

FRANKLIN PARISH

Volume 1

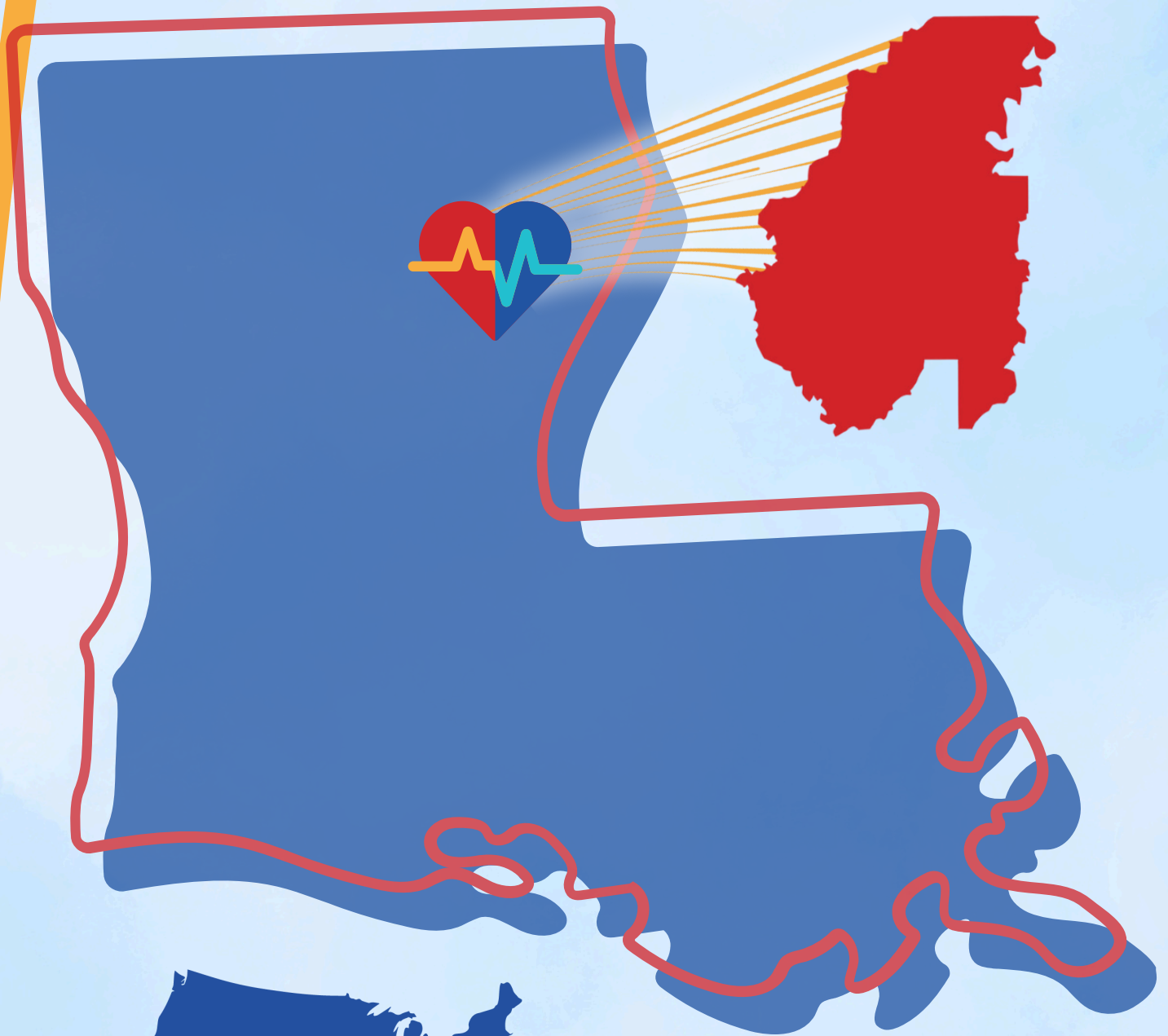




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Message from the Louisiana Core

Dear Franklin 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!

Franklin Parish Community Advisory Board

Julia Casiday, FNP-C
*Rural Health Clinic Director
Franklin Medical Center*

Lisa Kiper
*Retired Professional & Community
Advocate*

Jerry Martin
*Veterans Assistance Counselor
LA Department of Veterans' Affairs*

Edwina E. Rieger, APRN, FNP-C
*Rural Health Clinic North
Franklin Medical Center*

Keiona Wesby
*Former Police Juror and
Community Advocate*

Outreach Consultant

Rev. James Anderson
Franklin Parish Resident/Advocate

We want to acknowledge everyone who supports RURAL's work in Franklin 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 Franklin Parish; offered feedback on study decisions, logistics, and operations to ensure the study's success; and advocated for the value of the study for Franklin 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 Franklin Medical Center, who generously hosted our Mobile Exam Unit. Community and relationships are a foundational aspect of RURAL. It's through our partners' work that meaningful change happens in our community.

Sincerely,

Steph Erin Krysta Meaghan Kevin



Louisiana Core

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Professor, Lead Investigator
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Former Community Engagement Coordinator, Franklin Parish



History of Franklin Parish

Franklin Parish, located in northeastern Louisiana, was established on March 1, 1843, from parts of Ouachita, Catahoula, and Madison parishes. It is named after Benjamin Franklin.

Winnsboro, named after Senator John Winn, is the largest city and parish seat of Franklin Parish. Founded in 1844 and incorporated in 1902, it serves as the area's government and community center. Known for its strong patriotism, Winnsboro's sports teams are called the Patriots, and the city is nicknamed the "Stars and Stripes Capital of Louisiana."



Mural Art Credit: Shelby Kiper Burns

Franklin Parish is also home to several other communities that contribute to its unique character. Wisner, situated in the southern region of the parish, was founded in 1892 by Edward Wisner. The villages of Baskin and Gilbert further add to the parish's identity. Baskin, located north of Winnsboro, is named for Dr. Adolphus McDuffie Baskin. Gilbert, found in the southern part of the parish, is notable as the hometown of U.S. Lieutenant General Claire Chennault.



In addition to these, small towns such as Crowville, Chase, Extension, Fort Necessity, Jigger, and Liddieville enhance the parish's rural charm and help maintain its close-knit atmosphere.

Franklin Parish has a population of approximately 19,774 residents. The community is diverse, with about 63% of the population identifying as White and 33% as Black or African American. Residents enjoy a variety of outdoor activities, including hunting, fishing, and boating. School sports, such as basketball, baseball, and football, are also an important part of local culture and draw enthusiastic participation and support.



