



Beauregard Parish Fact Sheet

Demographics

- Population: 36,564
- Land area: 1,166 square mile
- Median Age- 37.5
- Persons under 18 years old – 24.8%
- Persons 65 years old and over – 14.6%
- The racial makeup of the parish was 82% White, 13.2% Black or African American, 1.2% Native American, 0.8% Asian, 0.1% Pacific Islander, and 2.6% from two or more races. 3.9% of the population were Hispanic or Latino of any race.
- Median household income - \$45,969
- Persons below poverty – 20.2%
- Number of People Uninsured: 14.6%
- Children Eligible for Free/Reduced Lunch: 52%
- Population Receiving SNAP Benefits: 13.5%

Health Factors

- Obesity: 35.4%
- Food Environment Index: 6.7
- Food Insecurity: 13% (Data revealed Beauregard Parish (62.4 percent) has the highest percentage of residents with low food access when compared to the rest of the parishes).
- Physical Inactivity: 28%
Limited access to healthy foods: 15%

Target Health Problems

- Diabetes: A total of 12.5% of Beauregard Parish adults reported having been diagnosed with diabetes.

- Hypertension/High Blood Pressure: 29.9% of hypertensive residents have been diagnosed more than once.
- High Cholesterol: 48.5% of Beauregard residents, ages 18 and over have been told by a doctor, nurse, or other health professional that they have high blood cholesterol.

SNAP Ed Classes/Programs		
Let's Eat for the Health of It (Adults/Youth)	Eat Smart, Be Active	Mommy & Me
Feeding Your Family on a Budget	Smart Portions (Youth/Adults)	Quick Low-Sodium Meals
Meal Planning	Body Quest (Youth)	Food Preparation & Safety
How to Read Food Labels	Serving Up MyPlate (ages 5 -9)	Using Grocery Saving Apps
Get Healthy with MyPlate	Kid Chef/Kids in the Kitchen	Stretching Your Food Dollars
Preparing Healthful Low-Cost Meals	Healthy Snacks for Kids and Adults	Cooking with Local Ingredients

Sources

Health Rankings (2017). Louisiana: Beauregard (BE). Retrieved from <http://www.countyhealthrankings.org/app/louisiana/2017/rankings/beauregard/county/outcomes/overall/snapshot>

Lake Charles Memorial Health System (September 2016). Cancer Center CHNA Final Report 2016. Retrieved from <https://www.lcmh.com/documents/CHNA/FINAL-Lake-Charles-Cancer-Ctr.-CHNA-report-9.19.2016.pdf>

United States Census Bureau (2016). Beauregard Parish, Louisiana. Retrieved from <https://www.census.gov/quickfacts/table/RHI105210/22011>

For more information, contact Aneisha Andrus, Area Nutrition Agent at 337-239-3231

*The mission of the SNAP-Ed program, (the educational piece of SNAP), is to improve the likelihood that SNAP participants (youth and adults) will adopt healthy food choices within a limited budget and incorporate active lifestyles and habits that promote good health.

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