

## Highlights of State Fiscal Year 2016/17

During this State Fiscal Year (SFY) 2016/17, the Louisiana Governor's Council on Physical Fitness and Sports and Bureau of Minority Health Access strengthened its efforts in maximizing new initiatives that increased physical activities in underserved populations, and improved quality and sustainable access to health care for racial and ethnic populations. Notably, during this SFY, the Governor's Fitness Council implemented new initiatives such as Inner City soccer for at-risk youth, and the *Choctaw Community of Ebarb Project* that is designed to assist this Native American tribe with establishing their own community emergency preparedness plan in the event of a natural disaster or pan flu outbreak.

### Community Preparedness Response Network (CPRN)

The Bureau of Minority Health Access partners with the Chahta Native American tribe annually to expand an emergency preparedness program called, Community Preparedness Response Network (CPRN) through Region 9 and to coastal Mississippi that is designed to assist low-income communities with establishing their own community emergency preparedness plan in the event of a natural disaster or pandemic flu outbreak. The Choctaw Community of Ebarb tribe participated in the pan flu trainings also. The Bureau worked in Zwolle, LA with the Choctaw Native American leaders, tribal members and Sabine parish sheriff's office to provide emergency preparedness trainings. These trainings included- though not necessarily limited to – Emergency Preparedness procedures, Pandemic Flu and Ebola outbreak.

By partnering and establishing a CPRN Resource Center in Mississippi, Louisiana's CPRN members have an additional evacuation point in our neighboring state along with Arkansas and state-run shelters. This partnership will give Louisianan and Mississippi members of the CPRN another shelter location that will be closer to their homes, hotels, service stations, grocery and hardware stores and shopping centers in the event of a natural disaster. This Pearl River Shelter will be part of FEMA's diversity program to ensure that low-income populations will receive assistance in a timely manner during and after a natural disaster.

### Men's Health Conference

The Governor's Fitness Council on Fitness and Sports and the Bureau of Minority Health Access works closely with the Louisiana Men's Health Organization (LMHO) as it strives to change men's attitudes about their health and well-being, by heightening the awareness of preventable health problems, encouraging early detection and treatment, as well as educating the public on health risks specific to men of different ages and races.

To accomplish this, the LMHO organizes an annual Men's Health Conference to provide a venue where men can seek guidance on their health and wellness. The conference also allows health care providers, public policy makers, the media, and individuals an opportunity to encourage men to seek regular medical advice and early treatment for disease and injury. This year's keynote speaker was Rudy Macklin, director of the Governor's Fitness Council and the Bureau of Minority Health Access.

## Louisiana Governor's Games

*The Governor's Games (LGG) is Louisiana's premier amateur sporting event, where sports enthusiasts from around the state participate in a variety of athletic competitions. With 39 sporting events statewide, LGG provides an opportunity for competition and fitness for all ages, skill levels and economic demographics. Held in cities across the state, events include basketball, volleyball, gymnastics, boxing, tennis, track and field, girls' softball, youth baseball and much more.*

This seven-month statewide set of sporting events involve every recreation department in the state. Experienced sports commissioners were chosen to run the events professionally and ensure that they have an Olympic-style atmosphere. Louisianans are encouraged to sign up through local recreation departments, sports leagues, or advertisements and public service announcements run via media partners. In addition, children can sign up through local schools and physical education teachers. Registration began in January, and the events took place through June. Results were tracked and posted on the Louisiana Governor's Games Web site for the remainder of the year. Six of the forty-nine events were televised through Cox Cable channels in 14 Acadiana parishes with 500,000 viewers and twelve northern Louisiana parishes on Comcast Cable channels.

## Tour deFitness

Provides training, teaching strategies, authentic assessment and best practice information to K-12 teachers in the areas of health and physical education. The primary purpose of this project is to in-service and equip teachers with developmentally appropriate information regarding smoking cessation, the dangers of tobacco (smokeless and smoking), techniques to make their physical education lessons more physically active, and assessment opportunities

to measure physical fitness. This project allows clinicians to conduct a series of workshops

Throughout the state. While annual LAHPERD convention provides health and physical education teachers with numerous programs to improve the health status and physical education programs in school and recreational settings, many teachers are unable to attend this annual function. Taking the message to teachers where travel, money and release time is not an issue, will impact the entire state.

The Workshops were conducted in various areas of the state and participants did not have to worry about barriers that normally prevent them from participating in a professional workshop. Each workshop contained breakout sessions that addressed the prevention of tobacco use, an orientation to the sponsored website [lagovernorsgames.org](http://lagovernorsgames.org) that promotes physical activity information regarding parish and state physical fitness meets, lessons that address the state mandated physical education and health standards and assessment information appropriate for measuring the health related components of physical fitness, including BMI information.

The opportunity to train 500 teachers in these areas has the potential to impact thousands of students. The long term benefit of teaching children how to take ownership for their health behaviors and enjoy physical activity in a school setting impacts what they do in their leisure time. The more physical activity they experience during the day the less they tend to be overweight, have lower blood pressure, reduce the incidence of diabetes and cardiovascular disease.

## Elementary Fitness Meet

The Governor's Council on Physical Fitness and Sports has seen a significant increase in the physical fitness levels of elementary school children in the last three years from the 25 parishes that participate in the Fitness Meet program. More than 200,000 Students train for the event at the beginning of each school year and preliminary meets start in the spring. The top two boys and girls from each parish must survive their initial competition from their schools and compete against other kids in their parish before they reach the championship.

Strategy: Students perform the identical fitness tests acquired from the President's Challenge. Tests consisted of: the 50-yard Dash, Sit and Reach, Pull-ups, the Shuttle Run, Curl-ups (sit-ups), Standing Long Jump, and the 600-Yard Run. Instructions on how to execute each test properly are included in the Elementary Fitness Meet Guidelines packet that is distributed to each parish annually. The top scores from two boys and girls qualified them for the Elementary Championship Fitness Meet held in Baton Rouge at LSU's Carl Maddox Field House. Elementary school children competed against other parishes from around the state. The Governor's Fitness Council sponsors this Olympic-style event in the spring of each year at LSU in Baton Rouge.

### Weightlifting Development Center

The Governor's Council on Fitness along with LSU-Shreveport and the city of Shreveport successfully operates the state's first weightlifting development center that trains future Olympians. Dr. Kyle Pierce manages the day-to-day operations. The Center produced its first Olympian, Kendrick Farris out of Shreveport.



## Own Your Own Health

Own Your Own Health Louisiana (OYOH) is comprehensive health program designed to empower Louisianans to become active participants in their own health and health care through healthy eating and activity, as well as, an overall healthy lifestyle. This program has been separated into three-month challenges such as weight loss and steps (physical activity). Each participant will be asked to form teams of two to ten people and begin achieving weight loss from a healthy, appropriate diet as well as accumulated activity in the form of a variety of tasks ranging from light exercise (e.g. gardening and walking) to heavy exercise such as running. OYOH has numerous partners featuring a wide range of programs specially designed to improve your health.

Adults can have teams of 2-10 members, and kids can have 10-30 on the each team. Team and individual competitions will recognize achievement in two areas:

- Weight loss due to healthy, appropriate diet and physical activity
- Accumulated activity in the form of miles.