ASSUMPTION PARISH

Volume 1

RURAL Heart and Lung Study

Pennington Biomedical Research Center
Louisiana State University

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Message from the Louisiana Core

Dear Assumption Parish,

There will be much more to come. The RURAL Heart & Lung Study collected a lot of data. Based on feedback from our Community Advisory Board, we decided to share the summary information in a series of reports so that we could get the information out more quickly. Also, by doing it this way, we can respond to questions, suggestions, and constructive criticism in future volumes – improving as we go, with our goal always being to share information that is useful to you, our audience. Please help us to improve our work by providing feedback using the link/QR code on the back cover!

Assumption Parish Community Advisory Board

Stephanie Domingue
Ancillary Support Coordinator
Our Lady of the Lake Assumption Hospital

Beryl Gomez
Retired Professional & Community Advocate

Maria Gonzales
Associate Nutrition and Community Health Agent
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Assumption Parish Police Jury

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Director of School Food Service
LA Dept of Education - Div of Nutrition Support

Outreach Consultant

Annette Joseph
Assumption Parish Resident/Advocate

We want to acknowledge everyone who supports RURAL's work in Assumption Parish. Most importantly, we acknowledge everyone who volunteered to participate in the study and to allow our study team into your lives. Nothing happens without you. You are the heart of it!

Second, we want to thank the members of our Community Advisory Board who have given generously of their time over the past five years. They have shared their expertise about the community of Assumption Parish; offered feedback on study decisions, logistics, and operations to ensure the study's success; and advocated for the value of the study for Assumption Parish. They have also contributed extensively to this report, offering suggestions about content and reviewing drafts. When you see any of them, please thank them!

Finally, our thanks go out to our community partners, especially the Assumption Parish Police Jury. Community and relationships are a foundational aspect of RURAL. We depend on our partners to do the hard work of actually making a difference in our community.

Sincerely,

Louisiana Core

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History of Assumption Parish

Assumption Parish was founded in the late 1700s by French Acadians and Spanish settlers. It became Louisiana's eighth parish in 1807, named after the Assumption of the Blessed Virgin Mary Catholic Church, the state's oldest Catholic church. Many residents continue to honor their French heritage today.

Thanks to fertile soil near the Mississippi River, sugarcane became Assumption Parish's leading crop in the 1800s. Today, two of Louisiana's eleven active mills are here, with over 30,000 acres grown annually, making the parish a top producer in the state.

Assumption Parish, with about 21,000 residents, is a rural area made up of seven communities: Bayou L'Ourse, Belle Rose, Labadieville, Paincourtville, Pierre Part, Plattenville, and Napoleonville (the Parish Seat). These towns are spread along winding bayous and waterways, reflecting the area's distinct culture and picturesque scenery.

2020 Census Facts

Population: 21,039

Employment Rate: 52.9%

Total Households: 8,420

Median Household Income: $52,546

Without Healthcare Coverage: 8.8%

U.S. Census Bureau, Assumption Parish, Louisiana

Click here or scan below for complete Assumption Parish 2020 Census Data.

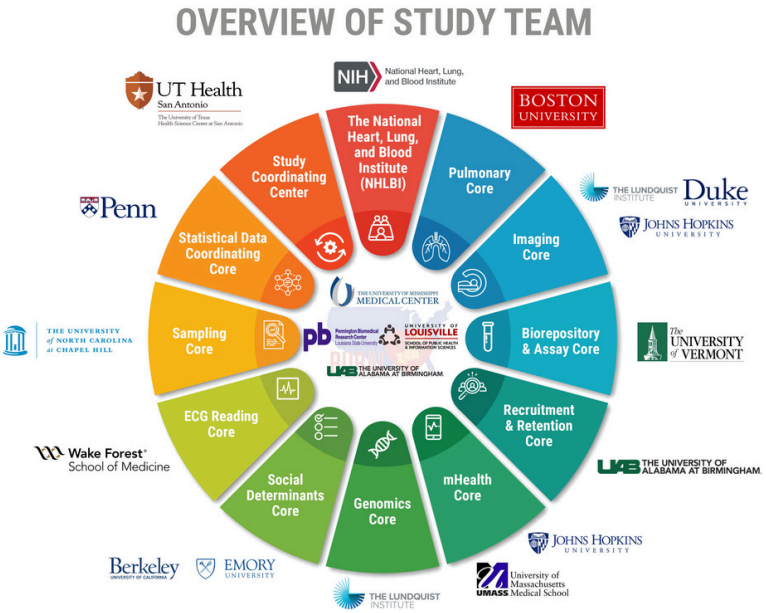
SCAN

Background and Purpose of the RURAL Heart & Lung Study

WHY STUDY RURAL AREAS?

Where people live and work can affect their health in big ways. About one in every five people in the United States live in rural areas. Rural areas are vital to the country's economy. It is very important to keep rural communities healthy. People in rural areas face more health challenges. They may, on average, have fewer resources and fewer doctors or hospitals nearby. Many people also struggle with transportation and access to the internet. Because of these factors, they often have worse health than people in cities. They tend to have more chronic health problems and higher death rates.

People in the rural South have some of the shortest life expectancies in the country. They also have higher death rates from heart and lung diseases, stroke, cancer, and sleep disorders. Scientists aren't sure why these areas are at greater risk, and more research is needed to find out. **Rural residents have not been well-represented in health research and traditionally have not been included in large-scale National Institutes of Health (NIH) efforts.** The RURAL Heart & Lung Study is a first-of-its-kind study focused solely on rural residents and rural health.



The team from 16 different universities consists of cores that focus on different aspects of the RURAL Heart & Lung Study.

2023 RURAL Study Steering Committee Meeting - San Antonio, Texas

Background and Purpose of the RURAL Heart & Lung Study

Scientists from 16 different institutions are working together to study heart and lung health. The study is happening in 10 rural counties and parishes in Alabama, Kentucky, Louisiana, and Mississippi. The goal is to enroll around 4,600 people, including some from two parishes in Louisiana.

The NIH's National Heart, Lung & Blood Institute (NHLBI) provided funding to find out what causes long term health problems in rural residents. The study was designed to follow participants over many years. Every four years or so participants are checked again. This way of studying people is called a "longitudinal cohort study", and it is the best way to learn about what keeps people healthy or makes them sick.

To make it easy to join, the research team brings a Mobile Examination Unit (MEU) to each community. This special vehicle has everything needed to check vital signs, take blood samples, answer health questions, and test heart and lung health—all in one place!

From the beginning, the RURAL Heart & Lung Study has worked closely with local communities. Researchers hold events and meetings in each area to learn about health concerns, get feedback, and build strong partnerships. This helps to make sure the study results go back to the community, where local leaders can use them to create better health programs.

The RURAL Heart & Lung Study is a research project that wants to learn why people in the rural South live shorter and less healthy lives.

Methodology

How were volunteers recruited to participate in RURAL?

RURAL's goal was to have 400 Assumption Parish residents participate in the study. A sampling process was designed to make sure enrollment represented the Parish's demographics as accurately as possible. This process selected an initial group of residents for the study to contact. The RURAL Study sent these residents postcards that included information about the study and directions about expressing interest. Residents who didn't receive a postcard were encouraged to express their interest online. Some of these residents were also invited to participate in the study to fill any remaining spots.

In the end, the goal of the study is to help people in rural areas live longer and healthier lives.

What happened in the RURAL Study?

First, every volunteer was informed about all study procedures and given the chance to ask questions. If they decided to participate in the study, they gave their informed consent. Each participant had an appointment in the Mobile Exam Unit (MEU) that lasted about three hours.

During this appointment, each participant answered questions and completed a variety of tests. These tests included: evaluation of physical and mental health behaviors, urine and blood collection for glucose and lipid panels, echo of the heart, cardiac CT scan, pulmonary function testing, and a test for peripheral artery disease. Once physical tests were complete, participants were provided a FitBit and access to the RURAL Study app. The Fitbit measured participants' physical activity, heart rate, and sleep for at least 6 months after the MEU visit. Participants were also sent some extra study questionnaires through the app.