[Click here or scan below for complete Franklin Parish 2020 Census Data.](#)

SCAN



2020 Census Facts

- Population: 19,744
- Employment Rate: 46.5%
- Total Households: 7,525
- Median Household Income: \$47,020
- Without Healthcare Coverage: 7.7%



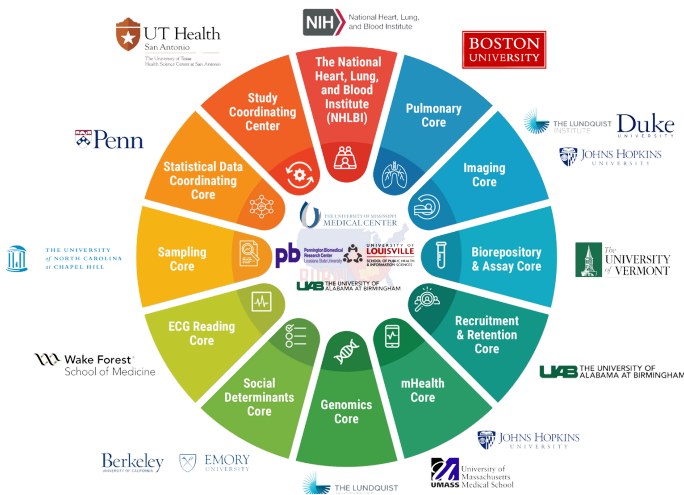
Background and Purpose of the RURAL Heart & Lung Study

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.

OVERVIEW OF STUDY TEAM



PRINCIPAL INVESTIGATORS

National Health, Lung, and Blood Institute (NHLBI)

Sean Coady, MA; Lindsay Pool, PhD

Study Coordinating Center

Vasan Ramachandran, MD

Louisiana Core

Stephanie Broyles, PhD

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Mississippi Core

Ervin Fox, MD

Alabama Core

Suzanne Judd, PhD; Shelicia Morton-Ford DNP

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ECG Reading Core

Elsayed Soliman, MD

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Mahasin Mujahid, PhD; Viola Vaccarino, MD, MPH

Genomics Core

Jerome Rotter, MD

mHealth Core

David McManus, MD

Recruitment and Retention Core

Suzanne Judd, PhD

Biorepository and Assay Core

Peter Durda, PhD

Imaging Core

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Pulmonary Core

Hector Marquez, MD



2026 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 353 Franklin 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 Franklin Parish based on the 373 people who participated.

Among Franklin Parish RURAL participants, 248 were women, and 125 were men.



Before *weighting*

But we know that there are about the same number of men and women in Franklin 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 33.5% of RURAL participants from Franklin Parish, or about 34 out of every 100 study participants. On the other hand, men make up 46.4% of the parish population, or about 46 out of every 100 residents aged 25-64. After weighting the study data (3rd column), men make up 47.4% of the weighted data, which is very close to their representation 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 Franklin Parish Population (Ages 25-64)

Overall, **373 Franklin Parish residents participated in the RURAL Heart & Lung Study**. This is about 1 out of every 25 adults aged 25-64 in the parish. Residents who enrolled in the Study were more likely to be female, white, and more educated. 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	373	100.0%		
Age				
25-34	52	13.9%	23.5%	23.0%
35-44	112	30.0%	26.5%	26.0%
45-54	95	25.5%	21.6%	22.7%
55-64	114	30.6%	28.4%	28.3%
Gender				
Male	125	33.5%	47.4%	46.4%
Female	248	66.5%	52.6%	53.6%
Race/Ethnicity				
White	288	77.2%	69.0%	66.6%
Black	82	22.0%	30.4%	28.7%
Other	3	0.8%	0.6%	4.7%
Marital Status				
Married	254	68.1%	57.8%	45.7%
Never married	70	18.8%	24.2%	32.3%
Not currently married	49	13.1%	18.1%	21.9%
Education				
Less than high school	21	5.6%	20.4%	21.5%
High school or G.E.D	103	27.6%	43.4%	41.1%
At least some college	249	66.8%	36.2%	37.4%
Income				
≤ \$49,999	147	40.2%	60.6%	54.8%
\$50,000 - \$99,999	100	27.3%	19.4%	24.3%
> \$100,000	119	32.5%	20.0%	21.0%
Employment Status				
Employed full-time	260	73.9%	53.0%	43.6%**
Employed part-time	21	6.0%	3.9%	19.2%
Not employed	26	7.4%	12.2%	3.6%
Retired	16	4.6%	4.8%	Not found
Disabled	29	8.2%	26.1%	11.0%

Totals may not add to 373 because of missing responses.

[†] Percentage among those with non-missing value of characteristic.

* Data source: American Community Survey 2023 (Tables S0101, B02001, S1201, S1501, S1901, S2303, S2301, C18120)

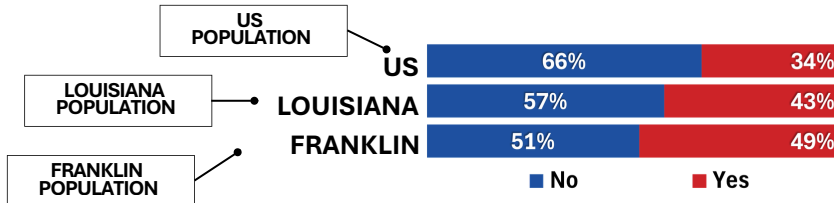
** Employment status percents based on population 16+ years. Estimates based on combining data across Tables S2303, S2301, and C18120



Understanding the Charts

#1

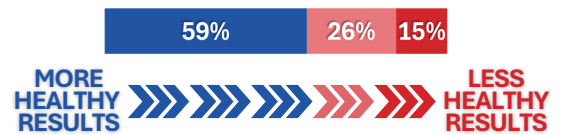
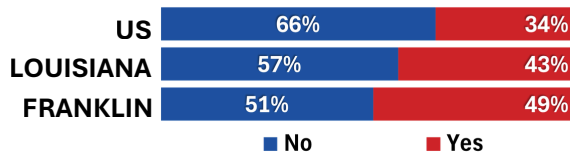
Look at the labels along the right-hand side to see what each bar stands for.



