

# Building Healthy Communities through Cooperative Extension

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# Overview of HOP

LSU AgCenter Healthy Communities is an initiative that makes Louisiana towns healthier places to live, work, learn, and play. We help communities identify local food and physical activity needs. Then, local coalitions work together to make healthy food and physical activity safe, accessible, and affordable for the whole community.

2018

LSU AgCenter Healthy Communities team receives \$5 million, five-year CDC High Obesity Program (HOP) grant.

2018 - 2023

Team uses funding to address health disparities related to nutrition & physical activity in 6 parishes with obesity rates over 40%: Assumption, Tensas, Madison, East Carroll, Morehouse, & St. Helena.

2023 - 2028

Team awarded \$4.02 million to continue HOP in existing parishes and expand to 6 more: Claiborne, St. Martin, Winn, Catahoula, Washington, and Terrebonne.





# Asset mapping

## ASSUMPTION PARISH COMMUNITY ASSET GUIDE



**2021**

**Food Systems  
Physical Activity  
Community Assets**















# Assumption Parish Food System Assets



## Restaurants

El Cajun's La Mex	5656 LA-1, Napoleonville, LA 70390
Subway	105 LA-70 Spur, Plattenville, LA 70393
Pizza Hut	4783 LA-308, Napoleonville, LA 70390
Stella's Kitchen	121 Washington St., Napoleonville, LA 70390
Politz's	4936 LA-1, Napoleonville, LA 70390
Dairy Inn	5030 Hwy 1, Napoleonville, LA 70390
Subway	3252 LA-70, Pierre Part, LA 70339
Buddy's Drive-In	3422 LA-70, Pierre Part, LA 70339
Landry's Seafood	3614 LA-70, Pierre Part, LA 70339
Cajun Cafe on the Bayou	2642 Hwy 1, Labadieville, LA 70372
Vinnie's Sandwich Shoppe/ Smokehouse	2601 LA-1, Labadieville, LA 70372
Delish Donuts	3719 LA-70, Pierre Part, LA 70339

## Grocers

Winston Walters Grocery (Big B's)	 	7107 Hwy 1, Belle Rose, LA 70341
A la Carte		278 Ideal St. Belle Rose, LA 70341
Rouses Market	 	260 LA-70 Spur, Plattenville, LA 70393
Bo's Seafood Too		4862 Hwy1, Napoleonville, LA 70390
Bergeron's Meat Market, Inc	 	134 Canal Rd, Napoleonville, LA 70390
Templet's Grocery		3602 LA-70, Pierre Part, LA 70339
Pierre Part Store		3421 LA-70, Pierre Part, LA 70339
Cajun Fry Products		116 Mike Street, Pierre Part, LA 70339
Jerky Direct		111 Reno St, Pierre Part, LA 70339
La La's Food Store	 	2719 Hwy 1, Labadieville, LA 70372
Bayou L'Ourse Supermarket		1100 LA-662, Morgan City, LA 70380
Errol's Cajun Foods		6801 LA-1001, Belle Rose, LA 70341

## Dollar Stores

Dollar General 0767		252 Hwy 70 Spur, Labadieville, LA 70372
Dollar General 6534		4625 Highway 1, Napoleonville, LA 70372



= Currently sells fresh fruits and vegetables

## Food Pantries

St. Elizabeth/St. Jules (Greater Baton Rouge Food Bank)		7161 LA-1, Belle Rose, LA 70341 (St. Jules) Distribution: fourth Sat. of each month; 9 am-10 am Contact: Tomi Thomas; Mona Woods; (225-473-8569)
Catholic Charities Quarterly Commodity Distribution	 	7161 LA-1, Belle Rose, LA 70341 (St. Jules) Distribution: every 4 mos. on the last Wed. of month Contact: Police Jury (985-369-7435)
Catholic Charities Quarterly Commodity Distribution	 	4770 Highway 1, Napoleonville, LA 70390 (Napoleonville Community Center) Distribution: every 4 mos. on the last Wed. of month Contact: Police Jury (985-369-7435)
Catholic Charities Quarterly Commodity Distribution	 	333 LA-663, Morgan City, LA 70380 (Bayou L'Ourse Fire Dept.) Distribution: every 4 mos. on the last Tues. of month Contact: Police Jury (985-369-7435)
Catholic Charities Quarterly Commodity Distribution		310 Brule Rd., Labadieville, LA 70372 (Labadieville American Legion Hall) Distribution: every 4 mos. on the last Tues. of month Contact: Police Jury (985-369-7435)
Catholic Charities Quarterly Commodity Distribution		Hwy 70, Pierre Part, LA 70339 (Pierre Part American Legion Hall) Distribution: every 4 mos. on the last Thurs. of month Contact: Police Jury (985-369-7435)
Veteran's Park Food for Seniors		2656-2896 LA-70, Pierre Part, LA 70339 (Veteran's Park) Distribution: third Tues. of each month; 10 am-12 pm Contact: Police Jury (985-369-7435)
LSU AgCenter Food for Seniors		119 Robin St., Napoleonville, LA 70390 (LSU AgCenter) Distribution: third Thurs. of each month; 9 am-11 am Contact: Police Jury (985-369-7435)

