

Louisiana Rural Health Association



DISCLOSURE

- I have no financial interests or other relationship with manufacturers of commercial products, suppliers of commercial services, or commercial supporters. My presentation will not include any discussion of the unlabeled use of a product or a product under investigational use.



- The LRHA is a non-profit membership organization dedicated to improving the health of the citizens of rural Louisiana through leadership, advocacy, communication, and education.

LRHA Organization Chart

Board of Directors' (15)

Executive Director

(Stacy Fontenot)

**GUFT Program
Coordinator's**

Lynne Arboneaux & Tamar
Hawkins

Office Manager

Jeanne Gauthreaux

How Did We Get Here?



1. Collaboration

2. Collaboration

3. Collaboration

LRHA

Education

- Contracts
- Corporate Sponsors
- Membership Dues

Outreach

- Grants
- Contracts

Collaboration is the KEY to Success

True collaboration requires:

- A commitment to shared goals
- A jointly developed structure and shared responsibility
- Mutual authority and accountability for success
- Sharing of resources, risks, and rewards

Choosing Partners

- Do you share the same goals?
- Do they have the required capabilities and resources?
- Do they have credibility in the community?
- Do you have a trusting relationship?

Benefits of Collaboration

- Improved delivery of programming
- Improved communication and enhanced information
- Increased use of programs and resources available in the community
- Elimination of duplication
- Increased availability of resources
- Improved public image

Barriers

- Lack of staff or time to participate in the collaboration
- Conflicts with organizational focus and priorities between the collaboration and its members
- Slowed decision making
- Limited resources or lack of willingness to share existing resources.

LRHA Collaborations & Partnerships

It's time to clear
the air.

OASIS

Operation Against Smoking/Inhaling Secondhand Smoke

What is the Operation Against Smoking/Inhaling Secondhand Smoke?

- **OASIS began in June 2005 with a partnership grant from The Louisiana Campaign for Tobacco Free-Living (TFL) that will last through July 2008.**
- **As one of only (5) statewide grantees, LRHA is seeking to decrease the effects of habitual smoking and second-hand smoke by encouraging rural hospitals, clinics, and federally qualified health centers to establish smoke-free campuses in the 29 parishes known as the “Delta Parishes.”**

Taking Action.

Implementing a
smoke-free campus



OASIS

Operation Against Smoking/Inhaling Secondhand Smoke

Partners as of January 2008

- Homer Memorial Hospital
- Union General Hospital
- TriWard General Hospital
- Saint Francis Hospital
- Franklin Medical
- Bunkie General
- Touro Infirmary
- St. James Parish Hospital
- Iberia Comprehensive
- Springhill Medical Center
- West Feliciana Parish Hospital
- Thibodaux Regional Medical Center
- Assumption Community Hospital

HAPN

Health Access Planning Network

HAPN - Parishes Affected

- Iberville Parish
- Pointe Coupee Parish
- Assumption Parish
- Iberia Parish

Five For Life (Obesity Intervention)

- The Five for Life Program was developed by Focused Fitness.
- The program goal is to provide a curriculum that develops an understanding and a value for living an active life and practicing health nutritional habits that lead to life-long wellness.
- The Five for Life Program is an exciting, innovated integrated curriculum that is designed to increase student activity levels during physical education, improve student fitness levels and teach academic content in the gym.
- We have provided the schools with the curriculum as well as the necessary PE equipment to complete the program in each school for a total of \$9,445.00 of equipment for each school.

Five for Life Equipment List

Fitball Sports Ball 55cm
Nylon Covered Bean Bags - Dozen
Big Ball Inflator
Air Compressor
Foam Cones - Set of 6
DumbBells - 3lb.
Tuffskin Softi Foam Ball - 6.25"
Tuffskin Special Foam Ball - 8"
Foam Footballs
30" No Kink Hoops - Dozen
Licorice Speed Rope - 7'
Licorice Speed Rope - 8'
Licorice Speed Rope - 9'
Medicine Balls - 2 Kilo
Olympet Agility Rings - 4 Dozen
Polyethylene Exercise Mat

Poly Spots - 9" Set of 6
Sit & Reach Box - Metal
Seiko 300 Memory Stopwatch
Step Boxes - 6" Blue
Stretch Band - Green (Light)
Stretch Band - Red (Medium)
Health-O-Meter Floor Scale
The Bar - 9 lbs
The Bar - 12 lbs.
Polar E40 Heart Rate Monitor
Small Straps 23"-47" Set of 6
Digi-Walker Pedometer w/ Strap
Storage Case for Pedometers
Digital Blood Pressure Monitor
Small Blood Pressure Cuff

Five for Life Training



Five for Life Schools

- Dorseyville Elementary
- Pierre Part Elementary
- Pierre Part Middle
- Crescent Junior High
- Delcambre High School
- Coteau Elementary
- Valverde Elementary

Grand Ideas From Within (Mental Health Intervention)

- Grand Ideas from Within was written specifically to accommodate state education guidelines, provides scripted imagery exercises for anyone working with children. The exercises range from very basic body-awareness techniques to more complex success visualizations. Cutting across cultural values and interpretations of mental health, Grand Ideas from Within provides teachers and families with tools to teach the process of good mental functioning—the ability to calm oneself through breathing; to shift perceptions, allowing experiences through all five senses and consequently more choices; to feel comfortable with basic feelings; to self-soothe through positive self-talk; to achieve self-acceptance; and to create a greater sense of certainty about the future through the use of goal-setting skills.