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

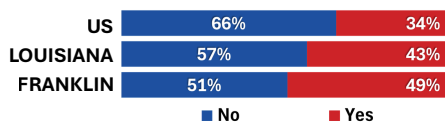
#2

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

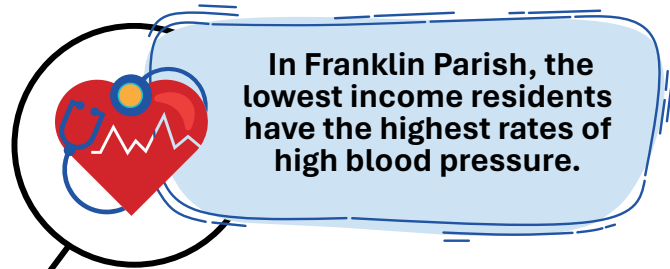
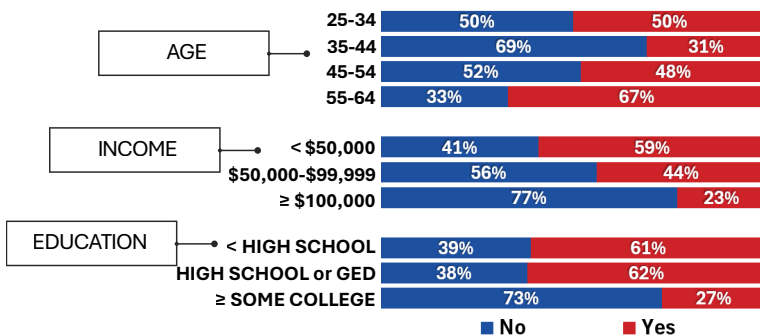
Compare the sizes of the colored sections to see which health results are more or less common. The numbers refer to the percent of the population (or how many people out of every 100) that is affected by the health condition.



The health results are better in the US population. Franklin Parish's health results are slightly worse than in Louisiana as a whole.

#4

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



In Franklin Parish, the lowest income residents have the highest rates of high blood pressure.

#5

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






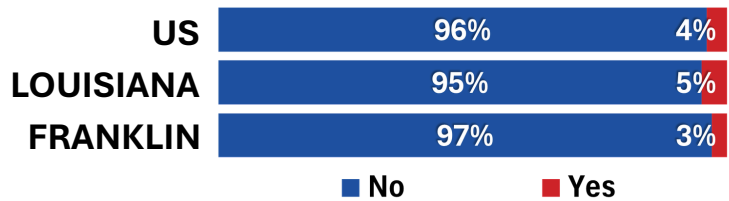
Heart Attack

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 such as 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.

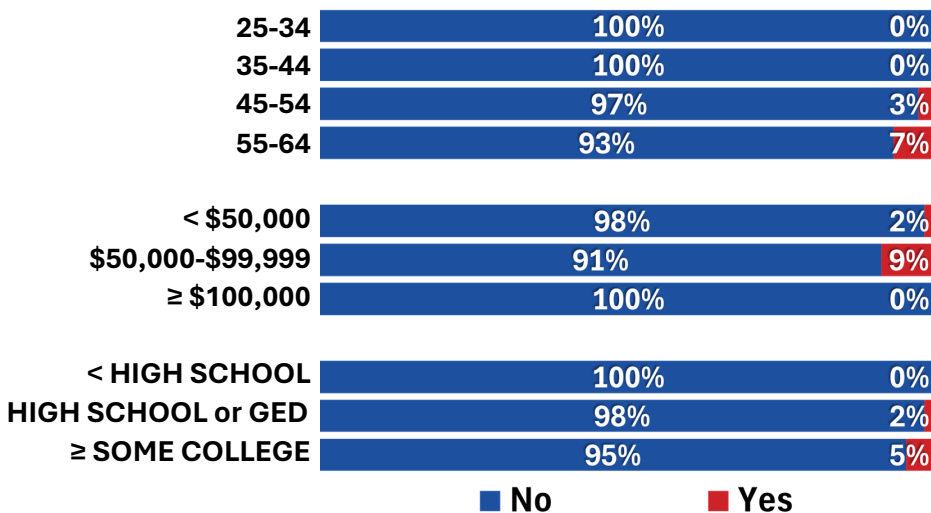
During the RURAL study MEU examination, participants were asked whether they ever had a heart attack or had been told by a doctor that they have had a heart attack. Translated to the parish, about 3% of residents have had a heart attack. This is a little lower than in the U.S. (4%) and the rest of the state (5%).


Have you ever had a heart attack?

 In Franklin Parish, 3% 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 Franklin Parish, heart attacks are more common in older adults and residents with higher levels of education.



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 a 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 speaking and thinking.

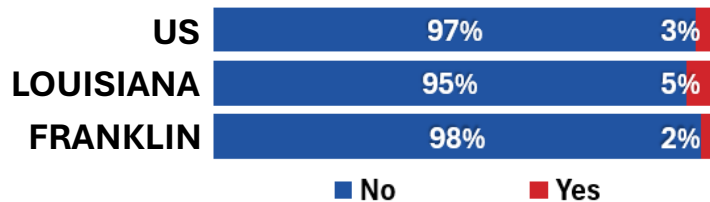
Like heart attacks, strokes can often be prevented. Being active, keeping a healthy weight, and eating a healthy diet can help prevent strokes. It is also important to treat health problems like high cholesterol, high blood pressure, and diabetes because they can raise your risk of having a stroke.

During the RURAL study, participants were asked whether they had ever been told by a doctor that they have had a stroke. When applied to the parish population, about 2 in every 100 residents has experienced a stroke.

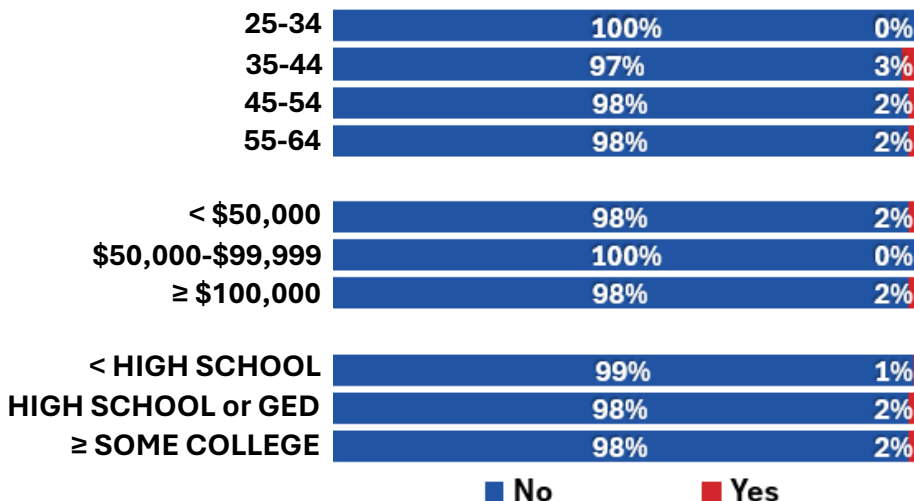
Have you ever had a stroke?



In Franklin Parish, about 2% of residents have been told by a doctor that they have had a stroke.



