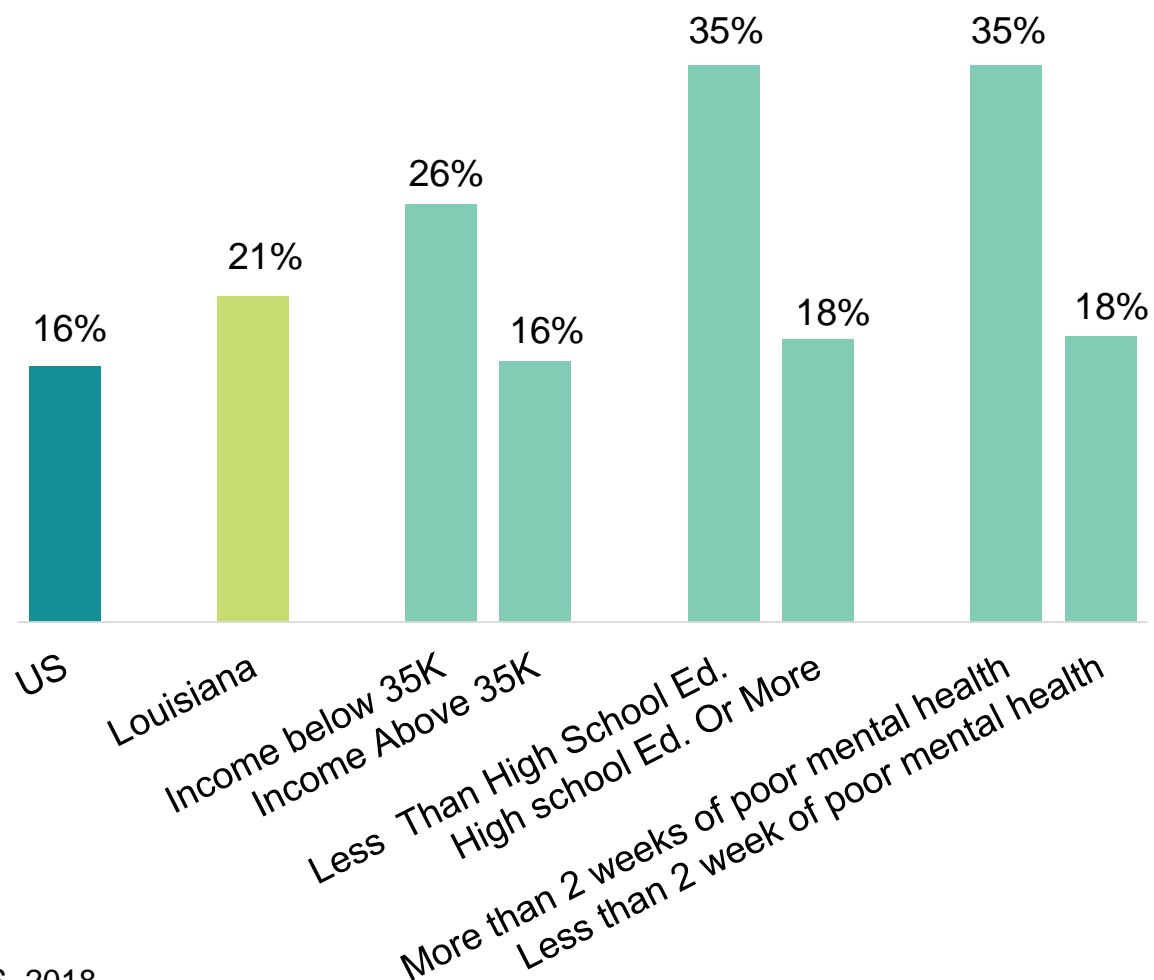
Lack of Physical Activity

- 3 in 4 adults & 4 in 5 high school students don't get enough physical activity
- Causes \$117 billion in annual healthcare costs

Excessive Alcohol Use

- Causes 1 in 10 working age adult deaths each year
- Costs \$249 billion each year

