



HEALTH & WELL-BEING @issue

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 THE RAPIDES FOUNDATION

Building Tomorrow's Healthcare Workforce

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Photo above: In an exercise to teach kids about healthy eating and physical activity, Camp Fast Forward participants make healthy smoothies in a blender powered by an exercise bike.

On the cover: Camp Fast Forward students learn how to use a syringe.

Future of HealthC.A.R.E. Grants

preparing region's healthcare workforce

Five Central Louisiana organizations are addressing shortages in the healthcare workforce through projects that are intended to develop an ongoing pool of students interested in entering healthcare careers. The Rapides Foundation awarded grants totaling \$4,450,025 under the Future of HealthC.A.R.E. (Career, Academic Readiness and Exploration for Students) Program.

For years, the Foundation has supported the growth of healthcare occupations in postsecondary institutions by funding Healthcare Occupations Program grants. But now, it is making sure students as young as middle school can learn about different types of healthcare careers and get a head start on the skills they need to succeed.

"Shortages in the healthcare workforce remain a critical issue for our region," said Joe Rosier, President and CEO of The Rapides Foundation. "Projects under the Future of HealthC.A.R.E. grant program will provide an avenue for students to learn about healthcare occupations at an earlier age to prepare them for the academic rigors of healthcare training programs and to build technical skills needed to pursue healthcare careers."

Under the Future of HealthC.A.R.E. grant, five area organizations are putting programs in place for middle school, junior high and high school students interested in pursuing healthcare careers, and making sure those same students are academically prepared to succeed in postsecondary training programs.

While middle school may seem too young for students to begin considering a career in healthcare, research by the Association for Career and Technical Education suggests career exploration is most effective beginning in middle

school. Developmentally, this is the time when students are most open to try new experiences and explore new interests. Plus, giving students hands-on experiences and showing them the variety of healthcare careers available opens up additional choices for students.

"Many of the schools we partner with are in the more rural parts of the state," said Michelle Elliott, Careers Exploration Coordinator with Central Louisiana Area Health Education Center, which received a five-year, \$1,120,000 grant to launch "AHEC of a Career in HealthC.A.R.E.," which includes MedStart and Camp Fast Forward.

MedStart is a program that goes into high school classrooms once a month during the school year. It began in August with 370 students enrolled.

"For many of these students, exposure to a nurse or doctor is only if they need a vaccination or are ill. That is usually the extent of the professionals in healthcare they see or know about," Elliott said. "With the MedStart program, we can bring healthcare professionals of all varieties to the classroom. There, they can see an individual from their own community, maybe from their same school, talk about their path into a healthcare career."

Central Louisiana AHEC held Camp Fast Forward, a one-week, parish-based day camp for 120 middle school youth this summer in Rapides, Avoyelles, LaSalle and Winn parishes. Of the students who attended Camp Fast Forward, 47% said they would be "very likely" to enroll in a technical training and/or college course after high school to pursue a career in healthcare.

"They also learned that not all healthcare career paths require a college degree," Elliott said.

At Northwestern State University, a five-year,



Future Nurse Camp participants learn the proper way to apply personal protective equipment.

\$1,166,525 grant from the Foundation will be used to fund Healthcare Academic & Career Exploration (Healthcare ACE), a no-cost program for high school students in Catahoula, Rapides, Allen and Natchitoches parishes intended to raise awareness of and preparation for healthcare careers and academic programs. The program began this fall.

"Our interactive workshops have been developed by faculty from Nursing, Allied Health, Psychology, Addiction Studies and Social Work," said Steven Gruesbeck, Executive Director of the NSU Healthcare ACE Project. "In small groups, students will engage in project-based learning led by college faculty. Based on prior experience, we're confident that learning-by-doing is the best way to help students consider new academic and career possibilities."