Methodology

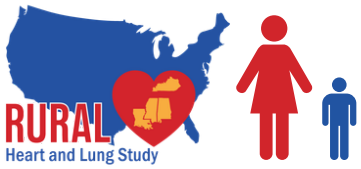
How were the RURAL data analyzed for the databook?

The health information presented in this databook is based on *"weighted"* data. Not everyone is familiar with what "weighting" is though. We'd like to explain a little bit about weighting and why we analyze the weighted data.

What are *weighted* Data?

In the RURAL study, we are trying to understand the health of everyone in Assumption Parish based on the 460 people who participated.

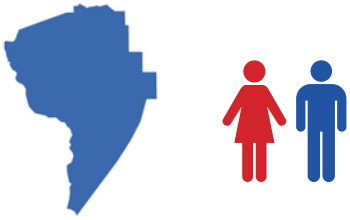
Among Assumption Parish RURAL participants, 318 were women, and 142 were men.



Before *weighting*

But we know that there are about the same number of men and women in Assumption Parish.

If we want the study results to match the parish population better, we need to give the men's measures more "weight" and the women's measures less "weight."



After *weighting*

Why do we use *weighting*?

We analyze weighted data because weighting helps make study results fair and accurate, *especially when*:

- Everyone didn't join the study.
- You want the results to match the real world.

Where can I see *weighting* in action?

In the second column of the table on page 9, you can see that men make up 30.9% of RURAL participants from Assumption Parish, or about 31 out of every 100 study participants. On the other hand, men make up 46.5% of the parish population, or about 47 out of every 100 residents aged 25-64. After weighting the study data (3rd column), men make up 46.9% of the weighted data, which is almost exactly the same as in the parish population.

All of the results presented in the databook are based on the weighted data. This way, the results apply to the whole parish population of adults ages 25-64.

Characteristics of RURAL Heart & Lung Participants & Comparison to Assumption Parish Population (Ages 25-64)

Overall, **460 Assumption Parish residents participated in the RURAL Heart & Lung Study**. This is about 1 out of every 23 adults in the parish. Residents who enrolled in the Study tended to be older and were more likely to be female, white, and higher income. The health information in this report takes into account these differences and are "weighted" so that they represent the parish population. (See Methodology on page 7 if you're interested in learning more about weighting.)

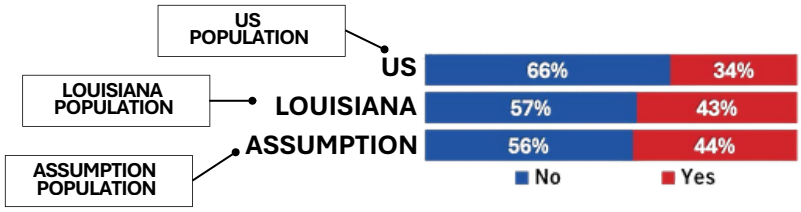
	RURAL Heart & Lung Study Participants			Parish Population Ages 25-64*
	Number	**%**	**Weighted %**	**%**
Total	460	100.0%		
Age				
25-34	58	12.6%	20.8%	22.0%
35-44	130	28.3%	23.7%	24.0%
45-54	136	29.6%	26.2%	25.6%
55-64	136	29.6%	29.2%	28.5%
Gender				
Male	142	30.9%	46.9%	46.5%
Female	318	69.1%	53.1%	53.5%
Race/Ethnicity				
White	373	82.2%	70.6%	65.5%
Black	81	17.8%	29.4%	28.6%
Marital Status				
Married	326	70.9%	56.3%	42.6%
Never married	69	15.0%	19.3%	34.5%
Not currently married	65	14.1%	24.4%	22.9%
Education				
Less than high school	26	5.7%	18.4%	21.6%
High school or G.E.D	135	29.5%	42.1%	45.7%
At least some college	297	64.9%	39.5%	32.7%
Income				
≤ $49,999	123	27.3%	45.9%	47.3%
$50,000 - $99,999	130	28.9%	26.9%	27.0%
≥ $100,000	197	43.8%	27.2%	25.6%
Employment Status				
Employed full-time	328	74.4%	63.7%	49.6%**
Employed part-time	22	5.0%	3.5%	21.0%
Not employed	32	7.3%	12.4%	4.3%
Retired	32	7.3%	7.4%	*Not found*
Disabled	27	6.1%	13.0%	10.3%

*Data source: American Community Survey 2023 (Tables B02001, K201501, S0101, S1901)
** Employment status percents based on population 16+ years. Estimates based on combining data across ACS 2023 Tables DP03, S2301, C18120

Understanding the Charts

#1

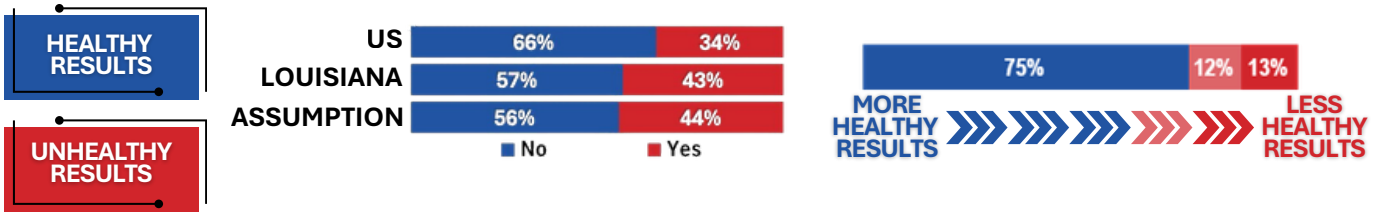
Look at the labels along the right-hand side to see what each bar stands for.



If you're not sure what a word means, check the Glossary.

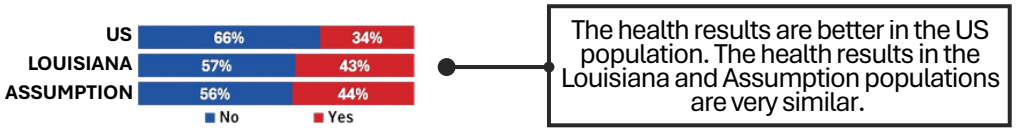
#2

Now, look at the colors in each bar and the labels underneath to see what each part means. We have used **BLUE** to mean healthy results and **RED** to mean unhealthy results.



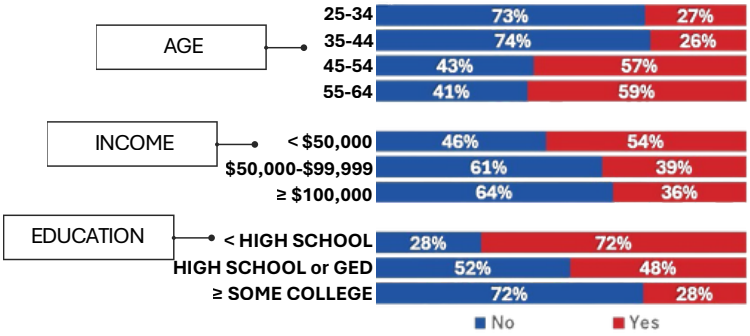
#3

Compare the sizes of the colored sections to see which health results are more or less common. The numbers refer to the percent of the population (or how many people out of every 100) that is affected by the health condition.



#4

The demographic charts are broken down by age, income level, and education level.



Assumption Parish residents with less than a high school education have the highest rates of high blood pressure.

#5

Look out for this icon. It points out a **Key Takeaway** from the chart.

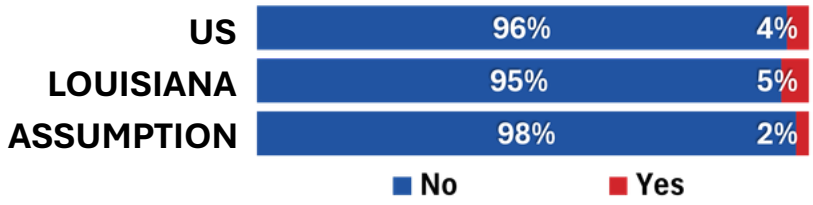
Heart Attack

The medical term for heart attack is known as a myocardial infarction. A myocardial infarction occurs when the blood supply to the heart is blocked. The blood supply to the heart can become blocked when substances like fat or cholesterol build up in the arteries. The blockage prevents the heart from pumping blood properly. This can result in chest pain, damage to the heart muscle, and even death.