Health Behaviors: Tobacco Use



#1
Cause of preventable disease, death and disability

Costs over **\$300 billion** per year

Causes **90%** of lung cancer deaths

More than **480,000** deaths annually

Health Behaviors: Poor Nutrition & Lack of Physical Activity

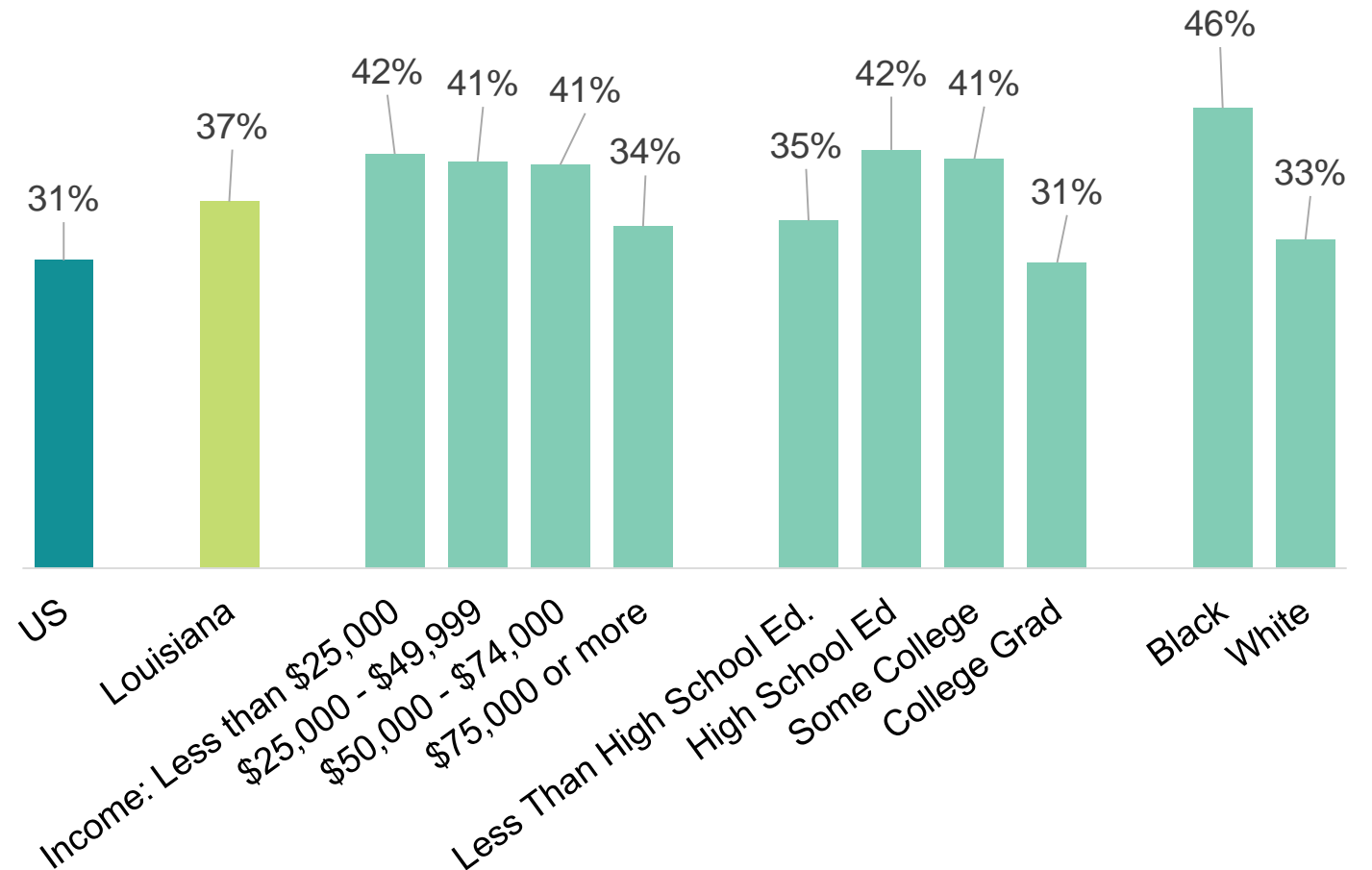
Up to **40%** of *certain cancers* can be attributed to obesity