## Community and School Gardens

Cribs to Crayons Child Care, LLC ECE		3103 Lee Dr., Pierre Part, LA 70339
St. Elizabeth School ECE		6051 Convent St., Paincourtville, LA 70391



= Interested in becoming a Summer Feeding Site



# Assumption Physical Activity Assets



## Parks, Playgrounds, Fields, and Courts

Grant Park	294 Hwy. 403, Paincourtville, LA 70391
Palm Ln. Park	132 Palm Ln., Labadieville, LA 70372
Labadieville Recreation Park	362 Valence Rd., Labadieville, LA 70372
Veteran's Park	2656-28996 LA-70, Pierre Part, LA 70339 (bayou access in rear of park)
Belle River Landing	end of LA-1016-1 (Shell Beach Rd.), Pierre Part, LA 70339
Railroad Park	111 Railroad St, Napoleonville, LA 70390
Attakapas Landing	end of LA-401 (down the canal), Napoleonville, LA 70390
Canal Street Park	403 Canal St., Napoleonville, LA 70390
Marais Recreation Park	3365 Back Marais St., Napoleonville, LA 70390
St. Mary Park	169 LA-1008, Napoleonville, LA 70390
Bayou L'Ourse Recreation Park	1213 LA-662, Morgan City, LA 70380
CSL Ball Park	end of Verret Lane, Plattenville, LA 70393
Gilbert Dupaty Memorial Park	283 Daggs St., Belle Rose, LA 70341
Bertrandville Park	144 Skidmore St., Bertrandville, LA 70390

## Wildlife Refuges/Nature Preserves

Elm Hall Wildlife Management Area
Atchafalaya National Heritage Area

## Walking Trails


Hospital Walking Trail	Assumption Community Hospital/Our Lady of the Lake RMC 135 LA-402, Napoleonville, LA 70390
Bayou L'Ourse Walking Trail	Next to Fire Station; across the street from Community Center
Marais Park Walking Trail	3365 Back Marais St, Napoleonville, LA 70390
School Board Walking Trail	4901 LA-308, Napoleonville, LA 70390
The Island of the Blessed Virgin Mary	1026 Bayou Dr W, Pierre Part, LA 70339
Veteran's Park Walking Trail	2656-28996 LA-70, Pierre Part, LA 70339

## Other Recreation

Bayouside Golf Course	5085 LA-1, Napoleonville, LA 70390
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# Medical and Healthcare

## Public and Private Hospitals

Ascension Physical Therapy	184 LA-70 Spur, Plattenville, LA 70393
Assumption Community Hospital/Our Lady of the Lake RMC	135 LA-402, Napoleonville, LA 70390
Assumption Parish Health Unit 	158 LA-1008, Napoleonville, LA 70390
Bayou Home Health	3117 Lee Dr, Pierre Part, LA 70339
Belle Rose Chiropractic Clinic	7336 LA-1, Donaldsonville, LA 70346
Family Medical Center	114 LA-403, Paincourtville, LA 70391
Family Medical Center	3928 LA-70 S, Pierre Part, LA 70339
Reddy Family Medical Clinic	154 LA-1008, Napoleonville, LA 70390
Reddy Family Medical Clinic	3407 LA-70 S, Pierre Part, LA 70339
Rural Health Clinic	143 LA-402 #4, Napoleonville, LA 70390
Teche Action Clinic	3617 LA-70 S, Pierre Part, LA 70339
Prevention Plus	3517 Hwy 70 S, Pierre Part, LA 70339

## Pharmacies

Assumption Pharmacy	120 Washington St., Napoleonville, LA 70390
Paincourtville Pharmacy	112 LA-403, Paincourtville, LA 70391
Richard's Pharmacy Inc	3610 LA-70, Pierre Part, LA 70339