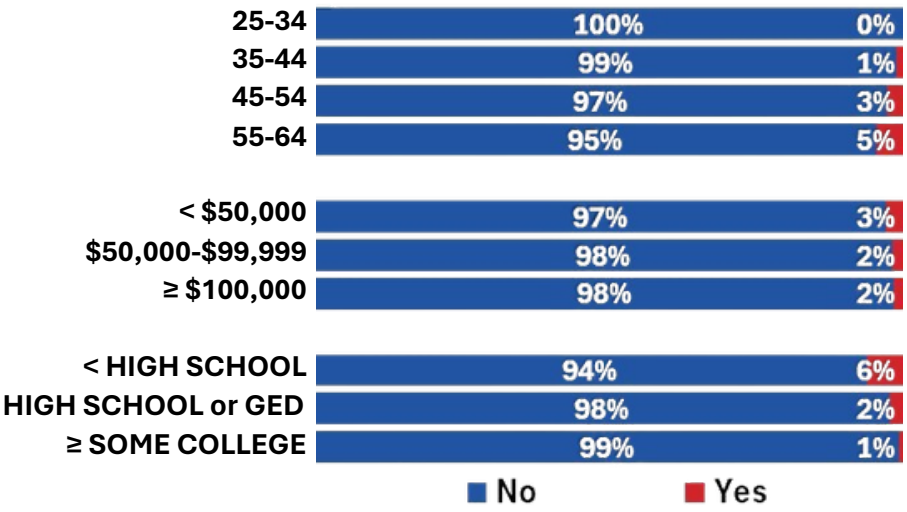
During the RURAL study MEU examination, participants were asked whether they had ever had a heart attack or had been told by a doctor that they had had a heart attack. Translated to the parish, 2% of residents have had a heart attack. This is a little lower than in the U.S. (4%) and the rest of the state (5%).

Have you ever had a heart attack?

In Assumption Parish, 2% of residents have been told by a doctor that they have had a heart attack.



Heart Attack by Age Group, Income, and Education Level



In Assumption Parish, heart attacks are more common in older adults and less common among residents with higher levels of education.

Stroke

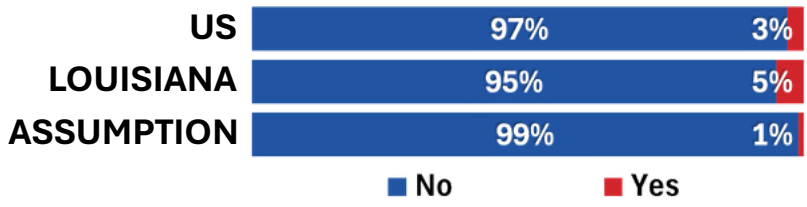
A stroke occurs when the brain does not get enough oxygen. This occurs when the blood vessels supplying the brain become blocked or burst, preventing oxygenated blood from reaching the brain. Strokes are the 5th leading cause of death and disability in the United States. Rural Americans are more likely to die from stroke. The effects of a stroke can be harmful, making it difficult for the body to function as it should. A stroke can cause parts of the body to become paralyzed, along with difficulty in speaking and thinking.

Like heart attacks, strokes can often be prevented. Being active, keeping a healthy weight, and eating a healthy diet can help prevent strokes. It is also important to treat health problems like high cholesterol, high blood pressure, and diabetes because they can raise your risk of having a stroke.

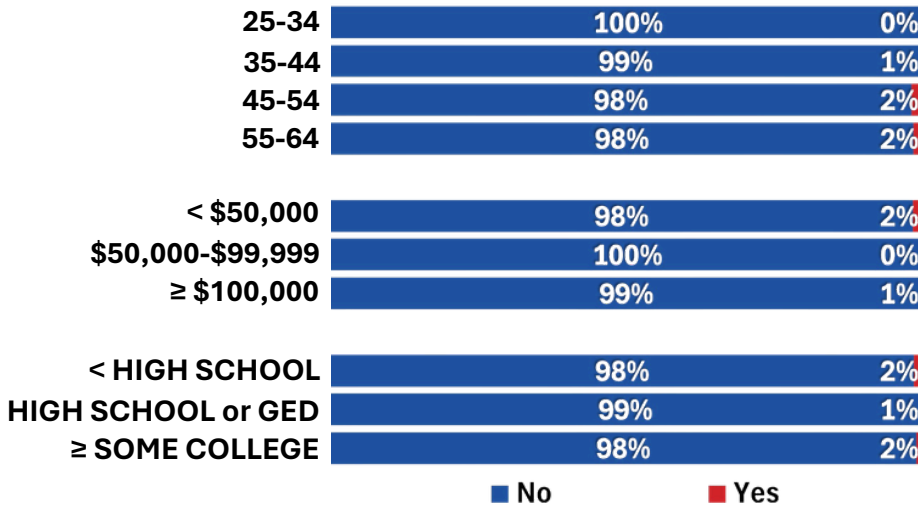
During the RURAL study, participants were asked whether they had ever been told by a doctor that they had had a stroke. When applied to the parish, about 1 in 100 residents has experienced a stroke.

Have you ever had a stroke?

In Assumption Parish, about 1% of residents have been told by a doctor that they had a stroke.



Stroke by Age Group, Income, and Education Level



The risk of stroke is similar across all demographics in Assumption Parish.

References: American Stroke Association, Centers for Disease Control and Prevention

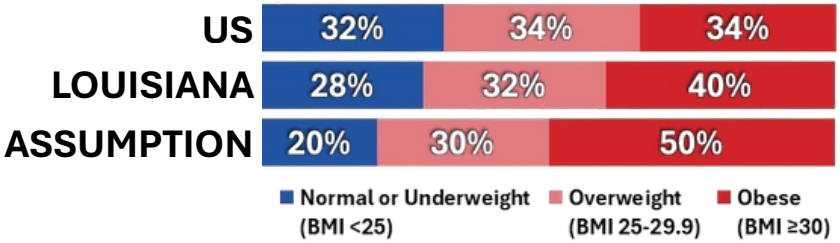
Overweight & Obesity

Obesity is a national problem, and Louisiana regularly ranks very high in the country in obesity rates. About 40% of adults in Louisiana are considered obese. That's higher than the national average of 34%.

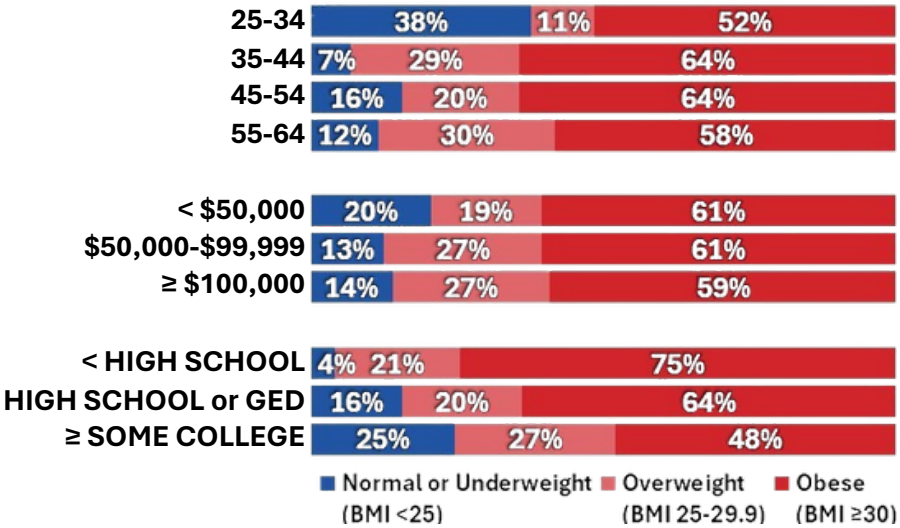
Obesity increases the risk of cardiovascular disease, cancer, and type 2 diabetes, which are major causes of illness and death. Rural areas face unique challenges and are often farther away from resources, with limited transportation and fewer healthcare providers. These factors can be related to high obesity rates.