The estimated medical costs related to obesity in 2008 was **\$147 billion**

< 1 in 10 adults eat enough fruits and vegetables

3 in 4 infants are not exclusively breastfed for 6 months

Prevalence of Obesity in Louisiana





www.countyhealthrankings.org

Why It Matters

Health Behaviors: Major Chronic Diseases in Louisiana

Heart Disease and
Stroke

- 13,825 deaths/year
- Rank: 46th

Cancer

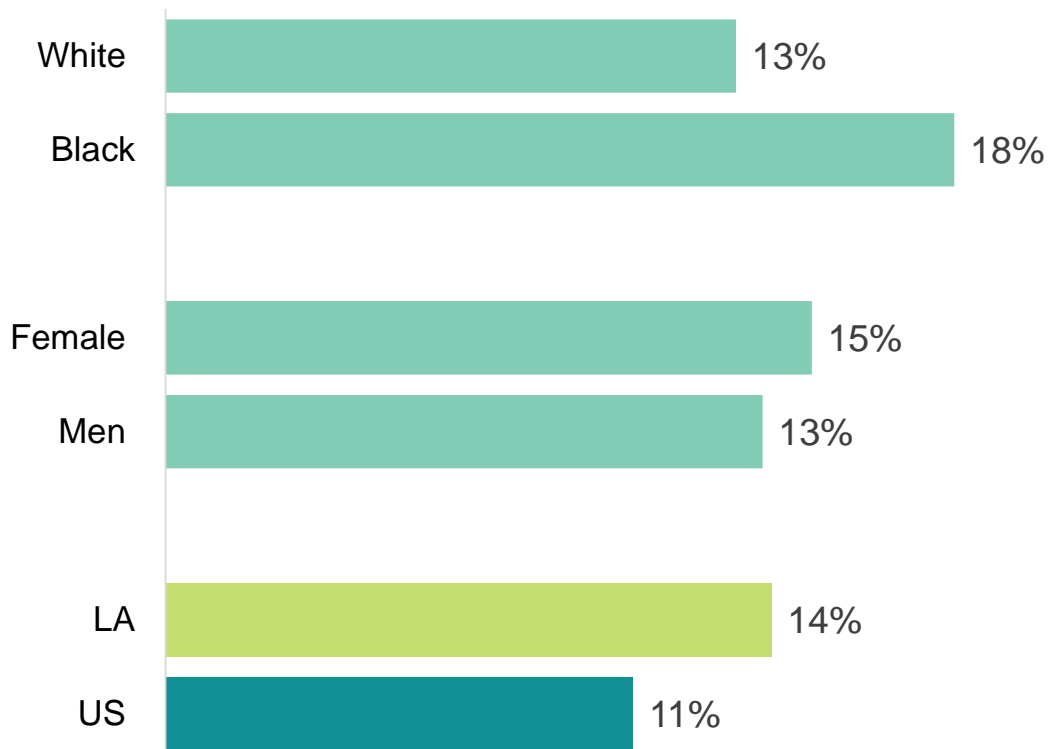
- 9,382 deaths/year
- Rank: 44th

Diabetes

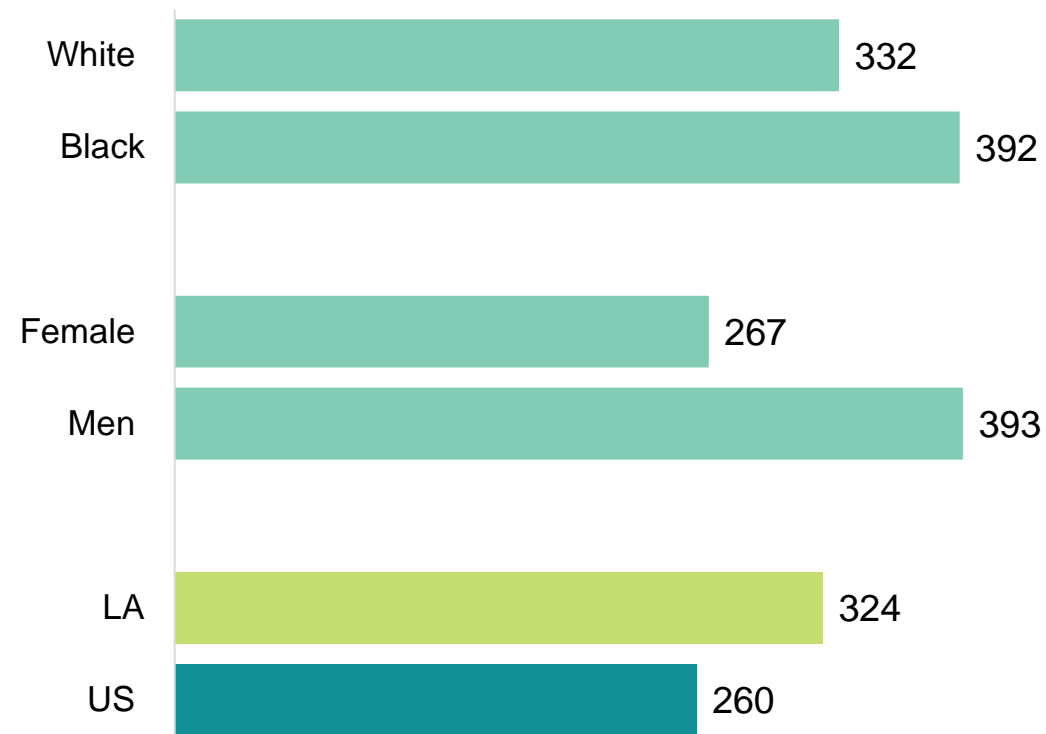
- 1,457 deaths/year