Catahoula Parish School Board's five-year grant in the amount of \$453,500 from the Foundation will provide high school graduates the opportunity to earn valued credentials in the health sciences while still in high school. The process begins in middle school with a career interest survey. Students interested in healthcare professions will then be enrolled in a career exploration program in 9th and 10th grades, and begin taking industry-based courses in pharmacy tech, EKG tech or medical assistant in 11th and 12th grades through a partnership with Central Louisiana Technical Community College.

When completed, students will have a workforce credential in hand and can begin their healthcare careers.

"Until the Future of HealthC.A.R.E. Program grant opportunity arose, Catahoula students were left with very few options to earn credentials offered in the Health Sciences Jump Start Pathway. This Healthcare Access Initiative will offer Catahoula students a chance not previously afforded while also helping to close the gaps between supply and current employer demands in Central Louisiana," said Ramona Spence, Supervisor with the Catahoula Parish School District. "With this initiative, courses and credentials will be earned from each student's school, via online platform, at no cost to the student. Catahoula is appreciative of the opportunity to participate in this initiative through The Rapides Foundation."

Louisiana State University of Alexandria is using its \$1,110,000 five-year grant from the Foundation to fund Future Nurse Summer Camps throughout Central Louisiana and to establish 30 Health Occupations Students of America (HOSA) chapters in middle schools and high schools across the region by 2028.

"The Future Nurse Camp at LSUA was developed in response to the critical nursing shortage in Central Louisiana," said Dr. Catherine Cormier, RN, CNE, who is the Student Success

Future of HealthC.A.R.E. Grants

Coordinator and Program Director for Nursing Grants at LSUA. "Our goal is to increase excitement and passion for a career in nursing among our youth. Participants explore various specialty areas in nursing and practice basic nursing skills under the guidance of nurse faculty and upper level nursing students. It is a fun-filled week for faculty and camp participants. We thoroughly enjoy having the high school students on campus."

Students enjoyed it, too, writing, "I loved it! Would definitely recommend for anyone who has an interest in nursing." Final surveys showed 12 of the 15 students who participated in the LSUA camp intend to pursue a career in nursing or healthcare.

The final part of the Future of HealthC.A.R.E. strategy to educate and prepare students for careers in healthcare comes from the \$600,000 grant awarded to Louisiana Central for the creation of Healthcare Career Central, a regional healthcare career highway campaign and website for employers, training providers, students, teachers and parents. Visit the website at healthcarecareer-central.com.



Healthcare Career Central

"Healthcare Career Central is important for the future of healthcare in our region," Lafe Jones, Vice President of Louisiana Central, said. "We already have a high demand for healthcare professionals, and the challenge will be even greater in the future. We need to reach that next generation now and expose them to these careers as early as possible. So many good things are already available in our region, from K-12 programs to higher education and training opportunities. We also have great healthcare exploratory opportunities available for junior high through high school students. Our goal is to have the information about resources all in one place that can continue to be updated as new programs develop."



High school students learn how to dress wounds and other nursing skills during Future Nurse Camp.



2023 Symposium highlights

Opportunity Youth

The Rapides Foundation's 10th annual Symposium focused on the high number of young adults ages 16 to 24 who are neither in school nor working, and provided community members with information to be used in addressing the issue that, if ignored, could have far-reaching effects.

The Symposium presentation, "The Promise of Opportunity Youth," featured a panel of national experts who discussed the challenges unique to this group and shared what is working in other places. The Foundation holds its annual Symposium to bring attention to a topic of importance and to recognize its September 1, 1994, creation.

Joe Rosier, President and CEO of The Rapides Foundation, explained that opportunity youth are more commonly referred to as "disconnected youth" because of their disconnection from work and school. "Research shows that these young adults will have significantly lower incomes, are less likely to gain meaningful employment in the future and have poorer health outcomes than their peers," he said. "A high rate of disconnection is also a challenge for our employers because a large

percentage of our population is not engaged in the workforce. However, disconnected youth are often called opportunity youth because of their potential to succeed and contribute to their communities."