On the RURAL MEU, study participants had their height and weight measured. This provides a measure of each person's weight status based on body mass index, or BMI. For adults, BMI's of 25 or higher indicate that a person is overweight or obese.

In Assumption Parish, 80% of adults are overweight or obese. This is higher than in Louisiana or the US.



Weight Status by Age Group, Income, and Education



Obesity rates are high in all demographics in Assumption Parish, but they differ the most by education level.

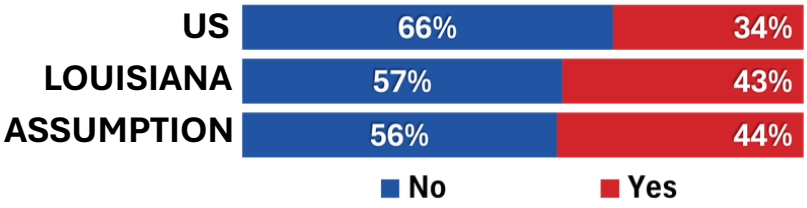
Hypertension (High Blood Pressure)

Your arteries carry blood from your heart to the rest of your body. High blood pressure is when your blood pushes too hard against the walls of your arteries. This causes your arteries to become stiff and weakened, which can lead to serious health problems like heart attacks or strokes. High blood pressure is also called hypertension. About 1 in 3 adults in the US with high blood pressure don't know they have it. This means they are not getting treatment to control it.

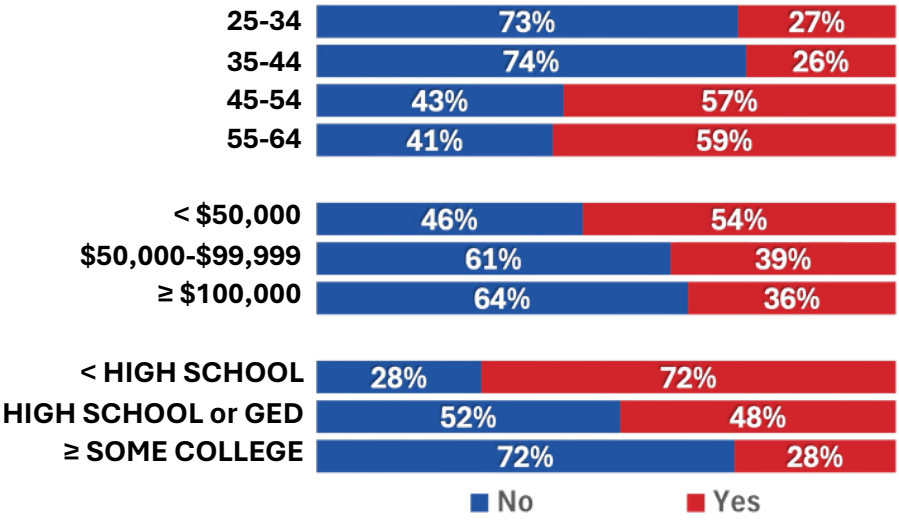
During the RURAL study, participants were asked whether they had ever been told by a doctor that they had high blood pressure. Translated to Assumption Parish, about 44% of adults have been diagnosed with high blood pressure.

Have you ever been told you had high blood pressure?

High blood pressure is higher in Assumption Parish than in the US, but about the same as in the rest of the state.



High Blood Pressure Diagnosis by Age Group, Income, and Education Level



Assumption Parish residents with less than a high school education have the highest rates of high blood pressure.

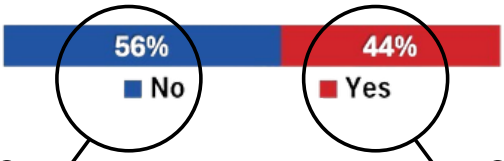
References: Centers for Disease Control and Prevention; National Institutes of Health, National Heart, Lung & Blood Institute

Undiagnosed & Uncontrolled Hypertension (High Blood Pressure)

After RURAL participants were asked whether they had been told they had high blood pressure, they also had their blood pressure checked in person. This shows how many people have high blood pressure without knowing it and how many with high blood pressure don't have the disease under control. High blood pressure can be controlled with medication and a healthy lifestyle.

Have you ever been told you had high blood pressure?

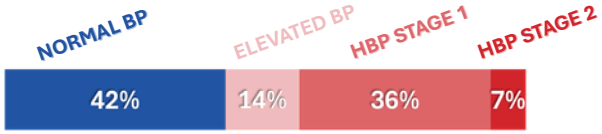
ASSUMPTION



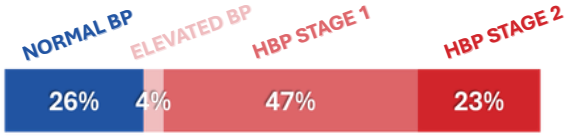
But when they had their blood pressure checked, over half actually have higher than normal blood pressure levels.

But when they had their blood pressure checked, nearly 3 out of every 4 residents with high blood pressure still have higher than normal blood pressure levels.

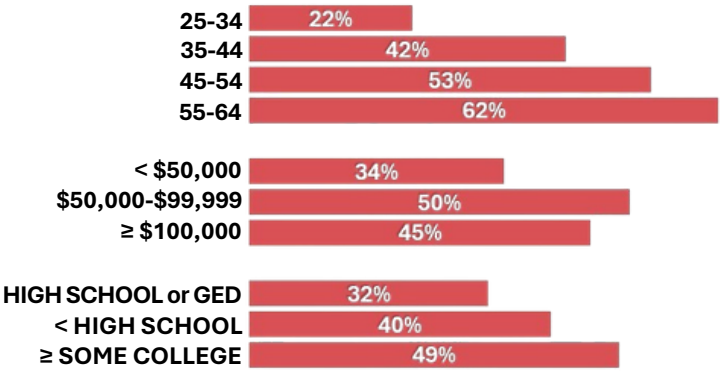
Blood Pressure when Checked in Person
(People Who Said They Did Not Have High Blood Pressure)



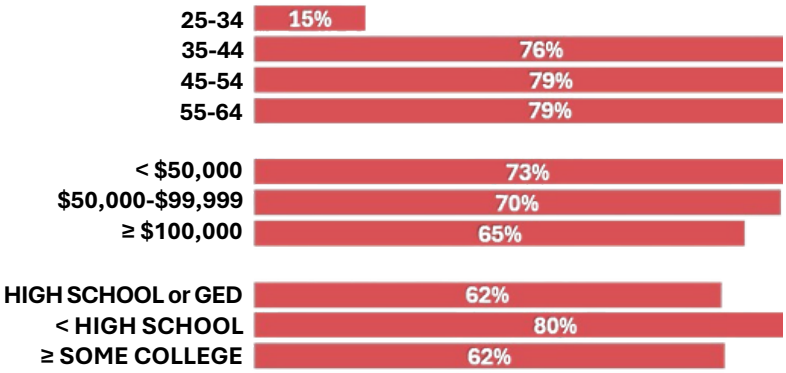
Blood Pressure when Checked in Person
(People Who Said They Did Have High Blood Pressure)



Undiagnosed High Blood Pressure by Age Group, Income, and Education Level



Uncontrolled High Blood Pressure by Age Group, Income, and Education Level



Older adults and people with higher levels of education are more likely to have high blood pressure and not know that they do.

Except for young adults, every demographic group has high levels of uncontrolled high blood pressure.

Cholesterol

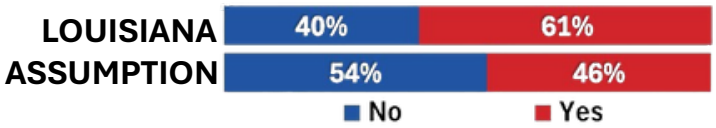
Not all cholesterol is bad for you. Cholesterol is important for making hormones and building cells. But if you have too much “bad cholesterol” (low-density lipoprotein, or LDL cholesterol), it can clump up in your arteries. These clumps can narrow your blood vessels and reduce blood flow to your heart and organs. If blood can't reach your heart, you can have chest pain or a heart attack. If blood has trouble reaching your brain, you could have a stroke.