- Rank: 47th

Diabetes & Heart Disease in Louisiana

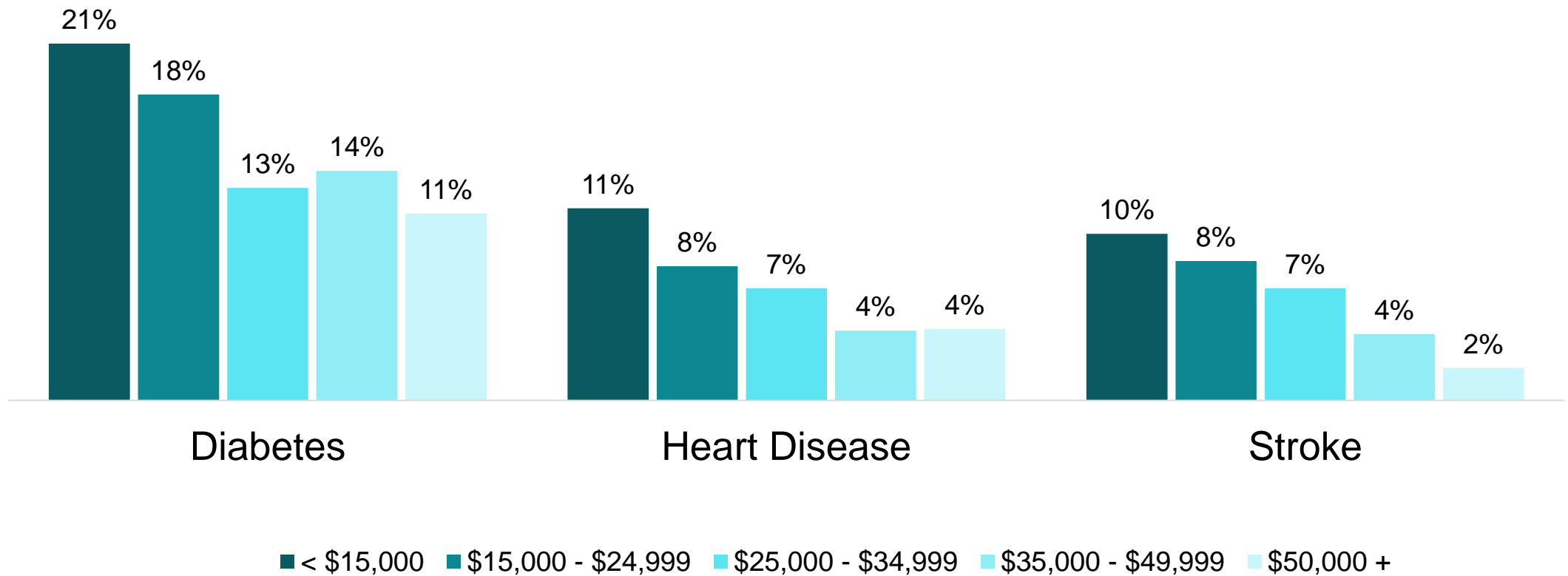
Percent of the population with Diabetes



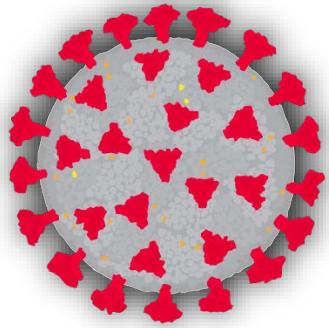
Heart disease Deaths per 100,000 People



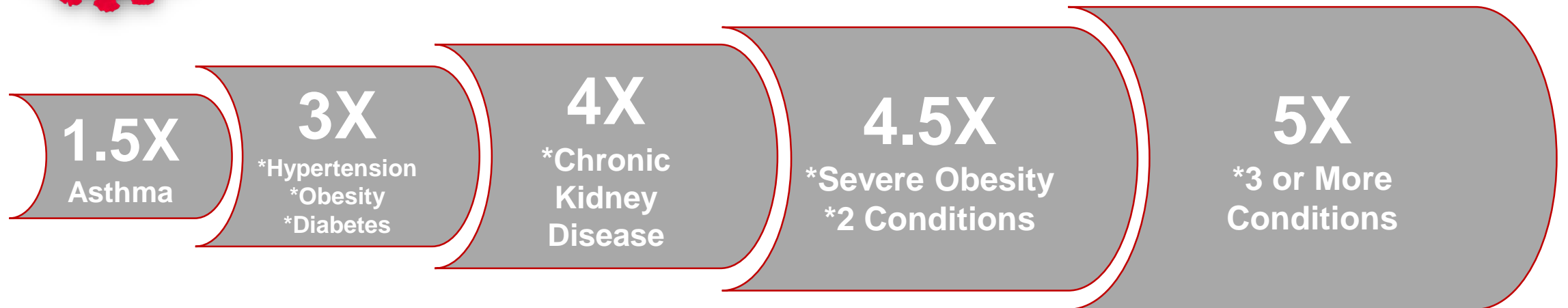
Chronic Disease and Median Household Income



COVID-19 Associated Hospitalization



RISK FOR HOSPITALIZATION IF YOU HAVE ANY OF THESE CONDITIONS AND GET COVID-19 COMPARED TO PEOPLE WITHOUT THESE CONDITIONS



Obesity (BMI \geq 30)
Severe Obesity (BMI \geq 40)