Stroke by Age Group, Income, and Education Level



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



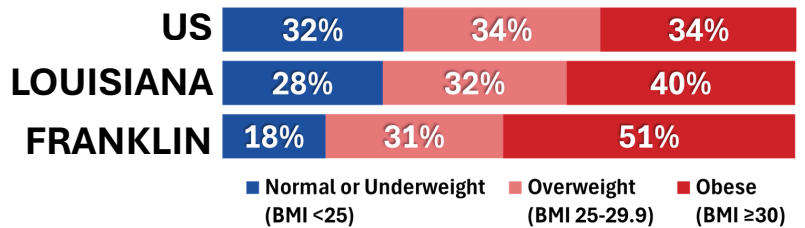
Overweight & Obesity

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

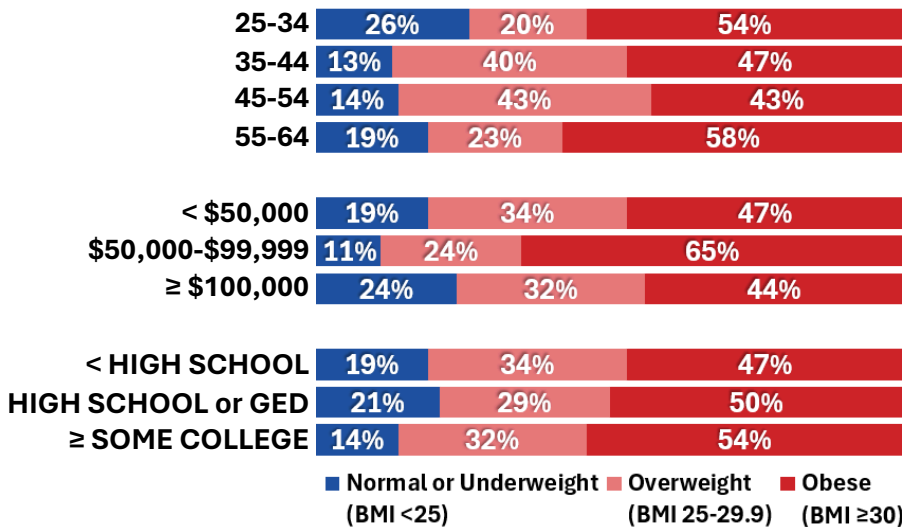
Obesity increases the risk of cardiovascular disease, cancer, and type 2 diabetes, which are major causes of illness and death. Rural areas face unique challenges and are often farther away from resources, with limited transportation and fewer healthcare providers. These factors can be related to high 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, BMIs of 25 or higher indicate that a person is overweight or obese.

In Franklin Parish, 82% 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 Franklin Parish.



Hypertension (High Blood Pressure)

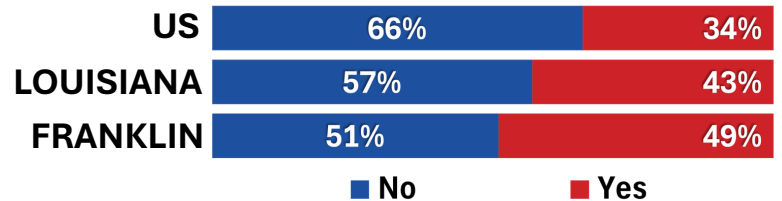
Your arteries carry blood from your heart to the rest of your body. High blood pressure is when your blood pushes too hard against the walls of your arteries. This causes your arteries to become stiff and weakened, which can lead to serious health problems like heart attacks or strokes. High blood pressure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

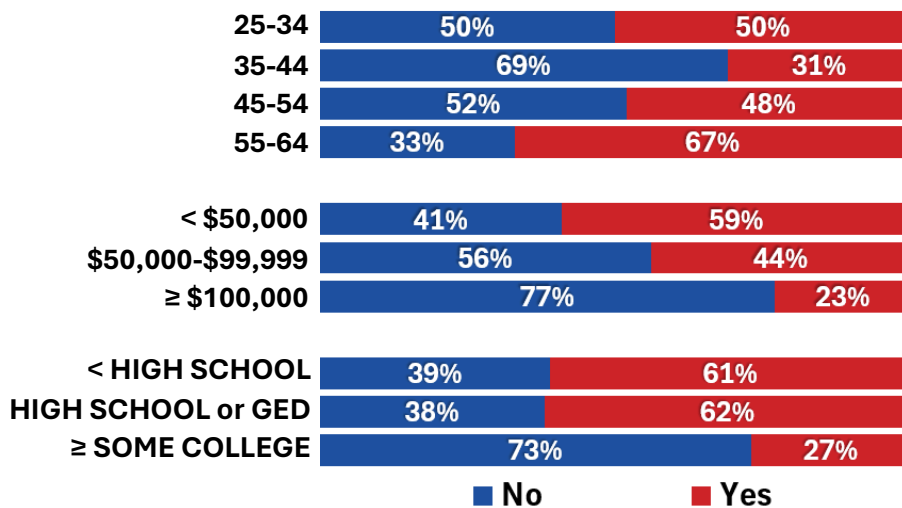
Have you ever been told you had high blood pressure?



High blood pressure is higher in Franklin Parish than in the US and the rest of the state.



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



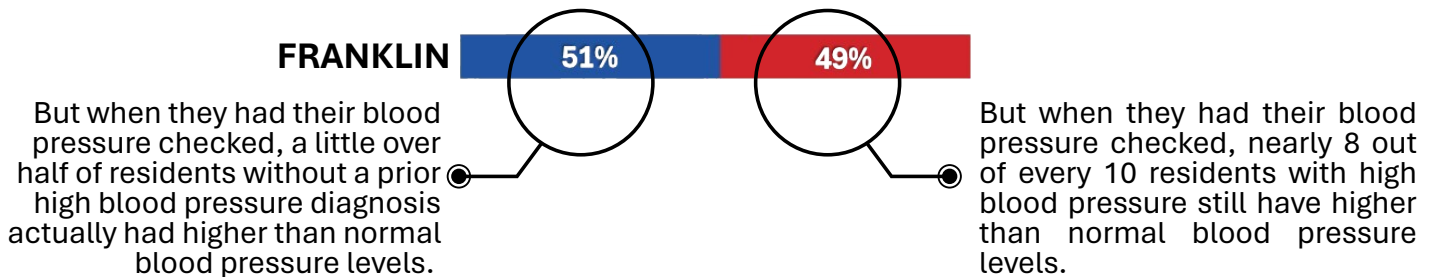
In Franklin Parish, residents with the highest incomes have the lowest rates of high blood pressure.



Undiagnosed & Uncontrolled Hypertension (High Blood Pressure)

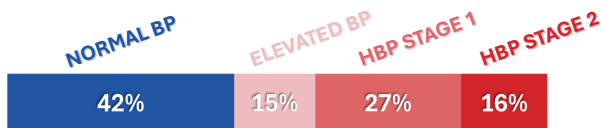
After RURAL participants were asked whether they had been told they had high blood pressure, they also had their blood pressure checked in person. This shows how many people have high blood pressure without knowing it and how many with high blood pressure don't have the disease under control. High blood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

Have you ever been told you had high blood pressure?