Doctors often measure your total cholesterol. This blood test also includes good cholesterol and triglycerides. Taken together, the measure of your total cholesterol can tell whether you are at risk for heart disease or stroke.

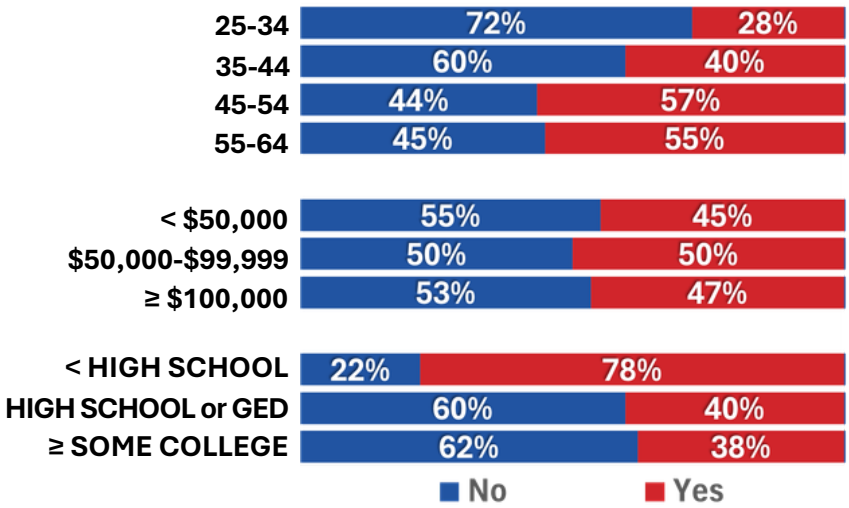
During the RURAL study, participants were asked whether they had ever been told by a doctor that they had high cholesterol. Translated to Assumption Parish, about 46% of adults have been diagnosed with high cholesterol.

Have you ever been told you had high cholesterol?

High cholesterol is a little lower in Assumption Parish compared to the rest of the state.



High Cholesterol Diagnosis by Age Group, Income, and Education Level



In Assumption Parish, high cholesterol is more common in older adults and in people with lower levels of education.

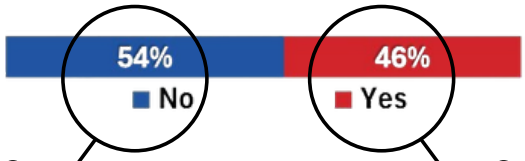
References: Centers for Disease Control and Prevention; American Heart Association

Undiagnosed & Uncontrolled Cholesterol

After RURAL participants were asked whether they had been told they had high cholesterol, they also had their cholesterol checked in person. This shows how many people have high cholesterol without knowing it and how many with high cholesterol don't have the disease under control. High cholesterol can be controlled with medication and a healthy lifestyle.

Have you ever been told you had high cholesterol?

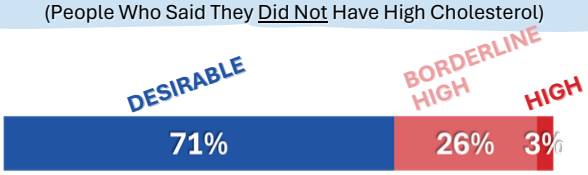
ASSUMPTION



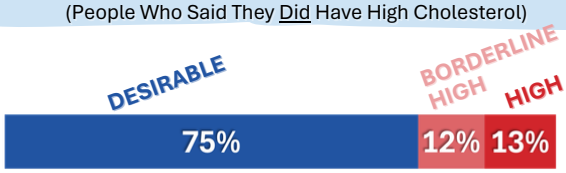
But when they had their cholesterol checked, nearly 1 out of every 3 residents actually have higher than desirable cholesterol levels.

But when they had their cholesterol checked, 1 out of every 4 residents with high cholesterol still have higher than desirable levels.

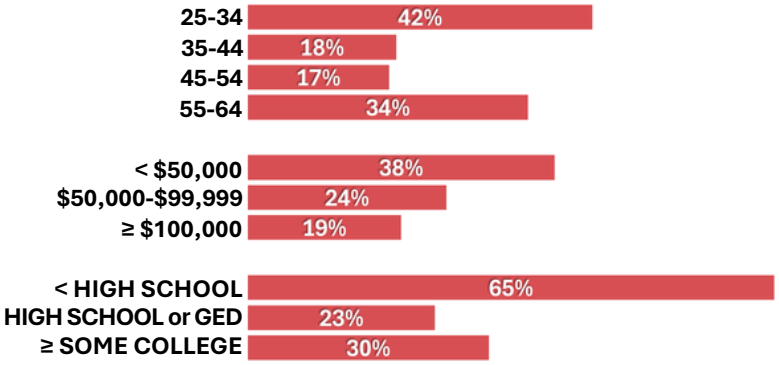
Cholesterol when Checked in Person
(People Who Said They Did Not Have High Cholesterol)



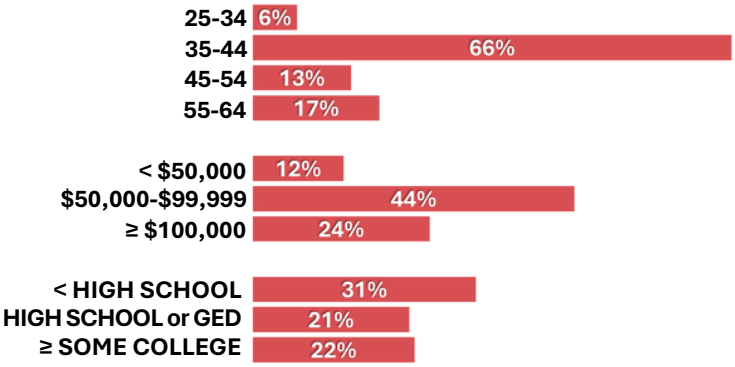
Cholesterol when Checked in Person
(People Who Said They Did Have High Cholesterol)



Undiagnosed High Cholesterol by Age Group, Income, and Education Level



Uncontrolled High Cholesterol by Age Group, Income, and Education Level



Young adults and people with low levels of education are more likely to have high cholesterol and not know that they do.

There are no clear patterns of uncontrolled high cholesterol across demographics.

Diabetes

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause other health problems such as heart disease, nerve damage, eye problems, and kidney disease.

The most common types of diabetes are:

TYPE 1 DIABETES

The body makes little or no insulin. Type 1 is typically diagnosed in children and young adults but can be diagnosed at any time. If you have type 1 diabetes, you must take insulin every day to stay alive.

TYPE 2 DIABETES

The cells in type 2 diabetics do not use insulin properly. Type 2 is the most common form of diabetes. You are more likely to develop type 2 diabetes if you are overweight or have a family history of the disease.

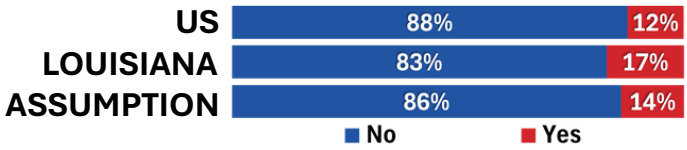
GESTATIONAL DIABETES

This type of diabetes occurs during pregnancy. Most of the time, this type of diabetes goes away after the baby is born. But if you've had gestational diabetes, you have a higher chance of developing type 2 diabetes.