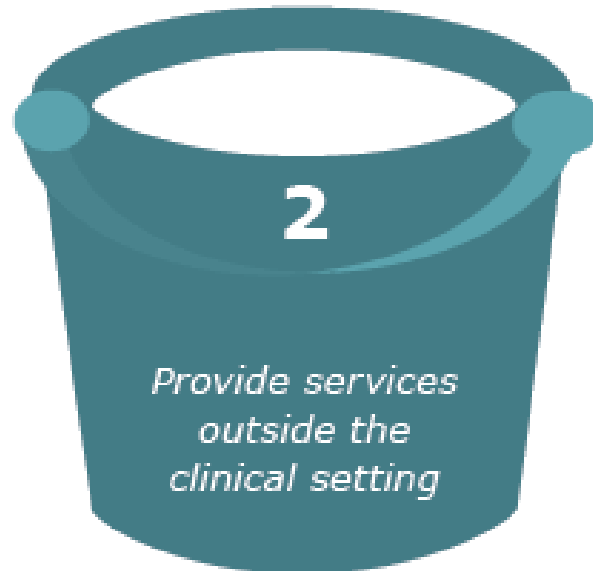
We're All In This Together

Public Health 3.0

Traditional Clinical Prevention



Innovative Clinical Prevention



Total Population or Community-wide Prevention

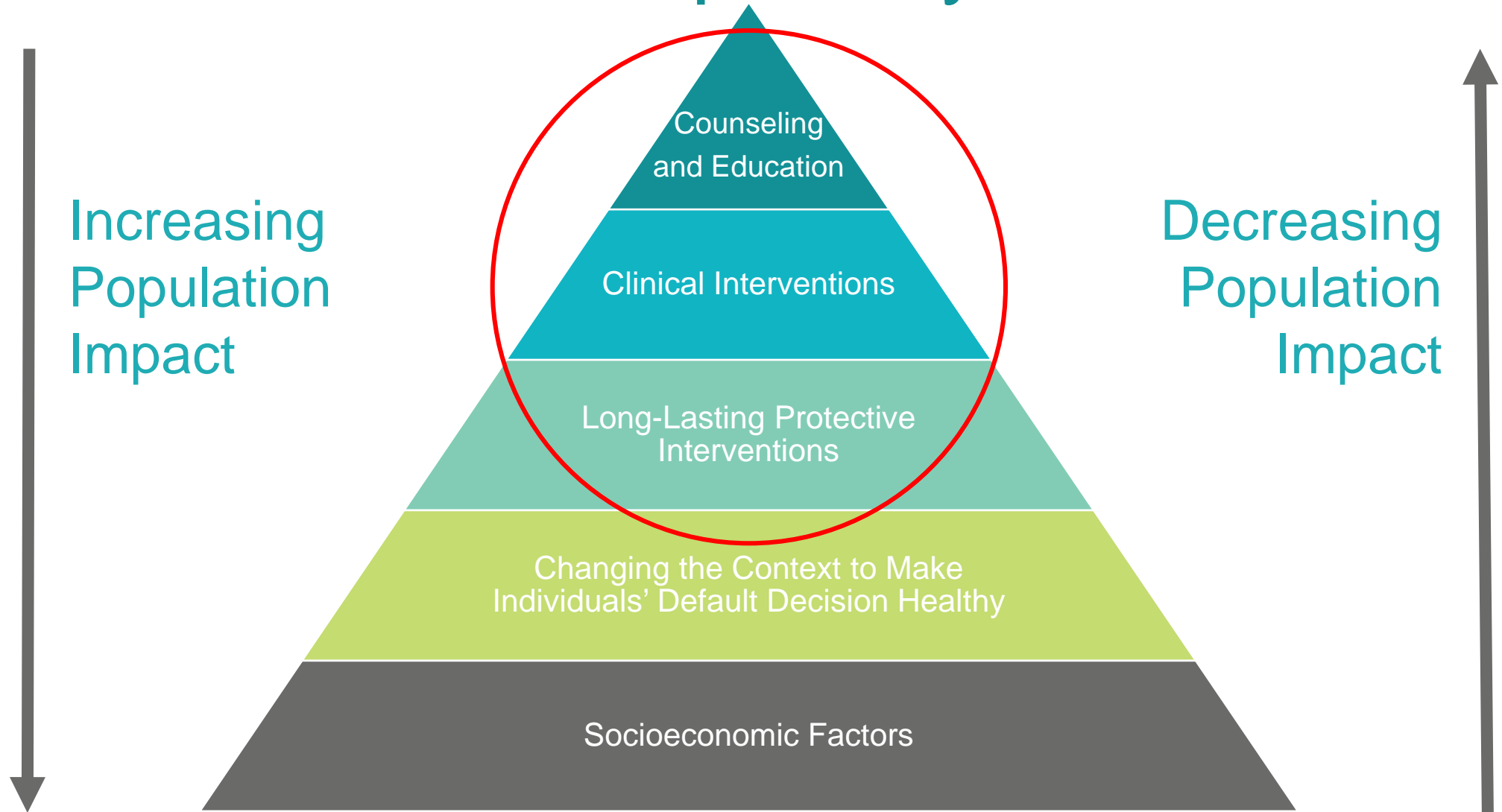


Health Care

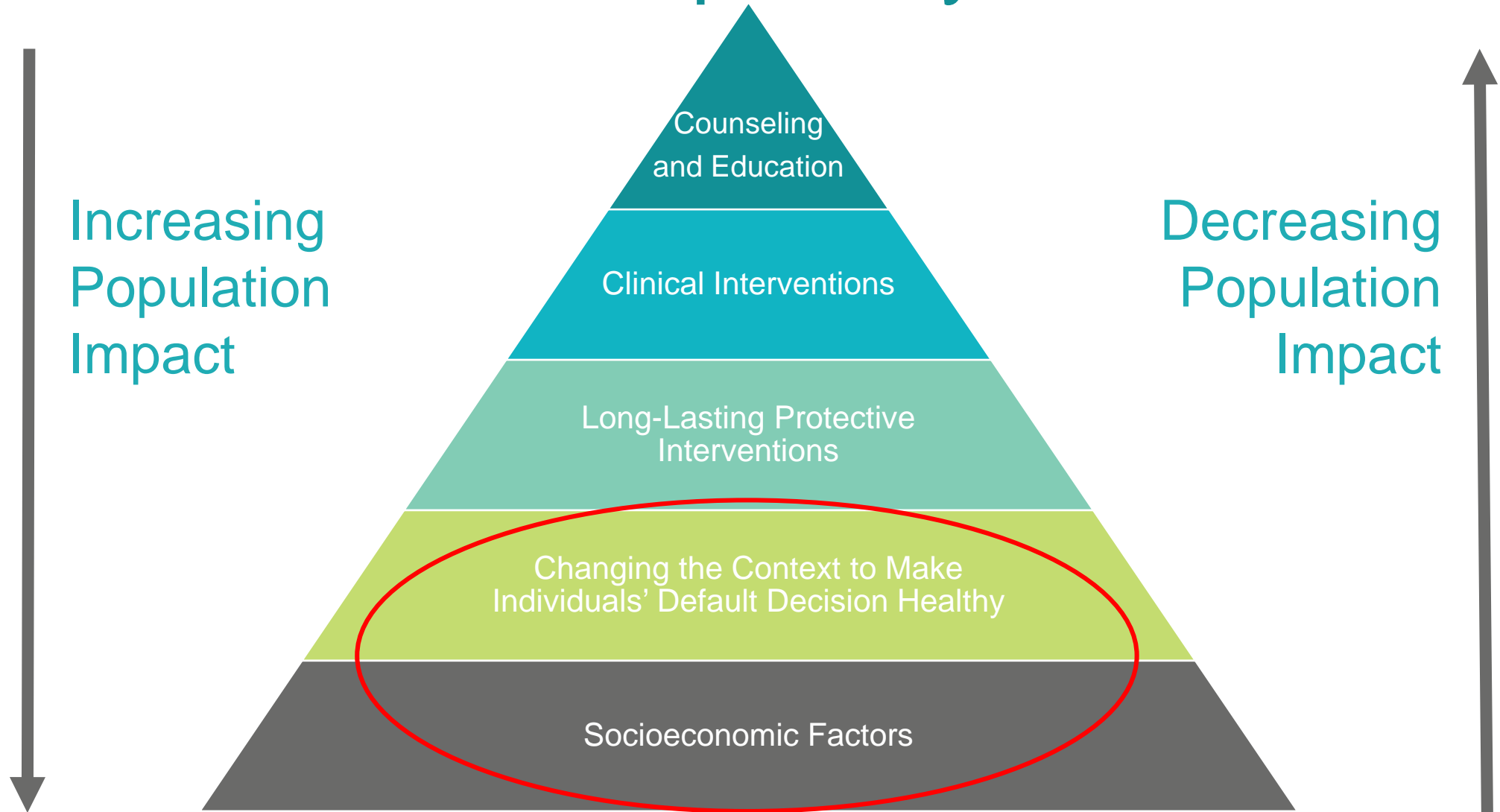
Public Health



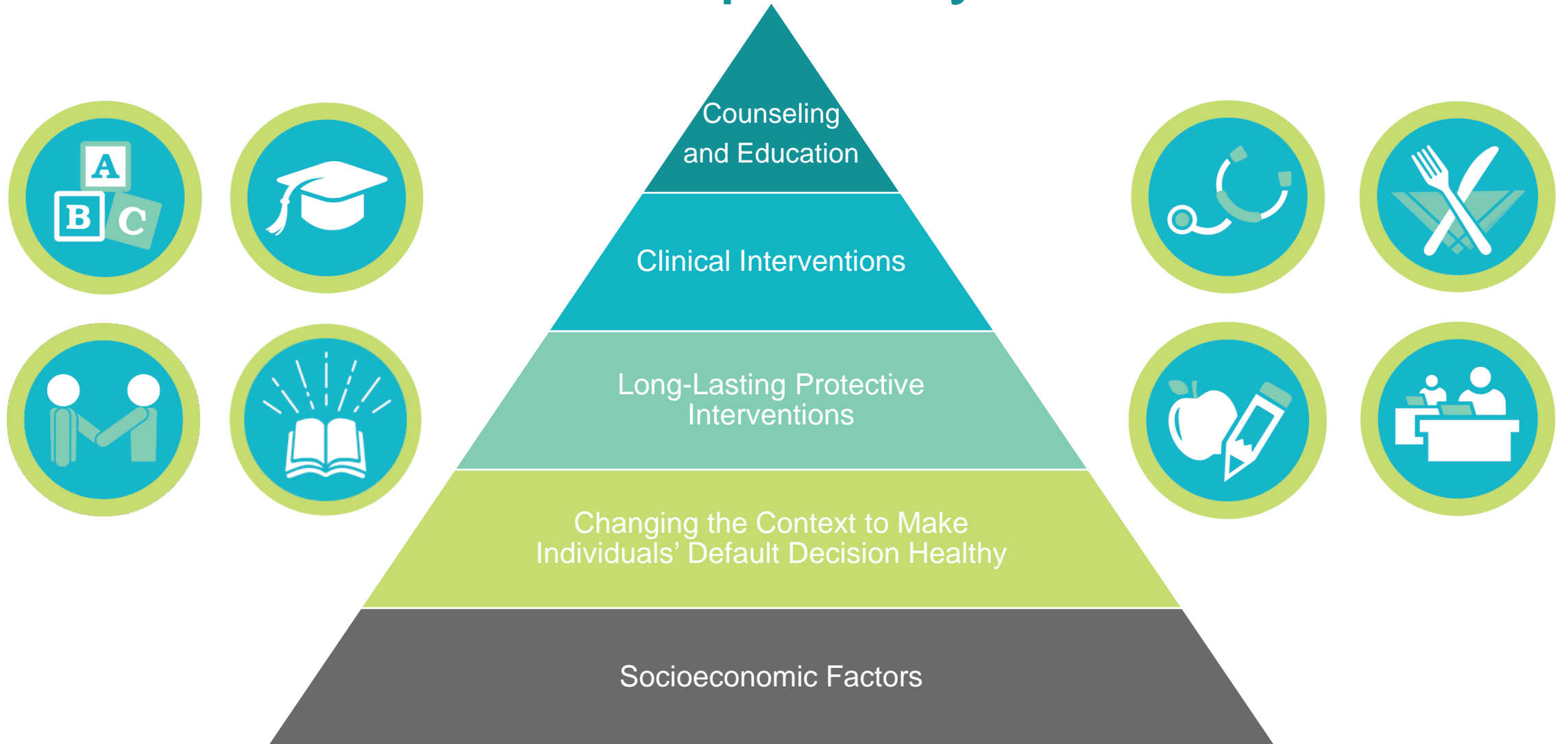
