



## City of Westlake wins 2015 Start Walking Calcasieu! City Challenge

Physical inactivity is a major risk factor for all premature deaths. It contributes significantly to cardiovascular disease, high blood pressure, stroke, type 2 diabetes, cancer -- even depression and Alzheimer's. In Calcasieu Parish alone, the obesity rate of 37.3% is higher than the state and national averages making the state of Louisiana the unhealthiest and most obese state in the nation. Local mayors decided to tackle these statistics head on by educating the community about the benefits of walking as a life-long exercise. Each of the six local mayors hosted walks in their respective communities to get their constituents moving. The winner of the 2015 Start Walking Calcasieu City Challenge is: Mayor Hardey and the City of Westlake with 4% of the population that either walked with the Mayor or pledged online to start walking towards better health. In second place, was Mayor Duncan and the City of Sulphur. Congratulations to Calcasieu Parish Mayors for starting a movement. Over 573 people participated in this year's walk.

Start Walking Calcasieu! City Challenge is a Partnership for a Healthier SWLA initiative made possible by Blue Cross and Blue Shield of Louisiana Foundation's Challenge Grant for a Healthier Louisiana. For more information, please call the Partnership for a Healthier Southwest Louisiana at 478-4822, Ext 16 or go to [healthierswla.com](http://healthierswla.com).

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## The K.I.S.S. Project Kicks off in Vinton with over 30 Participants

The K.I.S.S. Project (Keep It Simple Sister), led by founder and certified fitness instructor Sharmita Rideau, is a free, 10 week, comprehensive weight loss program geared specifically towards women wanting to lose 20 pounds or more. It focuses on simple steps to achieve health goals and utilizes certified fitness instructors and registered dietitians. Rideau explains, "It is my goal to help women just like me make lifestyle changes they can stick to. I share many options they can choose to do at home, in the neighborhood, or even at the gym. Weight loss doesn't have to be complicated. This program is about doing simple things to jump start weight loss and get healthier."

K.I.S.S. kicked off two weeks ago in the rural community of Vinton with about 30 ladies. Classes meet three times per week, Monday, Tuesday, and Thursday, beginning Monday, June 22nd 5:30 p.m.– 6:30 p.m. at Ward 7 Recreation Center. Classes will run through Thursday, August 29th.

Dare to be Healthy is a three year initiative to combat the skyrocketing obesity rate in Calcasieu Parish. It is made possible by a Challenge Grant from Blue Cross and Blue Shield of Louisiana Foundation and matched by local partners throughout Calcasieu Parish. The grant is valued at over \$1.5 million and is administered by SWLAHEC.

## WCCH & Dynamic Dimensions host "Healthy U" Camp

Turning kids on to healthy habits is what this camp was all about. What an awesome time the kids had at Healthy U Camp this past week. This unique, weeklong camp combined nutrition education with lots of physical activity as well as arts and crafts, fun games, and more. Kids learned how to take control and make lifestyle changes that will help them achieve a healthy weight and they learned all about healthy eating so they can begin forming healthy habits. This camp was led by expert Registered Dieticians of West Calcasieu Cameron Hospital and McNeese State University Dietetic Interns.



## Kids in Low Income Neighborhoods Participate in Chef Camp

The Partnership and LSU AgCenter took over 3 churches to host Summer Chef Camp for kids to promote fruit & vegetable consumption in children living in low income households. The first camp was held at Greater St. Mary Church. The second camp at Mount Pilgrim Church and the last one will be At the AgCenter July 13-16. Sessions are divided into two components: a tasting activity and a cooking activity. The tasting activity introduces the children to different fruits & vegetables.





## Fun Facts

37.3 % Obesity Rate  
in Calcasieu Parish

380 Text for Health  
Campaign Subscribers

600 Likes on Face-  
book

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## Upcoming Events/Volunteer Opportunities

### Cash and Carry Farmer's Market every Tuesday 4p.m.– 6p.m.

The Cash and Carry Farmer's Market seems to grow every week. They've added a ton of new vendors . Wonderful market with wonderful people and lots of homemade goodies. Everything from Smoothies, fresh bread , butter, and milk, and lots and lots of fresh produce. Support local and the market will continue to grow!

### Chef Camp, July 13-16 8:30a.m.-2:30 p.m.

Through a partnership with the LSU AgCenter we will provide Summer Chef Camp for kids living in low income neighborhoods.

### Summer Fitkids, June 1st -July 29th MLK, McMillian, Bellard, E.K.Key, Henning, and Vinton Elementary

The Partnership and the City of Lake Charles will implement Fitkids at select summer camp sites. All six sites will end the summer by participating in Fitkids field day



## Partnership for a Healthier SWLA

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