PEAL

Progress Equals Access for Louisiana

PEAL Partners



Thank you

To LRHA members and community organizations who have invited us and welcomed us to their facilities to carry out mission of PEAL.

Allen Parish Hospital
Assumption Community Hospital & RHC
American Legion Hospital, Crowley
Bunkie General Hospital
Butler-Abshire Clinic
Byrd Regional Hospital
Citizen's Medical Center
DeQuincy Memorial Hospital
DeSoto Regional Health Systems
Franklin Medical Center
Iberia Comprehensive CHC
Innis Community Health Center
Jackson Parish Hospital
Jennings American Legion Hospital

Lady of the Sea Hospital
Lake Arthur Health Clinic
Pointe Coupee General Hospital
Prevost Memorial Hospital
Richardson Medical Center
Richland Parish Hospital
Riverland Medical Center
Springhill Medical Center
St. Anne General Hospital
St. Gabriel Eastside CHC
St. Helena Parish Hospital
St. James Parish Hospital
Union General Hospital
West Feliciana Parish Hospital



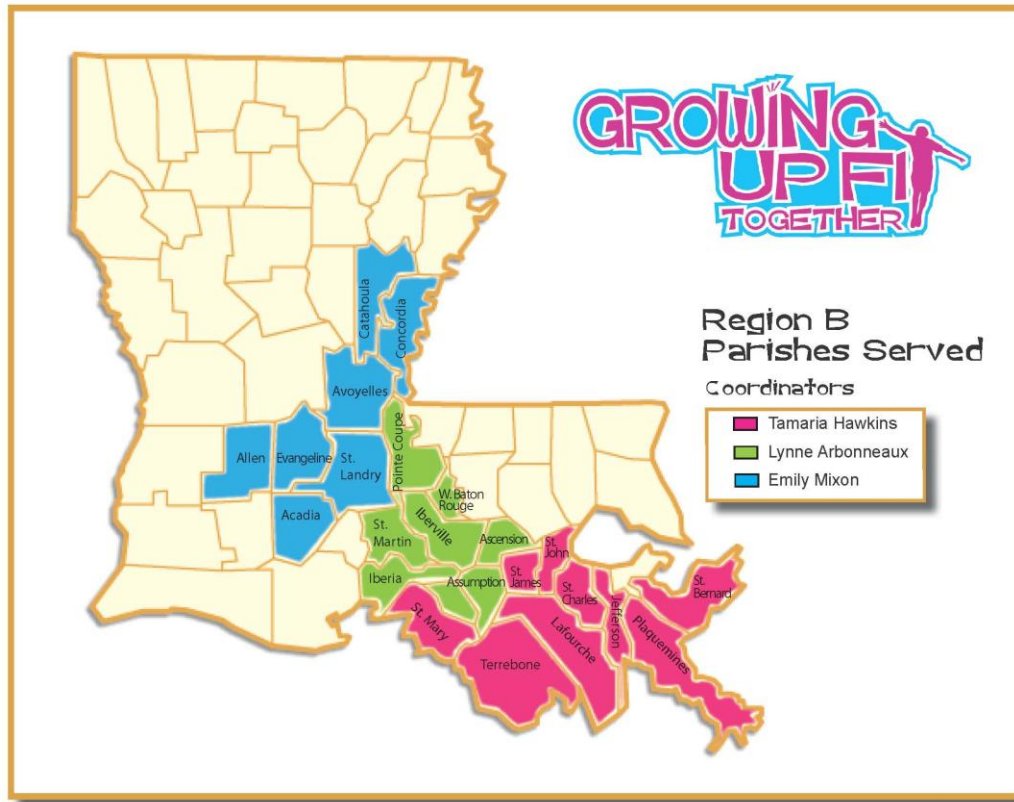
PEAL

An Obesity Prevention Project



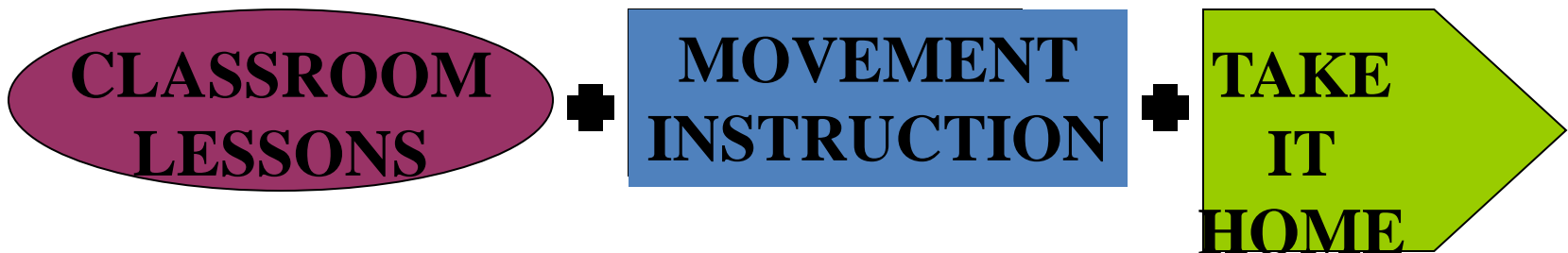
**Funded through a HRSA Delta States Rural
Development Network Grant**

Who We Serve



The Program

The highly successful **multi-component obesity intervention model** was designed to provide for the unmet local health needs of children in low-income, medically underserved rural areas.



Value

- What are the little things your organization can do that will make a

BIG Difference?

Thank You

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