The Central Louisiana region's disconnection rate is 23.9%, double the national rate of 12.1% and 6 percentage points higher than the rate in Louisiana as a whole. This translates to roughly 8,450 young people cut off from crucial pathways to a fulfilling life.

Rosier told the group gathered at the Coughlin-Saunders Performing Arts Center in Alexandria that the Foundation first partnered with Measure of America in 2019 to determine the level of disconnection in Central Louisiana. It then partnered with Jobs for the Future (JFF) to gain insight into potential strategies and interventions for young adults in the region. JFF's recommendations led to the creation of the Foundation's Beyond Graduation and Reconnecting Cenla programs.

In 2021, the Foundation awarded a \$1.4 million grant to Career Compass of Louisiana to implement Beyond Graduation, a retention



"Disconnected youth are often called opportunity youth because of their potential to succeed and contribute to their communities."
Joe Rosier, President and CEO, The Rapides Foundation

strategy to help high school seniors successfully transition to a college or university in the region. In early 2023, it awarded \$1.8 million in grants to six organizations under the Foundation's Reconnecting Cenla Program Grant, which funds programs to reconnect disconnected youth to education and employment opportunities.

Reconnecting Cenla grantees participated in a Pre-Symposium Workshop before the Symposium to gain important technical assistance as they begin their projects.

At the Symposium, Measure of America Director and Co-Founder Kristen Lewis revealed findings of the 2023 Assessment of Youth Disconnection in the region. Among the findings: Disconnection rates are much higher in rural Central Louisiana parishes vs. urban areas; males and females have similar disconnection rates; and the rate of disconnection for white youth, 20.5%, is slightly higher than the rate for black youth, 19.89%.

Scan the QR code to view the 2023 Youth Disconnection Report.



The four panelists took the stage to share what is working in other parts of the country to reduce young adult disconnection. The panelists were Lewis; Marie Davis, Associate Vice President at JFF; Mimi Haley, Executive Director of the National Youth Employment Coalition; and Felipe Longoria-Shinn, Chief Executive Officer for Central Plains Center for Services.

"Some may ask, why does this work matter?" Davis said. "Teenagers, and those going into adulthood, are the products of our communities, schools and families. What they are going through and what that looks like matters. The benefits of this work are really for the community as a whole."



In rural communities specifically, barriers to connection – such as lack of transportation, mental health, child care and housing – often exacerbate the problem.

The panelists' experience ran the gamut from identifying the needs of young adults, creating programs and policies, and amplifying young adult voices to ensure change.

"These numbers should wake us up," said Longoria-Shinn. "It's an opportunity when you look at the data to see how much growth you as a community can make and lower those numbers. There are a lot of young people out there who are seeking to be connected and who want to be heard and understood."

His advice to organizations is to "find your own niche, but be familiar with other resources in the community so you can point youth to the exact resources they need and if possible, make the handoff."

"The goal is that when a young person comes through the door, they are going to get help," Haley said. "That comes through community partnerships."

Haley also reminded those in attendance that, "These opportunity youth are our future leaders. The numbers are high. They are heartbreaking. There are a lot of stories that go with these numbers that are going to be even more heartbreaking."

She added this reminder for parents, educators and nonprofits.

"Get to know your young people," Haley said. "Understand what some of their stories are. The numbers are daunting, but there's so much opportunity there! Approach it one young person at a time. You can't do that if you aren't connected."



"We are excited to bring together several experts on this topic to share their thoughts about the challenges unique to this group of young people, tell us how big the problem is in our region, and share strategies that are working in other places."
Dwayne Lemoine, Board Vice Chair



Cenla Students Attend 2023 YOUTH SUMMIT on Healthy Behaviors

As part of its Healthy Behaviors Initiative, The Rapides Foundation invited close to 650 area middle and high school students to its annual Youth Summit on Healthy Behaviors to learn how to become advocates for healthy choices and policy change in their schools and communities.

