

Access

Health Louisiana

Your Community Healthcare Network

OUR MISSION: IMPROVING THE HEALTH OF THE PEOPLE WE SERVE.

St. Charles Parish Locations

▶ **Community Health Centers** (Public Health Units)

- ▶ Westbank – Luling
- ▶ * Pharmacy 843 Milling Avenue
- ▶ Eastbank – Norco

▶ **School-Based Health Centers**

- ▶ Hahnville High
- ▶ Destrehan
- ▶ JB Martin/RJ Vial
- ▶ Albert Cammon/St. Rose
- ▶ Luling Elementary



Services:

- ▶ Adult Primary Care
- ▶ Behavioral Health
- ▶ Addiction
- ▶ Dental
- ▶ Pediatrics
- ▶ Infectious Disease
- ▶ Vision
- ▶ Pharmacy
- ▶ WIC
- ▶ Healthy Lifestyle Coaching
- ▶ Chronic Disease Support
- ▶ Case Management
- ▶ Post-Hospitalization Monitoring + After Care
- ▶ School-based Health



St. Charles Parish Community Health Center & American Heart Association

- Quality Improvement Programs



- Special Resources & Care Kits Coming to St. Charles:

- High Lipoprotein(a) [Lp(a)] Discovery Project
- New Mom Maternal Health Kits





Driving awareness and shared decision making around Lp(a) screening and atherosclerotic cardiovascular disease (ASCVD) risk management.

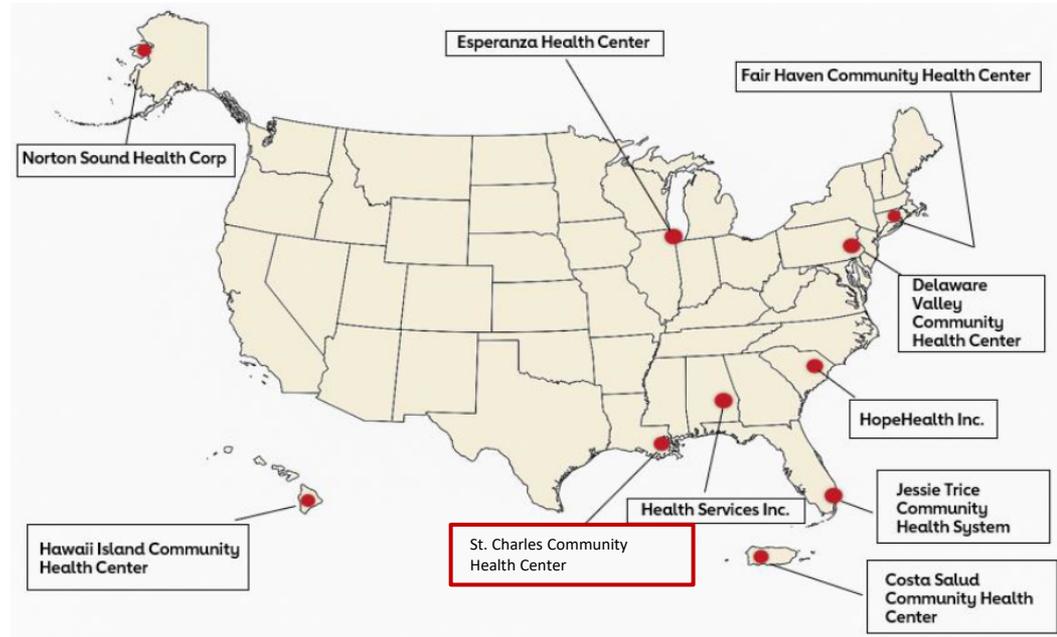
About **1 in 5** people has **high lipoprotein(a)**

High lipoprotein(a), or Lp(a), a genetic risk factor for heart attack, stroke, or peripheral artery disease (PAD)

Most people with a high Lp(a) level **have no symptoms** and don't know they have it

Community Health Center Locations & Characteristics

- ✓ The Contiguous U.S., Hawaii, Alaska, and Puerto Rico
- ✓ Experienced and engaged Champions
- ✓ Addressing high-risk Lp(a) populations
- ✓ Currently testing Lp(a) or high interest in testing
- ✓ Focus on patient and clinician education
- ✓ Multidisciplinary team involvement
- ✓ Urban and rural locations
- ✓ Extensive community-based organization networks



WHAT IS THE DIABETES PREVENTION PROGRAM (DPP)?

CDC-recognized
lifestyle change
program

Focuses on nutrition,
physical activity, and
behavior change

Proven to reduce
diabetes risk by up to
58%



PROUD PARTNER

Diabetes Prevention
Alliance



12-month lifestyle change program



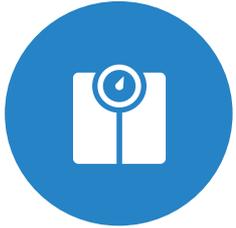
Weekly sessions (first 16 weeks)
followed by monthly maintenance
sessions.

Your name goes into a drawing for every
session you attend, plus an additional entry
for each pound lost during the program for
a wellness basket.



Tracking weight and physical activity through my fitness pal premium
Free incentive for staying active in the program

PROGRAM STRUCTURE



5–7% weight loss



At least 150 minutes
of physical activity
per week



Improved nutrition
habits



Long-term Lasting
healthy lifestyle
changes

GOALS OF THE PROGRAM

Adults with prediabetes (A1C 5.7–6.4)

BMI \geq 25 (\geq 23 if Asian)

History of gestational diabetes

High risk score on CDC Prediabetes Risk Test

Overweight with risk factors such as hypertension or inactivity

WHO SHOULD PARTICIPATE?

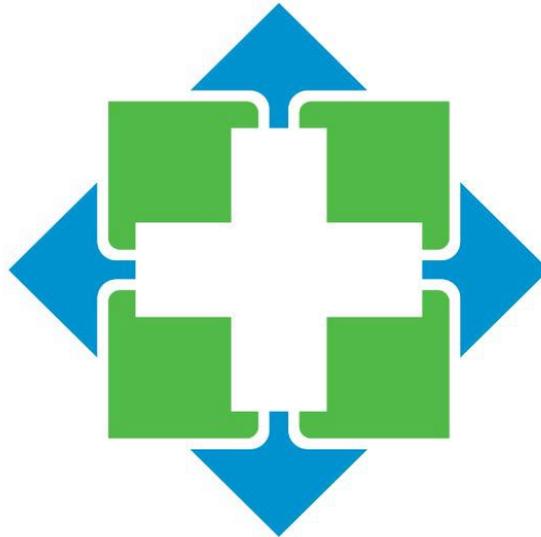
Interested in participating?

Scan the QR code to see if you
could have prediabetes

TAKE THE RISK TEST!



Thank You



St. Charles Parish
Dial 1-866-530-6111 to
schedule an appointment