## Nursing Homes/Assisted Living

Assumption Healthcare & Rehabilitation	252 Hwy 402, Napoleonville, LA 70390
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# Tourism

<b>Cajun Cabins at Bayou Corner</b>	<b>Sportsman's Dr., Belle Rose, 70241</b>
<i>Cajun Cabins is a wonderful place to stay as it is located directly along Highway 70 with the best access to Louisiana's finest fishing holes.</i>	
<b>Christ Episcopal Church</b>	<b>4805 LA-1, Napoleonville, 70390</b>
<i>Built in 1853, the church has a rich Civil War history, once serving as a barrack for the Union troops and stable for their horses.</i>	
<b>Church of the Assumption of the Blessed Virgin Mary</b>	<b>LA-308 Plattenville, 70393</b>

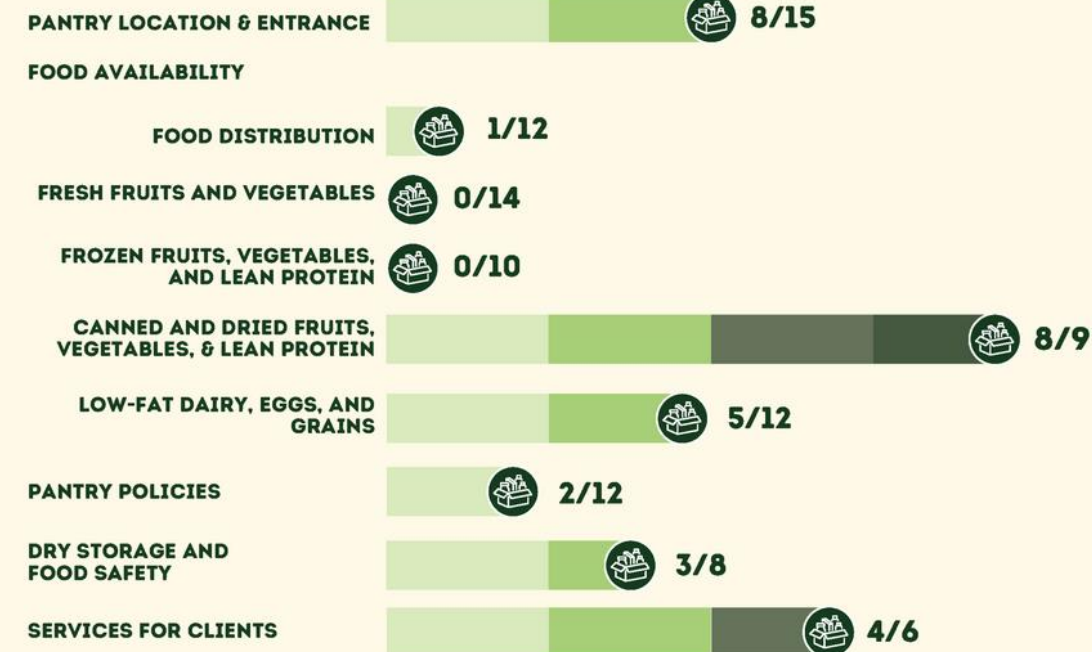


# HEALTHY FOOD PANTRY ASSESSMENT

Assumption Parish Police Jury (American Legion)



## SCORE BREAKDOWN



## SUCCESSES

### Pantry location & entrance

The process for clients to receive food was fast and efficient. Cars could easily drive around the building to have items loaded into their car and had minimal waiting time to receive their items, if any.

### Canned and dried fruits, vegetables, and lean protein

A wide variety of dried and canned lean proteins was available to clients. Most canned vegetables were "low-sodium" or "no salt added" and all canned fruits were "low-sugar," "no sugar added," or "canned in own juice."

### Staff attitudes

Police Jury staff distributing food were extremely friendly and kind to clients; they knew clients by name. Interactions between staff and clientele were very positive.

## RECOMMENDATIONS

### Pantry location & entrance

Having signage to indicate the distribution site location or entrance can help potential clients identify a much-needed source of food and help new clients more easily navigate the process of receiving food. Consider what signage could be added at your pantry to improve its visibility and navigability. If you are concerned that increased signage may increase the demand for food from community members, consider partnering with local grocery stores or other sources to augment donations.

### Fresh fruits and vegetables availability

Local community and personal gardens, farmers, and farmers markets can donate extra bounty to charitable food sites. Collecting these garden or market donations can increase a site's availability of fresh produce for clients, reduce food waste, and connect the pantry with potential volunteers. Consider exploring possible partnerships with local growers to increase the healthy foods available for your clientele.