The Summit, now in its 12th year, was held October 17-19 at the Country Inn and Suites in Pineville, with more than 200 students from Allen, Avoyelles, Catahoula, Grant, Natchitoches, Rapides, Vernon and Winn parishes attending each day.

"Schools are an important part of most young people's lives and therefore provide a critical setting for many prevention and intervention efforts under our Healthy Behaviors Initiative," said Joe Rosier, President and CEO of The Rapides Foundation. "The goal is to provide students, staff and teachers with the knowledge and skills

necessary to make better and more informed behavior decisions leading to healthier lives."

#MoveMore #EatWell #LiveClean was the theme for the event, which included an opening session, energizer breaks and breakout sessions to educate participants on the issues of tobacco prevention, substance and alcohol misuse prevention, and healthy eating and active living. Presenters included advocates in those focus areas.

K-Lynn McKey from the School of Kinesiology at the University of Louisiana at Lafayette was the opening speaker. McKey has a bachelor's degree in K-12 health and physical education and a master's degree in Kinesiology with a concentration in Pedagogy and Psychological Sciences from LSU. Her presentation reminded students that while healthy eating, active living, mental health, physical health and healthy choices are all important, everyone has their own passion, purpose and focus.



Photos, top to bottom: Xavier Barreda with JiggAerobics leads the Healthy Eating/Active Living Session; K-Lynn McKey gives the opening presentation; Dominique Teasley talks to students at the Substance and Alcohol Misuse Prevention session; and Youth Health Advocates lead the Tobacco Prevention and Control session.



"You need to start forming healthy habits now. Find the thing that you can focus on and be a champion for, and take it back to your family and community," she challenged the students. "The stuff you learn in here and in your health class, those are the skills that will affect you for a lifetime."

The Substance and Alcohol Misuse Prevention session was presented by Dominique Teasley and Jarvis Fountaine, who shared their personal stories of overcoming addiction. They currently serve as counselors and advocates to help others. Their stories were featured on the Foundation's *See How I Face Tomorrow* (SHIFT) campaign.

Healthy Eating/Active Living was presented by the team from JiggAerobics, featured on *Shark Tank*. Their hands-on, engaging presentation included interactive scenarios and fun, live music designed to increase healthy eating, active living and positive thinking. JiggAerobics also led energizer sessions throughout the day.

Tobacco Prevention and Control was led by students from the Foundation's Youth Health Advocates program, who shared their knowledge about the harmful effects of tobacco and vaping.

Students and teachers who attended the Summit are part of the Foundation's Healthy Behaviors School District Partnership Grant.





Educators learn about local industries at Workplace Experience Exchange Camp

A select group of Central Louisiana educators toured area businesses this summer to learn about trends, skill requirements and career opportunities in industries located within the region.

The weeklong Workplace Experience Exchange Camp, also known as WEE Camp, gives public school teachers the opportunity to step into the workplace and learn about careers and work environments their students will one day encounter. The aim is to cultivate a broader, global mindset among educators that they can instill in their students.

The camps are administered by The Orchard Foundation, the education arm of The Rapides Foundation. They are part of the Career and Postsecondary Readiness component of the Foundation's Education Initiative which focuses on achieving career and postsecondary success through implementation of counseling, credential and advance credit programs.

The Orchard Foundation offered three WEE Camp sessions this summer:

- WEE Camp I, for middle and high school teachers, was June 5-9 and attended by 20 educators.

- WEE Camp Elementary, tailored for elementary school teachers, was June 13-17 and attended by 21 educators.

- Five teachers attended WEE Camp II, a more in-depth camp for educators who have completed either WEE Camp I or Elementary.

There is no cost to attend WEE Camp. Educators apply to attend.

