

FCS SPOTLIGHT

Northeast Region

by Markaye Russell

Union Parish has a population of around 22,000 people and with that there is a 38% obesity rate. The LSU AgCenter Flavors of Health program has been working to reduce that rate. Recently Flavors of Health Agent worked with the City of Farmerville in Union Parish to install motivational health and walking trail signs in Farmerville Louisiana. The signs are now installed at the Willie Davis Jr. Recreation Center walking trail. The signs give information about walking trail distance, warming up before you exercise, taking the talk test as you are exercising, park bench exercises, staying hydrated, easy park exercises, and cool down after you exercise. The signs were designed by LSU AgCenter Communications Department and the funding was sponsored by AmeriHealth Caritas.

Walking is a form of physical activity that everyone can participate in because it is free, you do not need to join a gym or have any equipment.

Whether you are at your home walking in place or walking outdoors in a park, being physically active daily is an important part of a healthy lifestyle. Physically active people live longer and have a reduced risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.

The Community Outreach meetings have been a great place to connect with community partners and identify needs and ways we can work together to make Union Parish healthier.

Flavors of Health Agent also is offering nutrition classes to the employees and the public which are held bi-monthly at Union General Hospital. These classes are free to the public. Nutrition classes are also offered at Union Parish Extension Service, Auditorium located at 210 E. Water Street, Farmerville, LA. For more information, Markaye Russell, Flavors of Health Agent can be contacted through emailed mrusell@agcenter.lsu.edu or phone 318-368-9935.



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