### Pantry policies

To ensure that all clientele, especially those that may be at a higher risk for contracting foodborne illness, receive safe food, sites must follow proper food handling and storage practices. Staff and volunteers should be trained to follow all food safety policies and procedures. Consider holding food safety trainings and adopting a food pantry food safety policy to help guide pantry staff and volunteers' decision-making and ensure that foods your pantry is accepting, storing and distributing meet designated safety and quality standards.

### Services for clients

Offering nutrition education classes can help improve clients' knowledge of nutrition and how to make healthy food choices to prevent diet-related diseases. Food demonstrations, taste tests, and resources like recipe cards can help to reinforce what clients learn in nutrition education lessons and show them how to create healthy meals from items they receive in their commodity boxes. Consider partnering with organizations to provide nutrition education classes, food demos, and other activities and resources to engage with clients and promote healthy eating.

## NEXT STEPS

- Contact the LSU AgCenter Healthy Communities initiative to see if you may be eligible to receive funding and support for signage.
- Ask the LSU AgCenter Healthy Communities initiative about their Grow a Row to Share pilot program, which connects local producers with charitable food sites. You can also ask for assistance locating potential sources of donations or planning for accepting donations.
- Review the LSU AgCenter's *Safe Food Handling and Storage in Food Pantries* document. Contact the LSU AgCenter Healthy Communities initiative if you are interested in creating a food safety policy, holding food safety trainings, or would like more food safety resources.
- Contact the LSU AgCenter to see if they can offer nutrition programming at your site.



### FOR MORE INFORMATION

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Made possible with funding from the Centers for Disease Control and Prevention. The LSU AgCenter and LSU provide equal opportunities in programs and employment. Visit our website: [www.LSUAgCenter.com](http://www.LSUAgCenter.com).

# Healthy Food Pantry Assessment





## Assumption Parish Healthy Communities Rural Active Living Report Card

(Amenities and facilities assessed are within a 15-mile radius of the Napoleonville town center.)

### Town-Wide Assessment Score **32%**

Strengths: school location, school policies

Areas for improvement: water activities, town programs, and town policies

<b>School Location</b>	<div><div></div></div>	
There is an elementary school in my town that children can walk to.	6/6	
There is a middle school in my town that children can walk to.	5/5	
There is a high school in my town that children can walk to.	4/4	
	<b>15/15</b>	
<b>Trails</b>	<div><div></div></div>	
There is a hiking or walking trail within 15-miles of the town center.	8/8	
There is a biking path within 15-miles of the town center	0/8	
There is some other type of trail within 15-miles of the town center.	0/8	
	<b>8/20</b>	
<b>Parks and Playgrounds</b>	<div><div></div></div>	
Public park	0/8	
Public playground	8/8	
School playgrounds with shared use	0/7	
Other parks or playgrounds with community access	0/2	
	<b>8/25</b>	
<b>Water Activities</b>	<div><div></div></div>	
Public use swimming pools	0/4	
Swimming beach	0/4	
River with canoe/boat/water-sport access	1/1	
Other water activity amenities and facilities	1/1	
	<b>2/10</b>	
<b>Recreation Facilities</b>	<div><div></div></div>	
Town recreational center (town-owned, YMCA, etc.)	0/10	
Playing field or courts	0/7	
Skate park	0/7	
Private fitness facility (e.g. Gold's, Curves, etc.)	1/2	
Roller skating rink	0/2	
Ice skating rink	0/2	
Other recreation facilities or amenities	0/6	
	<b>1/36</b>	
<b>Total Points Earned</b>		<b>34/106</b>

8/19/2020

### Policy and Programs Score **44%**

<b>Town Policies</b>	<div><div></div></div>	
Town has a policy requiring bikeways/pedestrian walkways in new public infrastructure projects.	0/10	
	<b>0/10</b>	
<b>Town Programs</b>	<div><div></div></div>	
Town has a public recreation department.	0/10	
Town has a private recreation organization (e.g. YMCA)	0/4	
Either public or private department/organization (or both) offers physical activity programming for youth.	0/4	
Either public or private department/organization (or both) provides scholarship/sliding fee scale for lower income residents.	4/4	
There are organized transportation options (either public or private) that help children get to/participate in physical activity opportunities.	0/4	
Public or private department/organization (or both) allows resources/facilities to be available for local resident use outside of programming.	0/4	
	<b>4/30</b>	
<b>School Policies</b>	<div><div></div></div>	
Schools in the town allow public access to their recreation facilities after school hours.	15/15	
Public Schools offer a late-bus option for children that stay after school for sponsored activities.	15/15	
	<b>30/30</b>	
<b>School Programs</b>	<div><div></div></div>	
There are "Walk to School" programs or other programs that encourage children to walk or bike to school.	0/15	
Schools are participating in other activities (excluding "Walk to School" programs) that are included in the National "Safe Routes to School" program.	0/5	
Schools offer other sponsored physical activity initiatives for students (do not include gym/phys-ed classes).	10/10	
	<b>10/30</b>	
<b>Total Policy and Programs Points Earned</b>		<b>44/100</b>