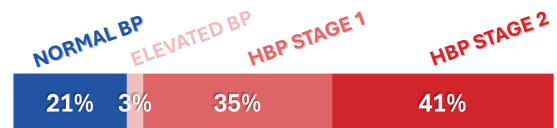
Blood Pressure when Checked in Person

(People Who Said They Did Not Have High Blood Pressure)

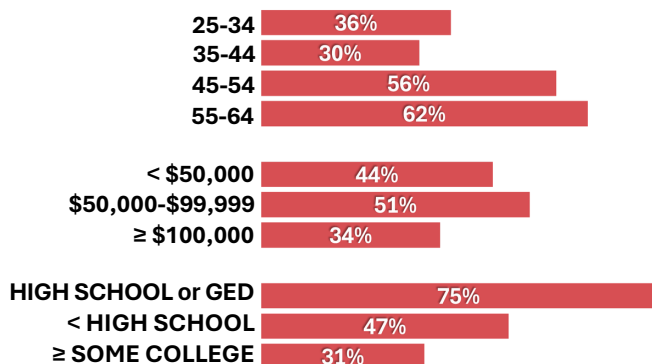


Blood Pressure when Checked in Person

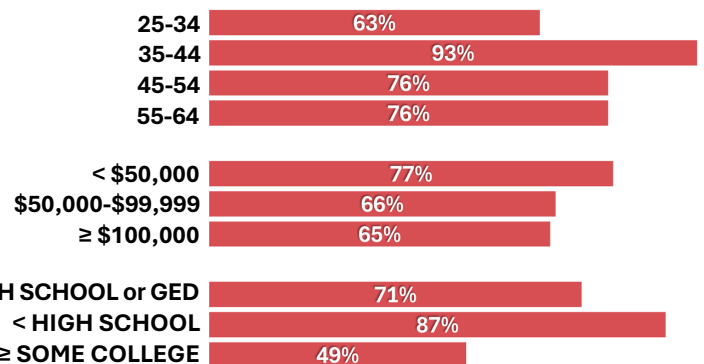
(People Who Said They Did Have High Blood Pressure)



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 lower levels of education are more likely to have high blood pressure and not know that they do.



Uncontrolled high blood pressure occurs at high levels in all demographics.





Cholesterol

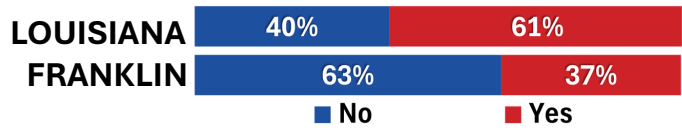
Not all cholesterol is bad for you. Cholesterol is important for making hormones and building cells. But if you have too much “bad cholesterol” (low-density lipoprotein, or LDL cholesterol), it can clump up in your arteries. These clumps can narrow your blood vessels and reduce blood flow to your heart 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.

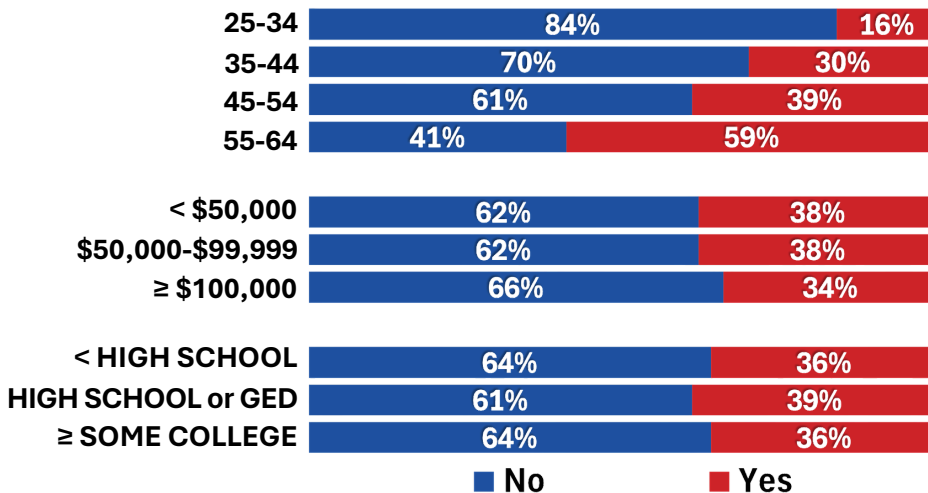
During the RURAL study, participants were asked whether they had ever been told by a doctor that they had high cholesterol. Translated to Franklin Parish, about 37% of adults have been diagnosed with high cholesterol.

Have you ever been told you had high cholesterol?

High cholesterol diagnoses are lower in Franklin Parish compared to the rest of the state.



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



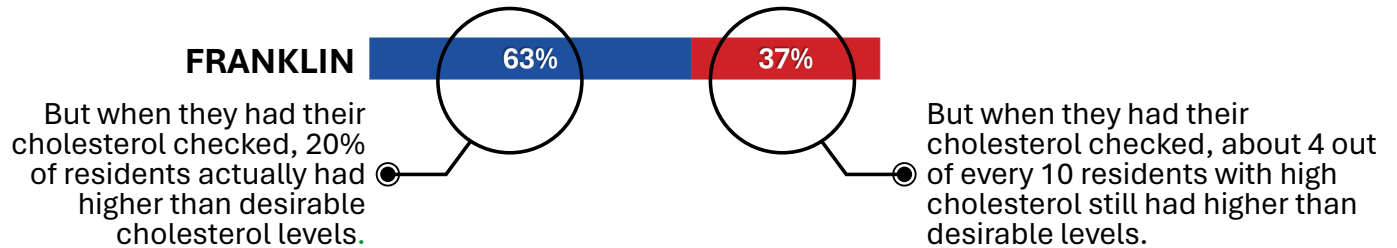
In Franklin Parish, high cholesterol tracks with age and is most common in older adults.



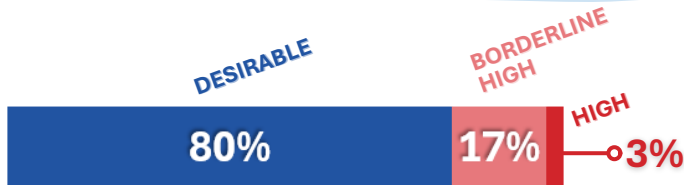
Undiagnosed & Uncontrolled Cholesterol

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.

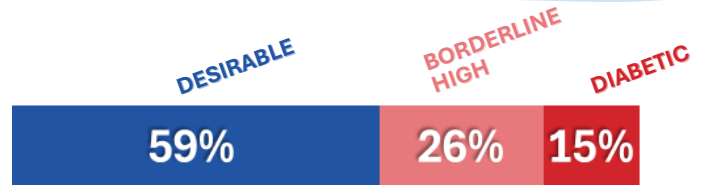
Have you ever been told you had high cholesterol?