Health Impact Pyramid



Health Impact Pyramid



Health Impact Pyramid



Take The Lead, We Can Help!

Take Action

Support
Employee
Health

Help Your
Community Live
Tobacco-Free

Promote
Healthy Eating

Prioritize
Training and
Education

Commit to
Quality
Improvement

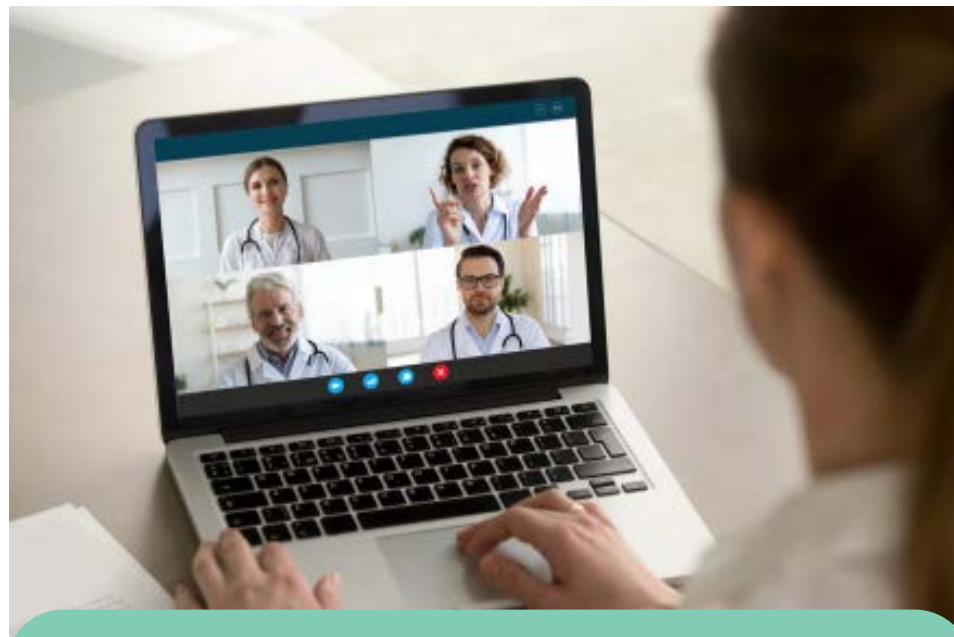
Mobilize
Community
Resources

Serve Safety-
Net
Communities

Enhance
Retention and
Recruitment

Population Health Cohort

- Learn how to implement strategies for diabetes and hypertension prevention and management
- Receive personalized practice coaching
- Get exclusive access to a customized platform for data management and bi-directional e-referrals
- Earn up to \$11,000.00



Learn More!