8/19/2020

# Rural AActive Living Assessment (RALA)



**LSU**  
LOUISIANA STATE UNIVERSITY

Welcome to the Lake Providence  
Healthy Communities Survey!  
Please enter the SURVEY ID of  
the house being surveyed below.

Enter the SURVEY ID here

Zip Code

Has the participant been read the  
informed consent and given consent to  
participate in this survey?

Yes, they would like to begin the survey.


No, they decline to be surveyed.

## GET YOUR SWAG BAG IN 2 STEPS!

1 Enter the link below into your  
computer or mobile browser:  
[bit.ly/healthyLP](https://bit.ly/healthyLP)

OR

Scan this QR Code:



2 Complete the  
online survey to  
receive a  
Healthy  
Communities  
Swag Bag!

**\*\*One survey per  
household.  
Survey ID: LP####**

202B Knapp H  
Baton Rouge,

## GET A SWAG BAG FOR YOUR THOUGHTS!

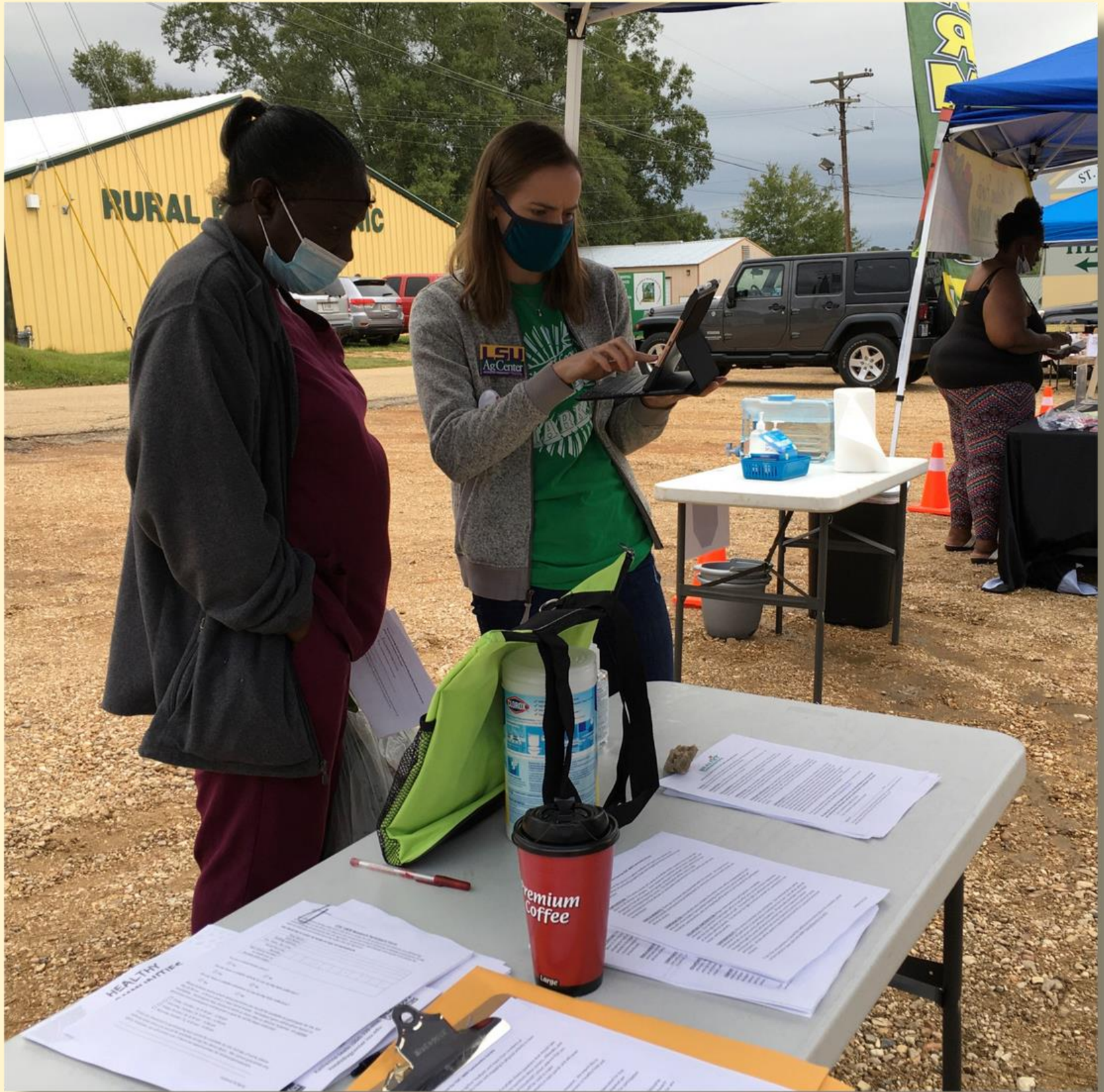


**LSU**  
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Research · Extension · Teaching