Summer 2023 participants said they were eager to share the knowledge with their students. Teachers called WEE Camp an "eye-opening experience" that taught them about the skills their students will need to work in various businesses in the area.

"It will change what I do as far as encouraging the students and giving them insight on the workforce opportunities available after high school," said a WEE Camp I participant.

At camp, educators are hosted by local employers, touring different sites and learning about what it takes to be successful in each workplace. Company representatives share their industry's trends and workforce needs, and then explain what kinds of skills and characteristics they are seeking in future employees.



WEE Camp Elementary participants, above, and WEE Camp I educators, below. Photo on page 10: WEE Camp II participants visit the Kisatchie National Forest with USDA Forest Service staff.



"WEE Camps are always well received by the participants. They love it, they learn so much and they form great relationships with these employers," said Marjorie Taylor, Executive Director for The Orchard Foundation. "The employers open their doors to them for that week, but they also let the teachers know that they can bring their students in for tours, or that they will visit the schools to talk to the students."

Since it started in 2015, WEE Camp has served 228 educators in Central Louisiana.

"It definitely helped me become more aware of the need to help students get focused or to begin thinking about future career paths," one participant said after attending 2023 WEE Camp.

Some educators planned to update their curriculum to make sure students understood measurements and fractions. Others said they were organizing field trips for the upcoming school year.

Part of WEE Camp's success comes from the

participation of its industry partners, who provided educators with direct, hands-on experiences during their visits. 2023 WEE Camp industry partners were:

- **AFCO Industries**
- **Alexandria International Airport**
- **Avant Organics**
- **Boise Cascade**
- **Central Louisiana Technical Community College**
- **Christus St. Frances Cabrini Hospital**
- **City of Pineville, police and fire departments**
- **Cleco, Brame Energy Center**
- **Crest Industries**
- **Dis-Tran Packaged Substations**
- **Learning Blade**
- **Louisiana Central**
- **Procter and Gamble**
- **Quebedeaux's Cajun Café**
- **Rapides Regional Medical Center**
- **Region 6, La. STEM Center**
- **RoyOMartin, Chopin and Oakdale plants**
- **USDA Forest Service**
- **USDA Forest Service, Project Learning Tree**
- **UTLX, Union Tank Car**

The application process for 2024 WEE camps will be in the spring. Businesses interested in participating are asked to call Aubrey Flynn at The Orchard Foundation at (318) 787-6561.

Foundation Awards \$1.2 Million in Healthy Behaviors Program Grants

Three-year grants support evidence-based prevention projects



The Rapides Foundation earlier this year awarded \$1.2 million in grants to seven organizations to implement evidence-based programs that prevent and control tobacco use, prevent and reduce obesity, or prevent substance and alcohol use in the region.

The Healthy Behaviors Program Grant is a three-year grant designed to provide residents with opportunities to make healthy choices in their communities.

Grants were awarded to the Boys & Girls Club of Acadiana, Campti Community Development Center, the Cottonport Mayor's Commission for Women, Food Bank of Central Louisiana, Louisiana Christian University, Town of Bunkie and YWCA Alexandria-Pineville. Grant terms began on July 3.

Tobacco use, substance and alcohol use, poor nutrition and lack of physical activity are directly related to premature death and disability. The Healthy Behaviors Program Grant, which is part of the Foundation's Healthy Behaviors Initiative, focuses on these behaviors with the goal of having an impact on chronic disease prevention in the region.

Healthy Behaviors Program Grants were open to communities in the Foundation's nine-parish service area of Allen, Avoyelles, Catahoula, Grant, LaSalle, Natchitoches, Rapides, Vernon and Winn.

The following Healthy Behaviors Program Grants were awarded:

Boys & Girls Club of Acadiana received a \$75,000 grant to develop a cooking program at the club in Natchitoches to increase access to healthier foods and improve interest in eating healthier and leading a healthier lifestyle. With this initiative, youth can use the kitchen to gain skills and learn about cooking and increase physical activity through the Triple Play/Healthy Habits program.