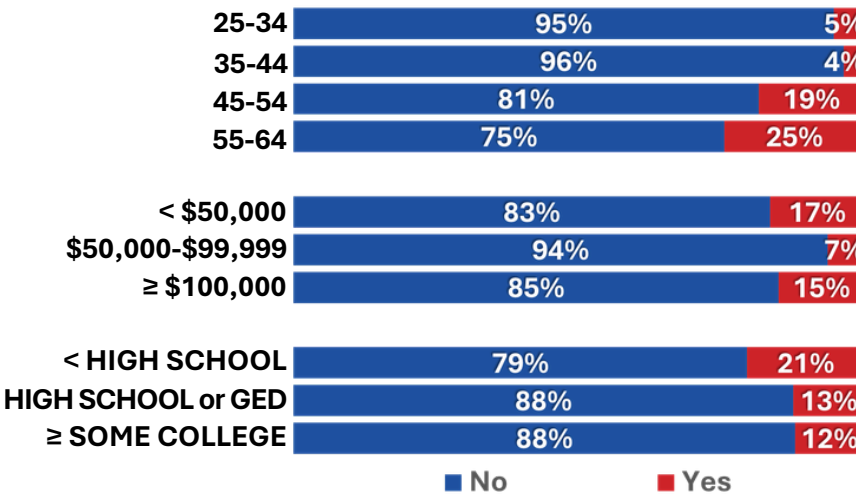
During the RURAL study, participants were asked whether they had ever been told by a doctor that they had high blood sugar, including during pregnancy. Translated to Assumption Parish, about 14% of adults have been diagnosed with diabetes at some point.

Have you ever been told you had high blood sugar?

About 14% of adults in Assumption Parish have been diagnosed with diabetes. This is similar to the US and Louisiana.



High Blood Sugar by Age Group, Income, and Education Level



In Assumption Parish, diabetes is more common among older adults and people with lower levels of education.

SCAN

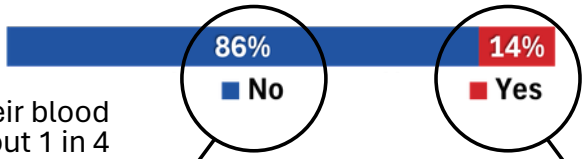
Scan the QR code above or click here for more information about diabetes from the NIH National Institute of Diabetes and Digestive and Kidney Diseases.

Undiagnosed & Uncontrolled Diabetes

After RURAL participants were asked whether they had been told they had high blood sugar, they also had their blood sugar checked in person. This shows how many people have diabetes without knowing it and how many with diabetes don't have the disease under control. Diabetes can be controlled with medication and a healthy lifestyle.

Have you ever been told you had high blood sugar?

ASSUMPTION

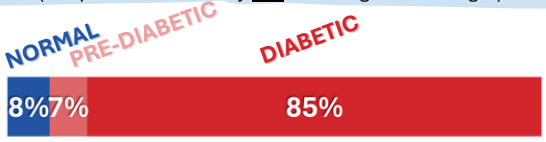


But when they had their blood sugar checked, about 1 in 4 people actually have higher than normal blood sugar levels.

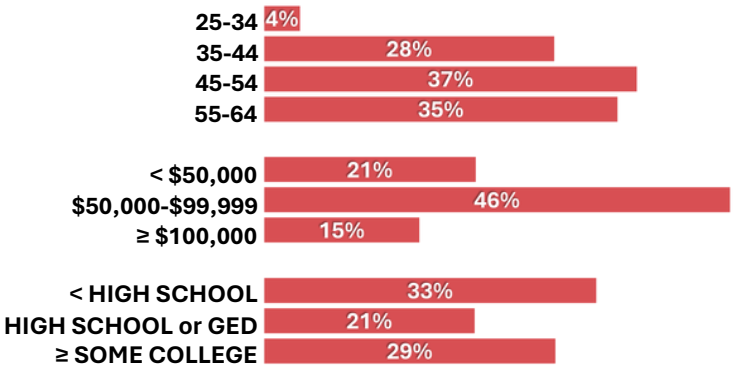
But when they had their blood sugar checked, nearly all (9 out of every 10) residents with diabetes still have higher than normal blood sugar levels.

Blood Sugar when Checked in Person
(People Who Said They Did Not Have High Blood Sugar)

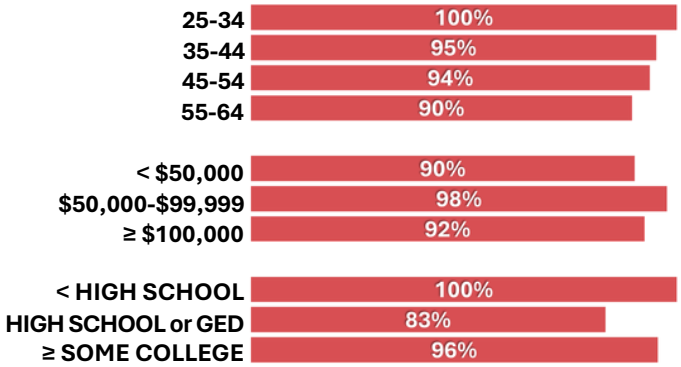
Blood Sugar when Checked in Person
(People Who Said They Did Have High Blood Sugar)



Undiagnosed High Blood Sugar by Age Group, Income, and Education Level



Uncontrolled High Blood Sugar by Age Group, Income, and Education Level



Young adults are at lowest risk of having undiagnosed diabetes. There are no other clear patterns across demographics.

Uncontrolled diabetes affects all demographics.

HEART healthy RECIPE BREAK

Baked Cajun Catfish & Easy Collard Greens (serves 4)

from The American Heart Association

Catfish

Ingredients:

- Cooking spray
- 1 1/2 tsp paprika
- 1 tsp dried thyme, crumbled
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cayenne
- 1/4 tsp pepper
- 4 catfish fillets, 4 oz each
- 1 tbsp canola or corn oil

Directions:

- Preheat the oven to 425°F. Lightly spray a 13 x 9 baking dish with cooking spray.
- In a shallow bowl, whisk together the paprika, thyme, garlic powder, onion powder, cayenne, pepper and 1 tbsp oil. Using your fingertips, gently press half of the mixture so it adheres to the fish. Turn over the fish. Repeat the process. Transfer the fish to the baking dish.
- Bake for 15 minutes, or until the fish flakes easily when tested with a fork.
- Serve the fish on the greens.

Greens

Ingredients:

- 1 tbsp canola or corn oil
- 1/2 small onion, thinly sliced
- 1 tsp bottled minced garlic
- 1 bunch collard greens, tough stems discarded, sliced into 1-inch pieces
- 1 slice uncured, nitrate-free Canadian bacon, cooked and diced
- 2 tbsp water
- 1 tbsp cider vinegar
- 1 tsp sugar
- 1/2 tsp crushed red pepper flakes

Directions:

- In a large skillet, heat 1 tablespoon oil over medium heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring occasionally. Add the garlic. Cook for 30 seconds, stirring constantly.
- Stir in the greens, Canadian bacon, water, vinegar, sugar, and red pepper flakes.
- Cook, covered, for 20 minutes, or until the greens are tender.

CALORIES 218 | PROTEIN 22 GRAMS | SODIUM 235 mg | CARBS 7 GRAMS

SCAN

or click here for information from NIH about DASH (Dietary Approaches to Stop Hypertension), a flexible and balanced eating plan that helps create a heart-healthy eating style for life. It was named "Best Heart-Healthy Diet" and "Best Diet for High Blood Pressure" by U.S. News & World Report in 2025.

Pennington Biomedical Research Center scientists helped create the DASH diet.

Cajun Roasted Okra

from the Pennington Biomedical Research Center Metabolic Kitchen

Ingredients

- 1 pound okra, washed &stems removed
- 2 Tbsp olive oil
- 1/2 tbsp Cajun seasoning

Directions

- Heat oven to 400°F.
- Add okra to a mixing bowl.
- Pour olive oil and seasoning over the okra and toss until they are fully coated.
- Spread the okra on a baking sheet lined with parchment paper.
- Roast for 30-40 minutes, until okra are soft and brown.
- If desired, add additional seasoning to taste.