**HEALTHY**  
Communities

# Community data collection







"Residents are afraid to walk because we do not have sidewalks, although we have two parks, it is too far or closed. Some residents know there is a farmer market, but cannot get there because of time or transportation. It was really a wake up call for me!"

-Toni (EMT)

"I learned about areas of St. Helena I didn't even know existed! It was really eye-opening to see how many people in the community feel our parish is limited in terms of health resources."

-Charlymane (educator)







**EAST CARROLL PARISH**  
**WALK-A-MILE DAY**

**THIS UPCOMING WEDNESDAY**  
**(BEHIND THE HOSPITAL AT THE WALKING TRAIL)**





community data walk





# Overall Impact 2018-2023

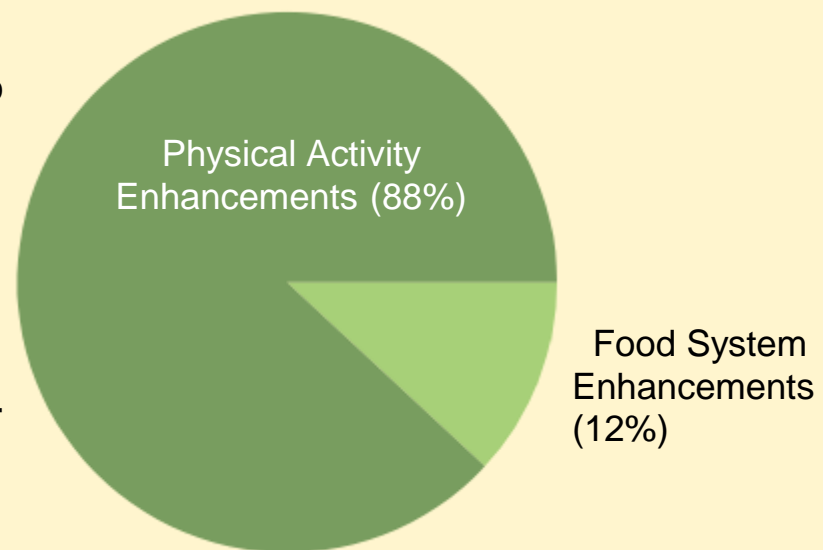


**\$4,837,347**

in outside funding to support food system and physical activity enhancements

This means we nearly doubled our funding through sponsorships, donations, volunteer hours, and grants.