11:30am-12:15pm Breakout Session

Implementing Diabetes Management
and Heart Disease Strategies Through
the Population Health Cohort

Take Action

Support
Employee
Health

Help Your
Community Live
Tobacco-Free

Promote
Healthy Eating

Prioritize
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Commit to
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Mobilize
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Retention and Recruitment

- 2020 Louisiana Primary Care Needs Assessment
- New! Primary Care Office web pages on walpen.org
- 3RNet Membership
- “I Am Rural” Video Series



Learn More!
On-Demand Session
Louisiana Primary Care Office

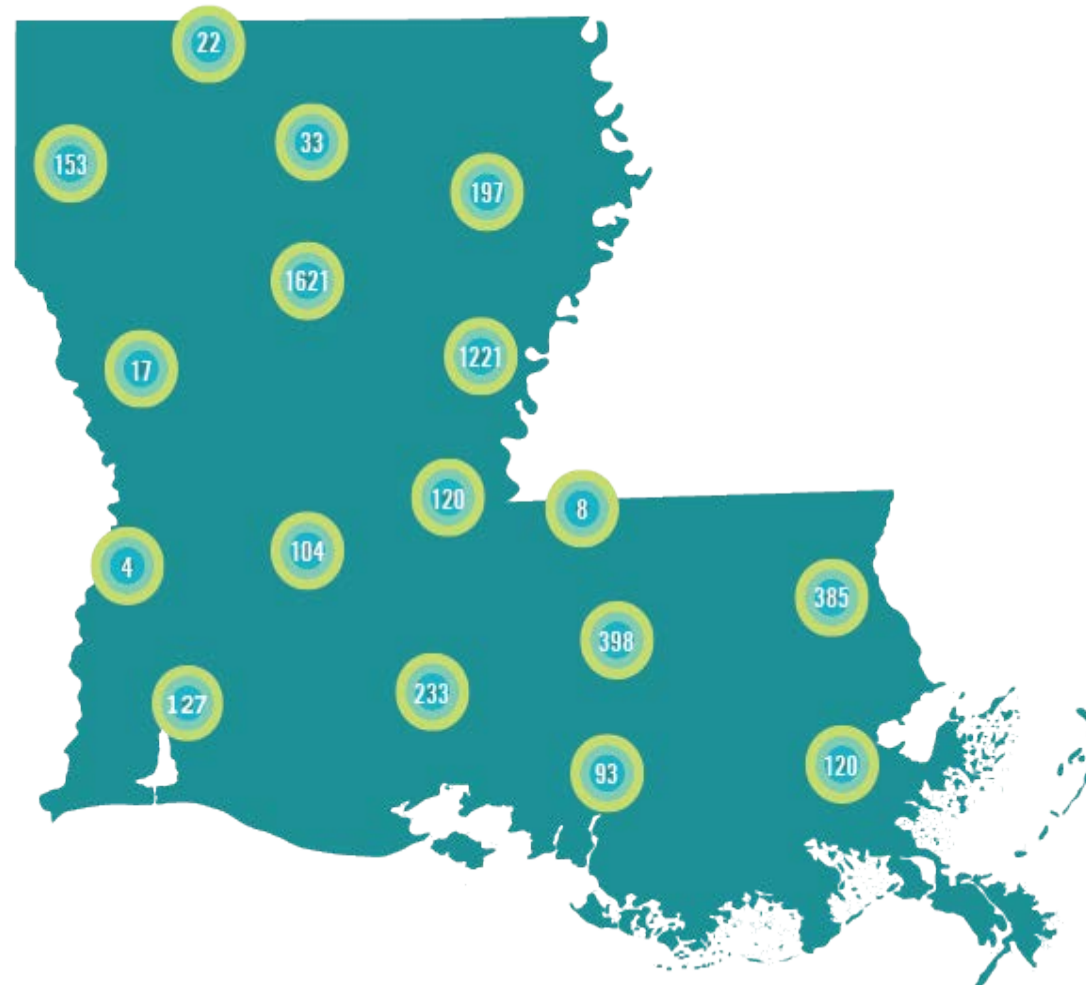


Get Recognized: Become a WellSpot!

- Spaces and places across Louisiana that voluntarily implement healthy changes through wellness benchmarks in their environment to help their employees and community live well



Learn More on
www.walpen.org.



Now Is The Time

Ready, Set, Geaux!

- On Demand Sessions

- Diabetes Self-Management Education and Support: An Essential Service for Improved Outcomes
- Diabetes Prevention: Moving Why to ROI
- Louisiana Primary Care Office Updates

- Networking with Exhibitors



RURAL **HEALTH** WORKSHOP

Thank You!