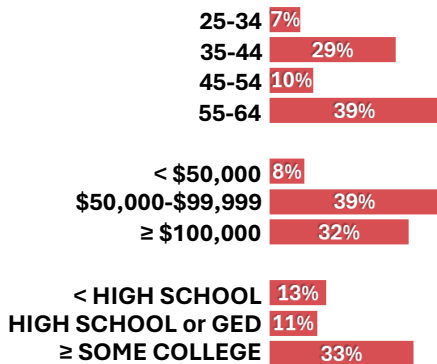
Cholesterol when Checked in Person (People Who Said They Did Not Have High Cholesterol)



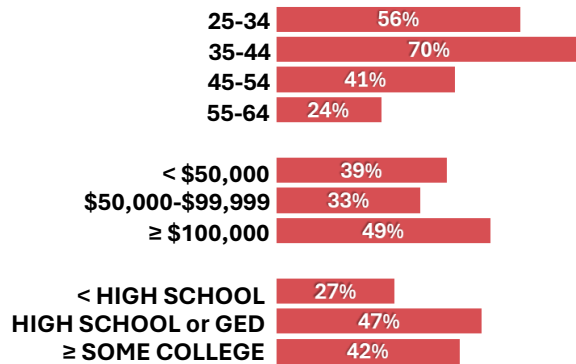
Cholesterol when Checked in Person (People Who Said They Did Have High Cholesterol)



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



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



Older adults and higher income residents are more likely to have high cholesterol and not know that they do.

Adults 25-44 years old have the highest levels of uncontrolled high cholesterol.



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

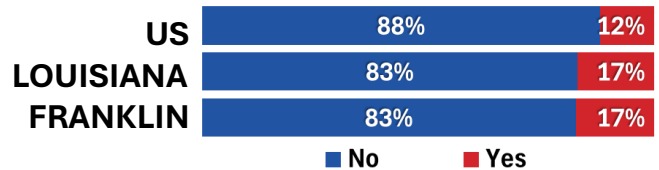
This type of diabetes occurs during pregnancy. Most of the time, this type of diabetes goes away after the baby is born. But if you've had gestational diabetes, you have a higher chance of developing type 2 diabetes.

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 Franklin Parish, about 17% of adults have been diagnosed with diabetes at some point.

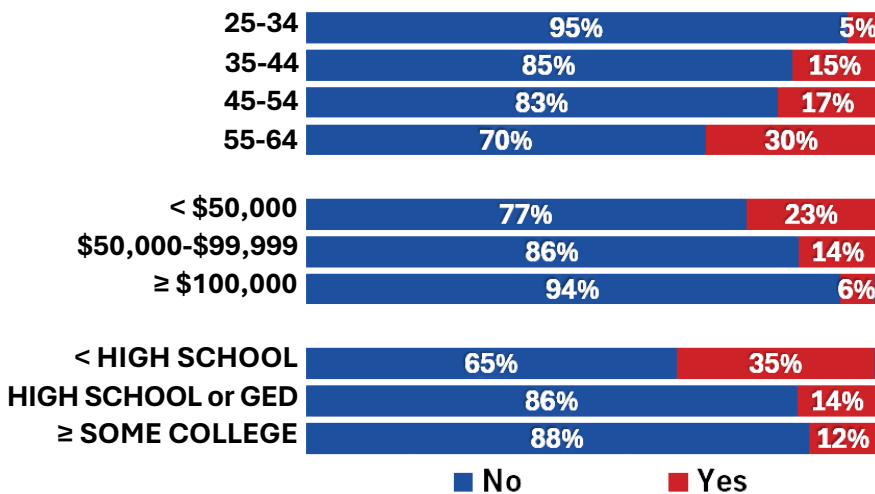
Have you ever been told you had high blood sugar?



About 17% of adults in Franklin 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 Franklin Parish, diabetes is more common among older adults and people with lower levels of education.



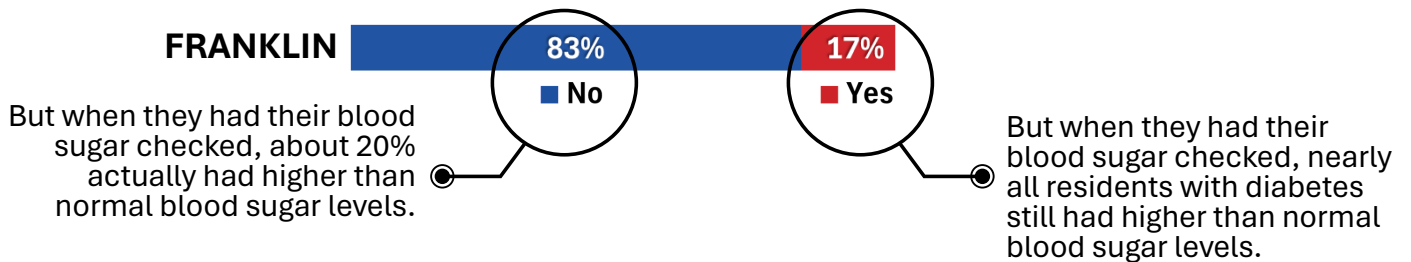
Scan the QR code above or click here for more information about diabetes from the NIH National Institute of Diabetes and Digestive and Kidney Diseases.



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?



Blood Sugar when Checked in Person

(People Who Said They Did Not Have High Blood Sugar)

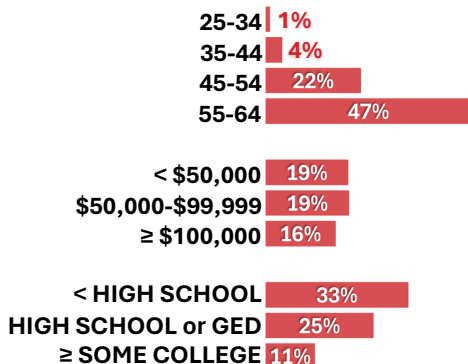


Blood Sugar when Checked in Person

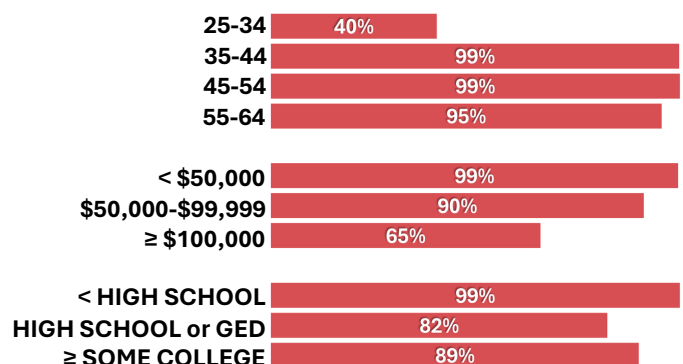
(People Who Said They Did Have High Blood Sugar)



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



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

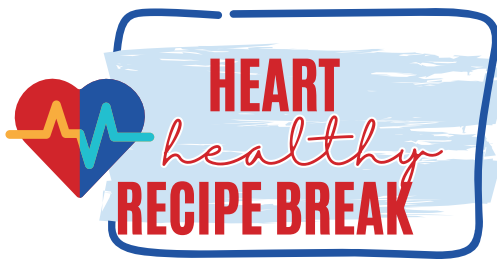


Older and less-educated Franklin Parish residents have the highest levels of undiagnosed diabetes.