Purpose of Funding

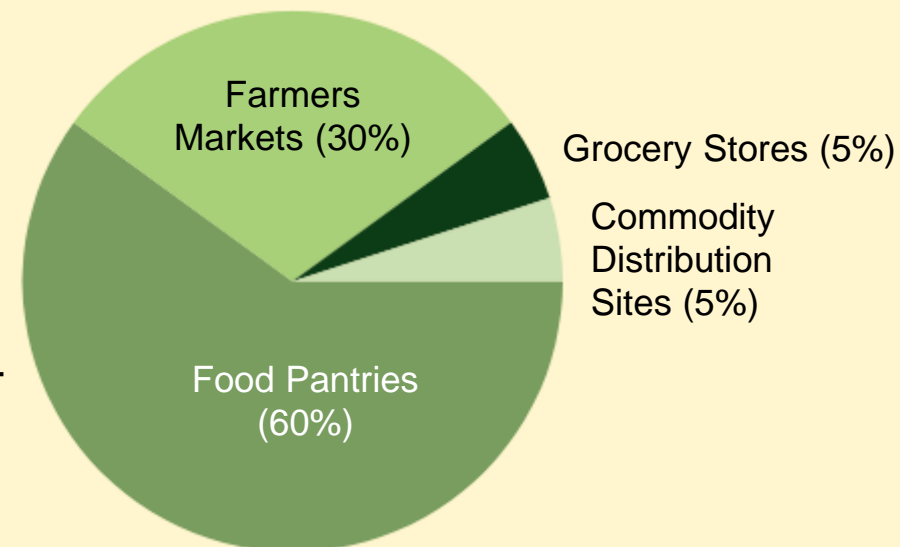


**30,615 people**

with improved access to healthier foods

That's nearly 40% of the total population of the parishes we serve!

Location of Improvements

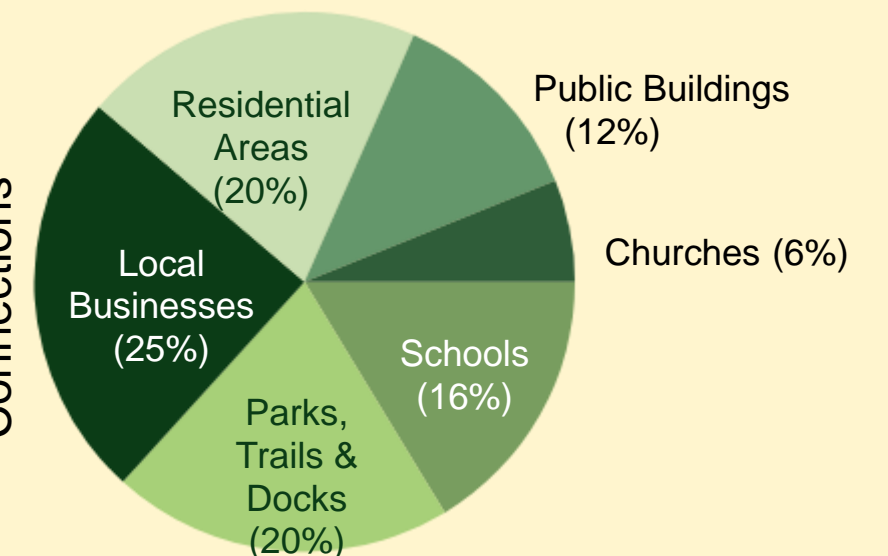


**24,983 people**

impacted by plans, policies, or improvements to routes connecting everyday destinations

That's over 30% of the total population of the parishes we serve!

Destinations with Improved Connections





# A look at local projects

## Tensas Produce Market



- Launched in 2023 by Tensas Healthy Communities Coalition
- Accepts SNAP, WIC & SFMNP
- Gives low-income residents opportunity to spend benefits locally.
- Community benefits from improved access to local produce
- Local growers benefit from new sales outlet
- Learn more at <https://bit.ly/TensasProduceMarket>



# A look at local projects

## Parish-Wide School Food Pantry



- Launched in 2022
- St. Helena School district, St. Helena Healthy Communities Coalition, and GBR Food Bank
- Serves all students in the parish
- Client-choice model
- Nutrition guidelines and food safety standards
- Behavioral design features (e.g., signage)
- Learn more at <https://bit.ly/SHSchoolFoodPantries>



# Rural Community Center Transforms into Food Hub



# A look at local projects

## Assumption Parish Complete Streets Plans



- Two plans passed in 2023
- Communities under 5,000 residents
- Local youth leaders (Beta Club), Assumption Healthy Communities Coalition, and parish police jury
- Ensures LaDOTD awareness of community needs for state owned highways
- Learn more at <https://bit.ly/AssumptionCompleteStreets>