Campti Community Development Center was awarded a \$198,000 grant for the Seeds to Success project, which will implement after-school educational opportunities at its no-till organic community garden. The project will engage children and their families in planting, growing and harvesting produce for the community.



The **Cottonport Mayor's Commission for Women, in association with the Cottonport Museum & Cultural Center**, was awarded a \$200,000 grant to support the Cottonport Community Health and Fitness Park, a safe area where families can learn, exercise and play. The park will offer gardening classes and healthy living initiatives, and provide access to adult fitness equipment, a walking track and playground. Educational programs in this space will change patterns of an unhealthy lifestyle by increasing physical fitness and exposing residents to a healthier lifestyle.

The **Food Bank of Central Louisiana** received a \$300,000 grant to reduce barriers for older, low-income adults to access nutritious food. Central Louisiana residents ages 60 and over will have the option to receive a new kind of food box focused on the specific nutritional needs of older adults. The new Senior Nutrition Program will also offer educational opportunities that reflect the health concerns of the region's older neighbors.

Louisiana Christian University was awarded a \$30,000 grant to implement a local Step Up CENLA program to help residents become more physically active. The program provides free workouts and fitness challenges to the community along with educational workshops related to physical activity. The goal is to create a culture in which physical activity is the norm in Central Louisiana.

The **Town of Bunkie** received a \$225,000 grant to expand the Move Bunkie Forward project. The mission of MBF is to build a healthy community by developing, promoting and sustaining healthy lifestyle choices within the community through physical activity, nutritional and educational events in a smoke-free environment.

YWCA Alexandria-Pineville was awarded a \$150,000 grant to fund scholarships for Girls on the Run of Central Louisiana participants at high-needs schools. The goal is to expose all girls, regardless of socioeconomic status, to this life-changing program, which teaches girls how to be healthy emotionally and physically.



Healthy Behaviors Mini Grants Awarded

In late 2023, six organizations were awarded Healthy Behaviors Mini Grants for community programs that encourage individuals to make healthy choices. Mini Grants are short-term grants of up to \$25,000.

The mini grants are being used to fund workshops, classes and events. Grant terms began in November and will run for 14 months.

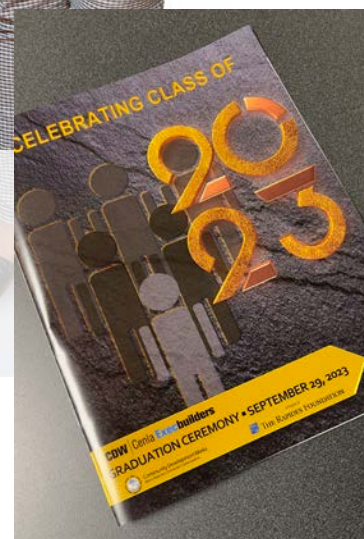
Awards went to the following organizations:

- **B22 Sports Complex**
- **Catholic Charities of Central Louisiana**
- **City of Winnfield**
- **JiggAerobics Community Project**
- **LaSalle Economic Development District**
- **Reinvesting in Simmesport's Expansion (RISE)**



CDW | Cenla Execbuilders

Nonprofit executives complete CDW training program



Four Central Louisiana nonprofit leaders joined the ranks this fall as graduates of the 2023 Cenla Execbuilders class. Their goal is to take the skills learned through Cenla Execbuilders and improve their individual organizations, while also benefiting the community as a whole.

Cenla Execbuilders, a program of Community Development Works, provides a unique opportunity for executive directors in Central Louisiana, no matter their experience level, to become more effective leaders of their local nonprofit organizations. The seven-session program uses

a combination of intensive training, professional coaching and peer networking opportunities grounded in adult learning methodologies. While developing their leadership skills, participants also have the opportunity to become part of a close-knit community of skilled leaders and increase their capacity to lead high-performing organizations.