Diabetes control is generally poor in Franklin Parish, except among the youngest residents. It also seems to be linked to income, with lower-income residents showing poorer control.





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.



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.

CALORIES
218

PROTEIN
22 GRAMS

SODIUM
235 mg

CARBS
7 GRAMS

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

Winnsboro Rural Health Clinic North
2104 Loop Rd, Ste. C, Winnsboro, LA; (318) 435-4571

Winnsboro Rural Health Clinic South
2106 Loop Rd, Ste. A, Winnsboro, LA; (318) 435-6363

Urology/Orthopedic RHC
2106 Loop Rd, Ste. B, Winnsboro, LA
Uro(318) 498-7100; Ortho (318)-412-2263

Endocrinology Clinic
2104 Loop Rd, Ste. D, Winnsboro, LA; (318) 435-4084

General Surgery Clinic
2104 Loop Rd, Ste. E, Winnsboro, LA; (318) 367-1392

Crowville Health Clinic
5745 Hwy 17, Winnsboro, LA; (318) 722-3333

Gilbert Health Clinic
7645 Gilbert St, Gilbert, LA; (318) 435-9205

Franklin Parish Health Unit
6562 Main St, Winnsboro, LA; (318) 435-2163

Coughran Medical Group
101 Fair Ave. Winnsboro, LA; (318) 435-8020

Sisters Clinic
1205 Hwy 17, Baskin, LA; (318) 248-2249

Winnsboro Medical Clinic
3326 Front St. Ste B, Winnsboro, LA; (318) 435-7333

Diabetes Care Center
7659 Gilbert St, Ste D, Gilbert, LA; (318) 657-1220

AREA HOSPITALS

Franklin Medical Center
2106 Loop Rd, Winnsboro, LA
Phone: (318) 435-9411

Glenwood Regional Medical Center
503 McMillan Rd, West Monroe, LA
Phone: (318) 329-4200

Madison Parish Hospital
900 Johnson St, Tallulah, LA
Phone: (318) 574-2374

Richardson Medical Center
129 Christian Dr, Rayville, LA
Phone: (318) 728-3351

St. Francis Medical Center
309 Jackson St, Monroe, LA
Phone: (318) 966-4000


In case of all emergencies, dial 9-1-1.

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.

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



Food Bank of Northeast LA
[Click to access or scan QR code.](#)
Phone: (318) 322-3567



First Baptist Wisner
9402 Natchez St, Wisner
318-724-6148

Blessing Boxes:
Baskin: Located at the Park/Town Hall
Gilbert: Behind First Baptist Church
Crowville: First Baptist Church Office

ADDITIONAL RESOURCES

DCFS/Family Support Services
2406 West St, Winnsboro, LA
Phone: (318) 435-6333

Franklin Parish Council on Aging
714 Adams St, Winnsboro, LA
Phone: (318) 435-7579

**Fresh Start Outreach Ministries
River of Life**
7060 Prairie Rd, Winnsboro LA
Phone: (318) 435-9200
Open last Tuesday of each month, 9am-11am

**Lasalle Community Action
(Franklin CDC)**
4487 Front St, Winnsboro, LA
Phone: (318) 435-6333

St. Mary's Church
1712 West St, Winnsboro, LA
Phone: (888) 524-3578

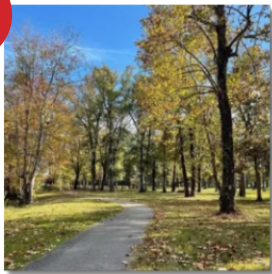
**LSU AG Center
Franklin Parish**
6562 Main St, Winnsboro, LA
Phone: (318) 435-7551
[Click to access or scan QR code.](#)





Resources to Help You Get Outside & Be Active

1



Civitan Park & Walking Trail

4195 Front Street, Winnsboro

Notes: This scenic trail winds through a community park and offers an accessible route for walking, jogging, or strolling.

2

Davis Park and Born Learning Center

222 Davis St, Winnsboro

Notes: Offers a scenic, family-friendly environment for walking, running, and outdoor recreation, featuring well-maintained paths, a playground, and tennis courts. Located within the park, the Born Learning Center provides an interactive outdoor trail that transforms a walk into a fun, educational experience for toddlers and young children.



3



Wisner Walking Trail

U.S. Highway 425, Wisner

Notes: The beautiful walking track in Wisner will provide families and individuals who use the track with the some activities to perform along the way, so as to break up the monotony of a daily walk.

4

Franklin Parish Library: Read and Ride

705 Prairie Street, Winnsboro

Notes: A family-friendly program that combines physical activity and literacy, encouraging children and families to enjoy reading while participating in outdoor recreation.



5



Berry Park

Gum Street, Winnsboro

Notes: It serves as a community focal point, featuring recreational facilities. The park features a jungle gym, a swing set, a softball field and a recently renovated public pool.

6

Baskin Park and Trail

1325 LA-15, Baskin

Notes: a specialized, interactive outdoor path designed to turn a standard walk in the park into a playful learning experience for toddlers and young children.