# A look at local projects

## East Carroll Parish Connectivity



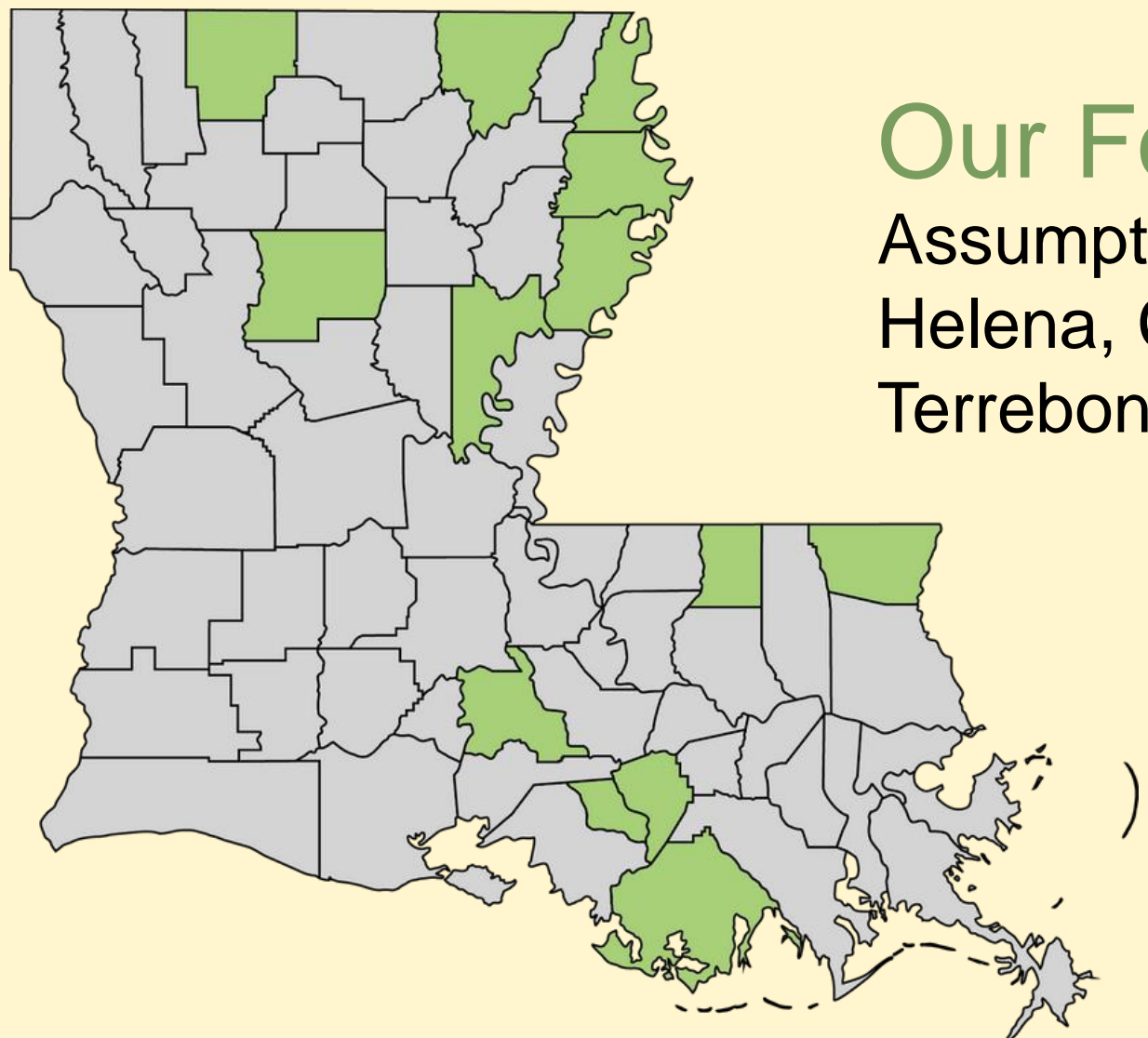
- Connectivity plan passed in 2022
- Local youth leaders (East Carroll HYPE), parish policy jury, sheriff's department, and East Carroll Healthy Communities
- Painted crosswalks to connect nearby apartment and school to the park
- Upgraded park equipment
- Installed a blessings box
- Future plans to repair sidewalks in the area surrounding the park.



# Removing Red Tape for Complete Streets Projects in Small Rural Communities



# A Look at What's Next



## Our Focus Areas for 2023 - 2028

Assumption, East Carroll, Morehouse, Tensas, Madison, St. Helena, Claiborne, St. Martin, Winn, Catahoula, Washington, and Terrebonne

## Goals & Objectives

Increase access to healthy food and physical activity through:

- Food service guidelines and nutrition standards.
- Fruit & vegetable vouchers and produce prescription programs.
- Policies and plans that connect bike, pedestrian, and public transit routes to everyday destinations.



# What Healthy Communities HOP can offer

- Participating in assessments
- Support for ADA improvements
- Support for walkability and transportation projects to connect residents to healthcare facilities
- Supporting implementation of nutrition standards and produce prescription programs
- Engage with local leadership to advocate for this work
- [LSU AgCenter Healthy Communities Website](#)





# Questions?

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