These participants join a group of 63 existing Cenla Execbuilders alumni.

Cenla Execbuilders began in 2012 as a complement to Cenla Boardbuilders, a successful training program for individuals who are interested in becoming nonprofit board members or for sitting

2023 Cenla Execbuilders graduates are, pictured left to right:

- **Christina A. Lord, M.D.**, 2023 Chair of the Greater Vernon Chamber of Commerce and Regional Medical Director for the Region 6 Office of Public Health
- **Daren Dauzat**, Executive Director, The Extra Mile Region VI
- **Chasity Cole**, Executive Director, Avoyelles Society for the Developmentally Disabled
- **Shay Hardison**, Executive Director, Sickie Cell Anemia Resource Foundation

board members seeking additional training.

Both programs are free to the Central Louisiana community and are part of The Rapides Foundation's Social Environment Initiative, which provides an integrated approach to enhance civic and community opportunities for more effective nonprofit leaders and organizations. The goal of the initiative is to improve the effectiveness of nonprofit organizations as they work to achieve their missions. Community Development Works implements most of the activities under the initiative.

Felicia Walker, Training Specialist for CDW, welcomed the group at the graduation ceremony held on Friday, September 29. "Our 2023 Cenla Execbuilders graduates embody hope, ignite change and exemplify compassion. They have committed themselves to careers driven by purpose with a steadfast dedication to affecting positive change in Central Louisiana," she said.

Guest speaker Martha Powell, Regional Director for Volunteers of America and a Class of 2022 Cenla Execbuilders graduate, challenged the graduates to take advantage of every resource and networking opportunity available to them. She also commended the graduates for taking time out of their busy schedules to commit to



Guest speaker Martha Powell tells graduates: "Our area is so blessed to have this resource."

Cenla Execbuilders, a program that would typically cost thousands of dollars if taken outside of The Rapides Foundation's nine-parish service area. "Our area is so blessed to have this resource," she said.

Topics for 2023 included: Understanding Leadership Roles and Responsibilities; Nonprofit Operations and Financial Implications; Strategic Thinking and Planning; Fund Development and Public Relations; Effective Communication and Conflict Resolution; Team Building and Mentoring; and Leading and Managing Change.

In addition to the seven scheduled training sessions, participants were able to take up to 12 hours of personal coaching services from expert trainers.



Healthy Lifestyle Program Recognized for Diabetes Prevention



The Healthy Lifestyle Program has earned "CDC Full Plus Recognition" for its PreventT2 diabetes prevention program. Full Plus Recognition is reserved for diabetes prevention programs that effectively deliver high-quality, evidence-based education that meets all of the standards set forth by the Centers for Disease Control and Prevention. This designation is good for five years.

PreventT2 is the only diabetes prevention program in Central Louisiana to receive Full Plus Recognition and one of only five programs in the state to achieve the designation.

"This recognition validates the hard work of the Healthy Lifestyle Program team," said Wendy Roy, Executive Director of the Cenla Medication Access Program, which oversees the Healthy Lifestyle Program. "It shows that our PreventT2 sessions meet the highest standards, and that ultimately benefits the participants."

The PreventT2 program, which began in 2021, has shown sustained success in helping participants with prediabetes make healthy changes that can prevent or postpone the development of type 2 diabetes. Participants attend group meetings that focus on nutrition, stress management and the importance of physical activity.

"You and your colleagues should be extremely proud of this accomplishment. It is programs like yours that are turning the tide in the fight against the epidemic of type 2 diabetes," said Miriam Bell, Team Leader for the CDC's National Diabetes Prevention Program.

Scan the QR code to learn more about the PreventT2 program. Residents who are interested in joining a group are asked to call 318-767-3019.



PreventT2

THE RAPIDES FOUNDATION

The Rapides Foundation continues a legacy of community healthcare initiated in 1903.

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