7



Future Plans: Crowville Walking Trail

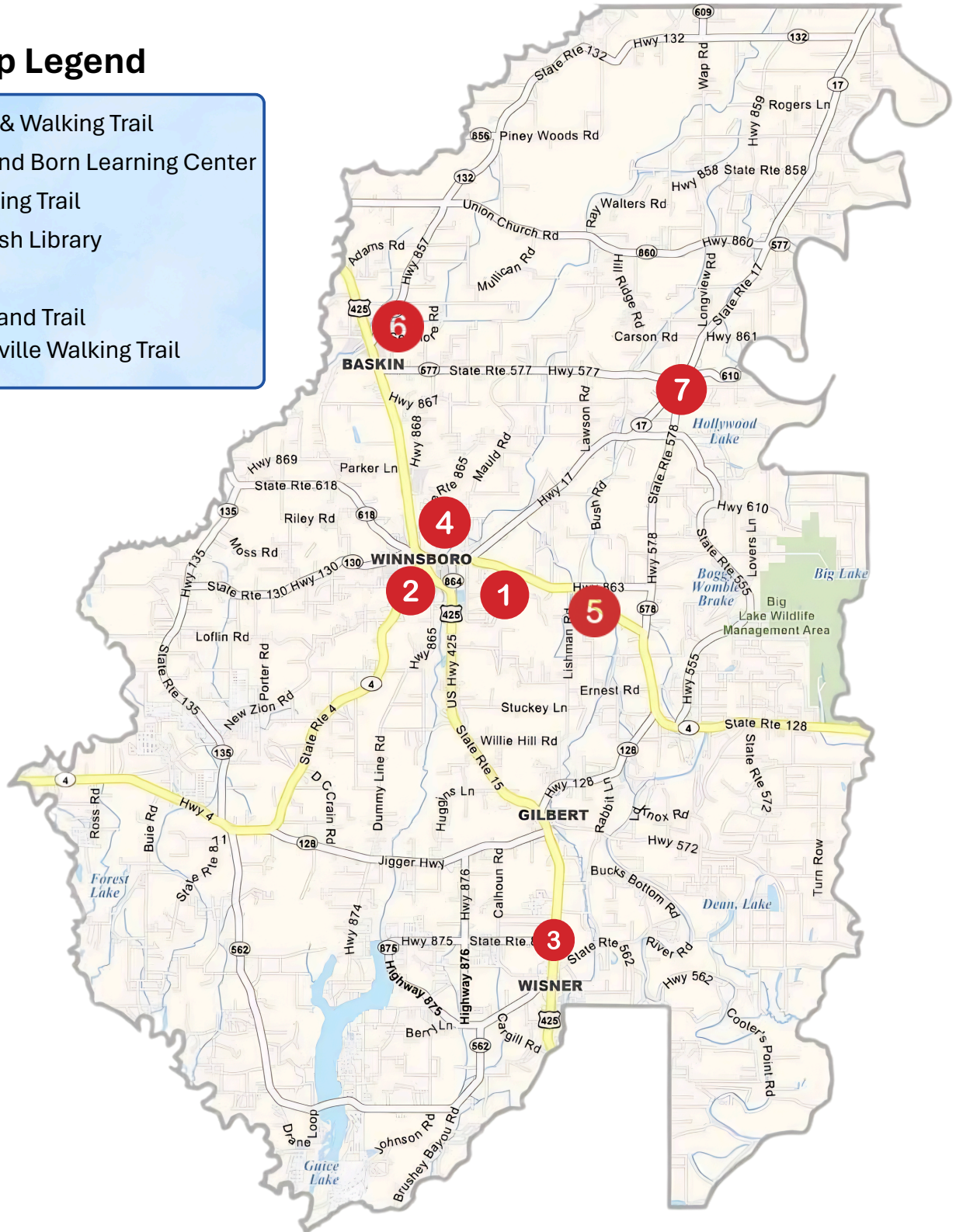
Note: Will create a safe and accessible network of roads, trails, and sidewalks connecting residents to schools, businesses, public services, and community facilities. The project will enhance mobility, promote healthier lifestyles, support economic growth, and improve safety for all road users. Construction is scheduled to begin in Spring 2028.



Resources to Help You Get Outside & Be Active

Map Legend

- 1. Civitan Park & Walking Trail
- 2. Davis Park and Born Learning Center
- 3. Wisner Walking Trail
- 4. Franklin Parish Library
- 5. Berry Park
- 6. Baskin Park and Trail
- 7. Future Crowville Walking Trail





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

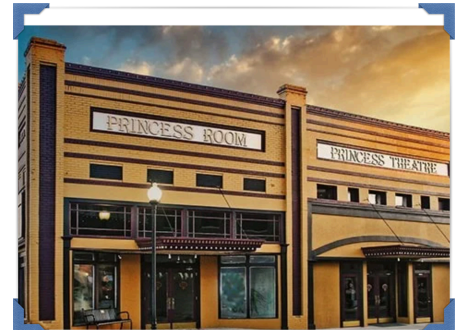
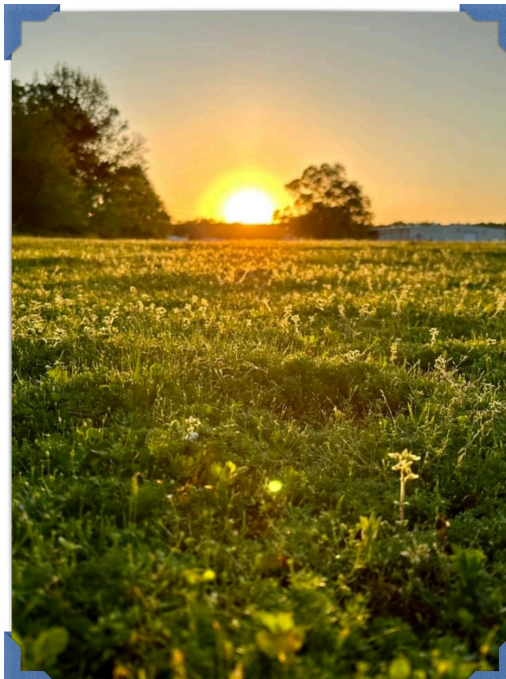
when your blood pressure is consistently a bit too high, usually between 130–139 for the top number or 80–89 for the bottom number. It means your heart and blood vessels are under extra strain and may need lifestyle changes or treatment

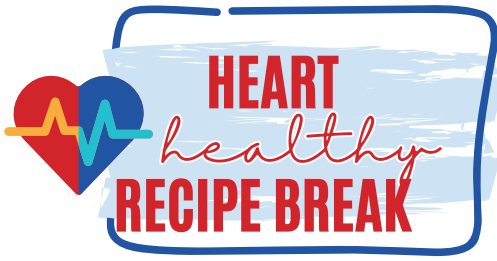
Stage 2 Hypertension

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





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

Crawfish Etouffee

from Holly Clegg's Trim & Terrific

Gulf Coast Favorites

Ingredients

- 2 TBSP olive oil
- 3 TBSP all-purpose flour
- 1 onion, chopped
- 1/2 cup chopped green bell pepper
- 1 tsp minced garlic
- 1 cup fat-free chicken broth
- 1 TBSP paprika
- 1 lb Louisiana crawfish tails, rinsed and drained
- Salt and pepper to taste
- 1 bunch green onions, stems only, finely chopped



Directions:

- In large nonstick skillet coated with nonstick cooking spray, heat oil and stir in flour. Cook over medium heat until light brown, about 6–8 minutes, stirring constantly. Add onion, green pepper, and garlic. Sauté until tender, about 5 minutes
- Gradually add broth and stir until thickened. Add paprika. Bring to a boil, reduce heat, cover, and cook about 10-12 minutes, stirring occasionally. Add crawfish and cook until heated. Season to taste. Stir in green onions.

CALORIES
220

PROTEIN
22 GRAMS

SODIUM
217mg

CARBS
13 GRAMS



From the start, building relationships in Franklin Parish has been at the heart of our work, 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.