CALORIES 95 | FIBER 2 GRAMS | PROTEIN 4 GRAMS | CARBS 8 GRAMS

Community Resources

HEALTHCARE CLINICS

Assumption Parish Health Unit
158 Hwy 1008, Napoleonville, LA
Phone: (985) 369-6031

Assumption Primary Care
135-A Hwy 402, Napoleonville, LA
Phone: (985) 369-1083

Cardiovascular Institute of the South
1320 MLK Dr, Thibodaux, LA
Phone: (985) 446-2021

Office of Charles Bolotte, M.D.
141 Hwy 402, Napoleonville, LA
Phone: (985) 369-6027

Family Medical Center
114 Hwy 403, Paincourtville, LA
Phone: (985) 369-6070
3928 Hwy 70 S, Pierre Part, LA
Phone: (985) 252-1111

Reddy Family Medical Clinic
154 Hwy 1008, Napoleonville, LA
Phone: (985) 369-1880
3407 Hwy 70, Pierre Part (985) 252-1000

Teche Action Clinic
3528 Hwy 70, Pierre Part, LA
Phone: (985) 252-6211

Thibodaux Regional Cardiology Clinic
2595 Hwy 1, Labadieville, LA
Phone: (985) 493-4993

AREA HOSPITALS

Our Lady of the Lake Assumption Community Hospital
135 Hwy 402, Napoleonville, LA
Phone: (985) 369-3600

Thibodaux Regional Medical Center
602 N Acadia Rd, Thibodaux, LA
Phone: (985) 447-5500

Oschner St Mary
1125 Marguerite St, Morgan City, LA
Phone: (985) 384-2200

West Ascension Parish Hospital
301 Memorial Dr, Donaldsonville, LA
Phone: (225) 473-7931
In case of all emergencies, dial 9-1-1.

FOOD RESOURCES

Supplemental Nutrition Assistance Program (SNAP)
Click to access or scan QR code.
Phone: (888)524-3578

WIC Louisiana
Click to access or scan QR code.
Phone: (800) 251-2229

Greater Baton Rouge Food Bank
Click to access or scan QR code.
Phone: (225) 359-9940

ADDITIONAL RESOURCES

Local Church Food Banks

Bright Morning Star Baptist Church
511 Assumption St, Napoleonville, LA
Open Saturdays, 8am - 11am

Coup de Main Food Pantry
7161 Hwy 1, Belle Rose, LA
Phone: (225) 473-8569
Open 1st & 3rd Tuesday of each month, 10am-12noon

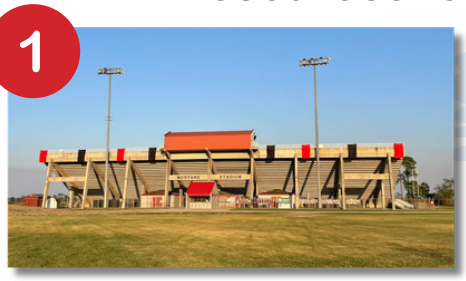
Assumption Parish Police Jury Housing & Community Dev.
4813 Hwy 1, Napoleonville, LA
Phone: (985) 369-2026

LSU AG Center - Assumption Parish
119 Robin St, Napoleonville, LA
Phone: (985) 369-6386
Click here or scan below to access the Assumption Parish Community Asset Guide.

NOTE: The information provided on this page was current at the time this data book was published. If you see a discrepancy in the information provided, please contact us using the info on the last page.

Resources to Help You Get Outside & Be Active

1



Assumption High School Stadium
4880 Highway 308, Napoleonville
Notes: Open to residents from daylight until dark, daily.

2

OLOL Assumption Community Hospital
135 Highway 402, Napoleonville
Notes: hard-surfaced; .3 miles long

3

Assumption Parish Community Center
4910 Highway 308, Napoleonville
Indoor Walking (schedule may differ weekly)
Notes: Outdoor walking trail located across the street from the Community Center

4

Veteran's Park Walking Trail
2862 Highway 70, Pierre Part
Notes: Basketball, Pickleball, and Tennis Courts; hard-surfaced; .33 miles long, strollers allowed; fitness stations

5

Pierre Part-Belle River Water Trails
3136 Lee Drive, Pierre Part
Notes: (7) water trails following natural bayous and manmade channels; for canoe and kayak paddlers; bird watcher's paradise. *Scan the QR code for more information.*

6

Marais Park Walking Trail
3365 Back Marais Street, Napoleonville
Note: Recently updated to include playground equipment as a part of a partnership of the LSU Community Playground Project (LSUCCP) and Assumption Healthy Communities Coalition.

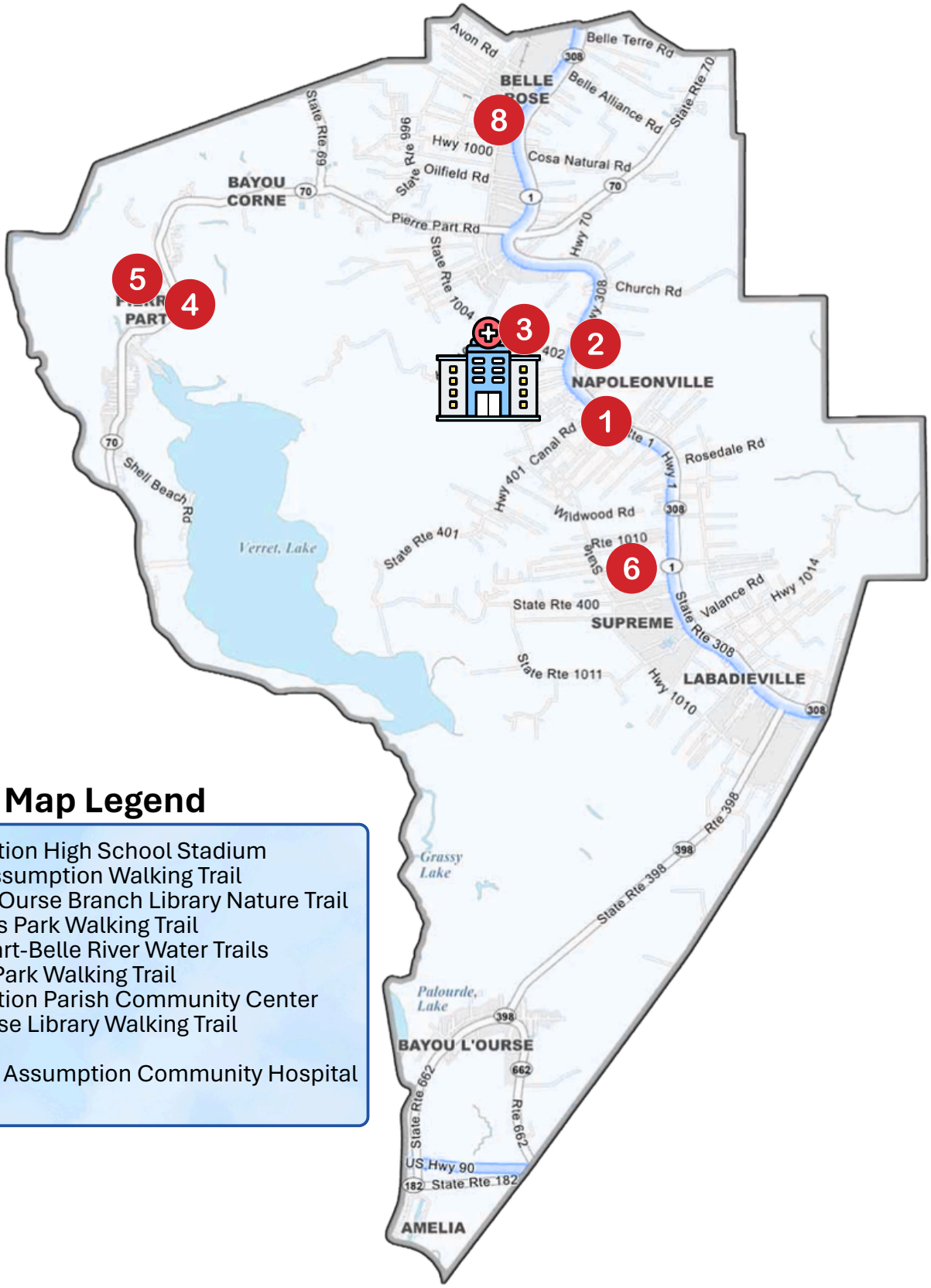
7

Bayou L'Ourse Branch Library Nature Trail
1214 Hwy 662, Bayou L'Ourse
Notes: hard-surfaced; .5 miles long; limited to foot traffic; acknowledged by the Louisiana Birding Association as a "waterbird lover's dream"

8

Belle Rose Library Walking Trail
7089 Highway 1, Belle Rose
Note: Includes playground equipment as a part of a partnership of the LSU Community Playground Project (LSUCCP) and Assumption Healthy Communities Coalition.

