The **Rapides Health Project (RHP)** is a comprehensive health and wellness initiative aimed at improving the health of uninsured, obese residents in Rapides Parish, Central Louisiana. The project focuses on addressing chronic conditions such as diabetes, hypertension, and coronary artery disease, emphasizing weight management, nutrition, and physical activity.

Key components of the project include:

1. **Free nutritional and dietary education** for uninsured patients.
2. **A 12-month individualized exercise program**.
3. **Access to healthcare services** through the LSU clinic.
4. **A 3-month supply of GLP-1 agonists (e.g., Semaglutide)**, a medication shown to aid weight loss and improve blood sugar control, among other health benefits.

The project is set to run from 2024 to 2025 and will be implemented in partnership with The Rapides Foundation and the Cenla Medication Access Program (CMAP), with services provided by LSU medical residents. Participants will receive personalized wellness plans, including nutrition counseling, exercise, and psychological support to foster sustainable healthy habits.

The target population includes uninsured, obese individuals in Rapides Parish, specifically those with a BMI over 40. This group has been identified as high-risk due to the prevalence of obesity, diabetes, heart disease, and lack of access to healthcare.

**Key objectives of the project**:

* **Increase healthcare access** for uninsured individuals.
* **Provide weight loss management** through education and medication.
* **Promote healthy lifestyle changes**, including diet and exercise.
* **Improve health outcomes**, such as weight loss, blood pressure, and blood sugar control.

The project also aims to address persistent health disparities in the community, offering support to individuals who are typically underserved by traditional healthcare systems. The initiative is designed to have long-term sustainability through ongoing collaboration between The Rapides Foundation, LSU residency programs, and local community organizations. It will also include quarterly health fairs to promote the program and engage the community.

**Measurable outcomes** will include participant satisfaction, health improvements (e.g., weight loss, reduced A1c levels), and increased healthcare access.

**Project sustainability** will be ensured through ongoing community involvement, partnerships with local health organizations, and the integration of the project into LSU residency programs. Additionally, the program will explore future funding opportunities to expand its scope and continue serving the community.

In summary, the Rapides Health Project aims to reduce health disparities in Rapides Parish by providing comprehensive, free health services to uninsured, obese individuals, with a focus on weight management and chronic disease prevention.