Resources to Help You Get Outside & Be Active



Map Legend

1. Assumption High School Stadium
2. OLOL Assumption Walking Trail
3. Bayou L'Ourse Branch Library Nature Trail
4. Veteran's Park Walking Trail
5. Pierre Part-Belle River Water Trails
6. Marais Park Walking Trail
7. Assumption Parish Community Center
8. Belle Rose Library Walking Trail

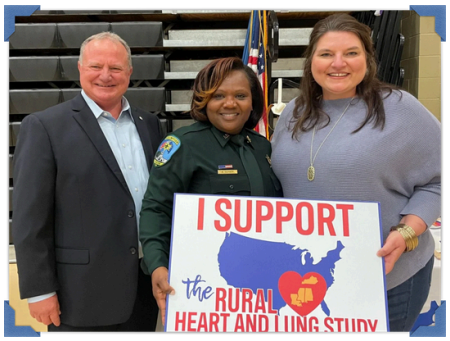
OLOL Assumption Community Hospital

Glossary of Terms

Borderline High Cholesterol	when your cholesterol level is slightly above the healthy range and could become a health risk if it continues to rise
Cardiac CT Scan	a special kind of X-ray that takes detailed pictures of your heart so doctors can see how well it's working and check for any problems
Community Advisory Board	a group of people from the community who help an organization by sharing ideas, giving suggestions, and making sure the organization understands what the community needs
Demographics	facts about a group of people... like their age, gender, or where they live that help describe what that group is like
Diabetic	means your body has blood sugar levels that stay too high because it either doesn't make enough insulin or can't use insulin properly, which can lead to serious health problems if not managed
Echo of the Heart (Echocardiogram)	an ultrasound test that uses sound waves to create moving pictures of your heart so doctors can see how well it pumps blood and check for any structural problems
Elevated Blood Pressure	when the force of blood pushing against your artery walls is higher than normal, but not high enough to be called hypertension, which signals a warning that your body may be at risk for developing high blood pressure later
High Cholesterol	means there is too much cholesterol in your blood, which can build up in your arteries over time and increase your risk of heart disease and stroke
Longitudinal Cohort Study	a research design in which a group of people sharing a common characteristic is followed over time to observe how certain exposures influence outcomes
Methodology	the U.S. government's main medical research agency that studies diseases and works to improve people's health
National Heart, Lung, and Blood Institute (NHLBI)	a part of the National Institutes of Health that leads research, training, and education to prevent and treat heart, lung, and blood diseases and improve public health
National Institutes of Health (NIH)	the U.S. government's main medical research agency that studies diseases and works to improve people's health

Glossary of Terms

Peripheral Artery Disease	a condition where the arteries that carry blood to your legs and feet become narrowed or blocked, making it harder for blood to flow and sometimes causing pain when you walk
Prediabetic	means your blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes, signaling that you're at increased risk for developing Type 2 diabetes if no changes are made
Cardiac CT Scan	a special kind of X-ray that takes detailed pictures of your heart so doctors can see how well it's working and check for any problems
Stage 1 Hypertension	when your blood pressure is consistently a bit too high, usually between 130–139 for the top number or 80–89 for the bottom number. It means your heart and blood vessels are under extra strain and may need lifestyle changes or treatment
Stage 2 Hypertension	when your blood pressure is consistently very high, 140/90 or above which puts your heart and blood vessels at significant risk and usually requires medical treatment along with lifestyle changes
Weighted Data	information in which certain responses or groups are given more influence than others, so the results better reflect the true population being studied



M365 Copilot was used to help draft glossary definitions. Example prompt: 'Define [term] at a high school reading level.'

HEART healthy RECIPE BREAK

Pan-Fried Pork Chops with Mashed Sweet Potatoes (serves 4)

from The American Heart Association

Mashed Sweet Potatoes

Ingredients

- 3 medium sweet potatoes, peeled, each cut into 8 pieces (about 2 pounds)
- 1/3 cup 100% orange juice
- 1/3 cup fat-free or low-fat sour cream
- 1/4 tsp ground nutmeg or ground cinnamon

Pan-Fried Porkchops

Ingredients

- 4 boneless center-cut pork chops, 4 oz, visible fat discarded
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/2 cup whole-wheat flour
- 1 tbsp canola or corn oil

Sweet Potatoes Directions:

- Place the potatoes in a large pot. Add enough water to cover. Bring to a boil. Cook for 20 minutes, or until tender when pierced with a fork. Drain well in a colander. Return the potatoes to the pot.
- Stir in the orange juice, sour cream, and nutmeg. If you have a hand mixer or immersion (or handheld) blender, beat or blend until smooth. Otherwise, transfer the potato mixture to a large mixing bowl. Using an electric mixer on medium speed, beat the potatoes until smooth. Cover to keep warm.

Pork Chop Directions:

- In a bowl, stir together the pepper, garlic powder & salt. Season both sides of the pork chops.
- Put the flour in a shallow dish & coat the pork with the flour on both sides.
- In a large nonstick skillet, heat the oil over medium/high heat, swirling to coat the bottom.
- Cook the pork for 5 minutes. Turn over. Cook for 3 to 4 minutes, or until it registers 145˚F on an instant-read thermometer. Remove from the heat. Let stand for 3 minutes.
- Serve with the mashed potatoes.

CALORIES 402 | PROTEIN 31 GRAMS | SODIUM 309 mg | CARBS 48 GRAMS

Foil Packet Cajun Shrimp Boil

from The American Heart Association

Cajun Spice Blend

Ingredients

- 2 tsp sweet paprika
- 1 tsp garlic powder
- 1/2 tsp ground black pepper
- 3/4 tsp dried oregano
- 3/4 tsp dried thyme
- 1/2 tsp celery seeds
- 1/4 tsp ground cayenne
- 1/4 tsp red pepper flakes

For the Shrimp "Boil"

Ingredients

- 1 pound red potatoes (diced into 1/2" pieces)
- 2 tbsp canola oil (divided)
- 1 ½ pounds extra-large shrimp (peeled & deveined)
- 1/4 pound turkey sausage (thinly sliced)
- 4 ears corn (husks removed and halved)

Spice Blend Directions:

- In a small bowl, add all the spices.
- Mix together. Taste, adding more cayenne and red pepper flakes depending on desired spice level.

Shrimp "Boil" Directions:

- Preheat oven to 425°F. Make 4 sheets of aluminum foil about 20" long. Reserve.
- Dice the potatoes into ½" pieces. Add diced potatoes into a medium bowl with 1 tbsp oil & 2 tsp of the Cajun spice blend. Stir to combine spices with potatoes.
  Divide potatoes between each sheet of foil, placing in a horizontal line in the center.
- Add shrimp & sausage into the bowl along with remaining spice blend and 1 tbsp oil. Stir together to combine. Divide the shrimp and place flat around the potatoes.
- Place each corn half vertically on the sides of each potato/ shrimp mixture.
- Securely seal the top and sides of each foil packet. Add each foil packet onto a large baking sheet & place into the preheated oven. Cook until shrimp is pink and fully cooked, about 25 minutes.
- Carefully transfer the packet's contents onto each plate & serve.

CALORIES 428 | PROTEIN 44.5 GRAMS | SODIUM 462 mg | CARBS 40.8 GRAMS

WE WANT YOUR FEEDBACK

From the beginning, when we started building relationships in Assumption Parish, you – the community members – have been our focus. We have valued your interest in the study, your time, and your dedication to improving the overall health of the parish...

We also value your feedback.

If you can think of ways that we can improve this publication, or if you just want to say that we've done a good job, please complete a *very* short survey using the link below. This way, you can help us to make sure this information is as useful as possible. If there are community resources you feel should be added, if you spot a typo, or if you just want to share your appreciation, send us a message. We'd love to hear from you!

Please complete our survey at

www.pbrc.edu/RURALFeedback

or by scanning the QR code below.

RURAL Heart and Lung Study

Pennington Biomedical Research Center
Louisiana State University