



September is National Childhood Obesity Month

About 1 in 5 (19%) children in the United States has obesity issues. While there is no simple solution, there are many ways you can support children with their journey to good health.

Childhood obesity is influenced by many factors, including eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors. For some children, obesity may be influenced by the following:

- Too much time spent being inactive
- Lack of sleep
- Easy access to inexpensive, high calorie foods and sugary beverages
- Lack of access to affordable, healthier foods

Here are some tips parents and caregivers can use to prevent obesity and support healthy growth:

- Provide nutritious, lower-calories foods such as fruits and vegetables in place of foods high in added sugars and solid fats.
- Make sure drinking water is always available as a no-calorie alternative to sugary drinks and limit juice intake.
- Help children get the recommended 60 minutes of physical activity each day.
- Make sure your child has healthy sleep habits.
- Be a role model! Eat healthy meals and snacks and get the right amount of physical activity every day.

Live Better Louisiana Deadline Extended

Due to the closure of many clinics because of COVID-19, the Office of Group Benefits is **extending the Live Better Louisiana deadline to Friday, October 30, 2020**. You have extra time to complete a checkup at a Catapult Health Clinic or your doctor’s office. Completing the checkup before the deadline will earn you a \$120 premium credit on your 2021 health insurance premium with Blue Cross.

You will have until **Friday, October 30, 2020, attend any remaining Catapult Health clinics**. You can also visit your primary care doctor and have him or her fill out and fax in the [Primary Care Provider form](#) by **Friday, October 30, 2020 at 5 p.m. CDT** in place of going to a Catapult Health clinic.

Live Better Louisiana Clinics

Date (Week)	Location
08/31- 09/04/2020	Raymond Laborde Correctional Center (Cottonport) Bienville Building (Baton Rouge) Southeastern Louisiana University (Hammond) Pennington Center South Central LA Human Services Authority -Admin Office (Houma) LA Rehabilitation Services - Workforce Commission (Shreveport) DOTD Headquarters (Baton Rouge) State Military Department (New Orleans) Court of Appeals 5th Circuit (Gretna) Jefferson Parish School Board Emenes Building (Harahan) Media Center - Natchitoches PSB (Natchitoches)
09/07 – 11/2020	Central Louisiana State Hospital (Pineville) University of Louisiana Lafayette (Lafayette) Central Office - Jefferson Parish School Board (Harvey) Louisiana Tech University (Ruston, LA) Criminal District Court (New Orleans)

Eastern Louisiana Mental Health System (Jackson)
Office of Public Health (New Orleans)

09/14 – 18/2020

Avoyelles PSB - Avoyelles HS (Moreauville)
Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
University of Louisiana Lafayette (Lafayette)
LA Delta Community College (Monroe)
Jefferson Parish School Board Emenes Building (Harahan)
DEQ - Southeast Regional Office (New Orleans)
Pinecrest Supports and Services Center (Pineville)
LA Delta Community College (Ruston)
Supreme Court of LA (New Orleans)
LA Delta Community College (Winnsboro)
LA Delta Community College (Winnsboro)
Probation and Parole New Orleans District
LA Delta Community College (West Monroe)
Lallie Kemp Charity Hospital (Independence)

09/21 – 25/2020

Avoyelles PSB - Avoyelles HS (Moreauville)
LA Retirement Systems Building TRSL (Baton Rouge)
Baton Rouge Marriott (Baton Rouge)
Southeastern Louisiana University (Hammond) Pennington Center
Jefferson Parish School Board Emenes Building (Harahan)
LA Workforce Commission (Baton Rouge)
Northshore TCC Florida Parishes Campus (Greensburg)
Dixon Correctional Institute (Jackson)
ULL New Iberia Research Center (New Iberia)
DOTD District 08 (Alexandria)
State Archives Building (Baton Rouge)
SOWELA Tech Community College - Regional Training Center (Lake Charles)
Northwestern State University (Natchitoches)

09/28 – 30/2020

Holiday Inn Downtown Alexandria (Alexandria, LA)
DOTD District 03 (Lafayette)
Central Office - Jefferson Parish School Board (Harvey)
Delgado CC West Bank Campus (New Orleans)
State Treasurer's Office (Baton Rouge)
DOC Headquarters (Baton Rouge)
Delgado CC Charity School of Nursing (New Orleans)
J.L. Jones Elementary- Webster Parish School Board (Minden)
Elayn Hunt Correctional Center (St. Gabriel)
Southeast Louisiana Veterans Home (Reserve)

Kicking Cancer to the Curb –

Prostate cancer is the second most common cancer among men in the United States. All men are at risk for prostate cancer. Out of every 100 American men, about 13 will get prostate cancer during their lifetime, and about 2 to 3 men will die from prostate cancer. Some men are at increased risk for prostate cancer. You are at increased risk for getting or dying from prostate cancer if you are African-American or have a family history of prostate cancer. See the link below for more information on prostate cancer risk factors.



Blue Cross Blue Shield Facebook Live Events

Blue Cross and Blue Shield of Louisiana is LIVE on Facebook! All OGB members are invited to a livestream series featuring BCBS social workers and dietitians. Join Blue Cross on its Facebook page at www.facebook.com/BlueCrossLA.

Coming up:

- **Sept. 14, 10:30 - 11:30 a.m.** - Medicare Made Easy
- **Sept. 14, 12 - 12:30 p.m.** - Motivated Mindset: Stronger Than Stress with Avis Brown, LCSW
- **Sept. 16, 12 - 12:30 p.m.** - ROMAINE CALM: A Day in the Life of a Dietitian: Healthy Eating Habits (and how they cheat!)
- **Sept. 30, 12 - 12:30 p.m.** - What Can Your Health Coach Do for You? Our Care Team in Action

Broccoli and Cheese Egg Muffins

An easy, healthy breakfast food that can be made ahead of time and put in the freezer. During the week, take one out and warm in the microwave or toaster oven for a great grab-and-go breakfast. They are only about 73 calories each so you can eat more than one or have an apple oatmeal bar with it.



Ingredients

- 4 whole eggs
- 1 cup egg whites
- 4 cups broccoli florets
- 1 tablespoon olive oil
- Salt and pepper
- ¼ cup grated cheese
- Sharp cheddar (for sprinkling)

Directions

1. Preheat oven to 400°F. Steam broccoli in the microwave by putting it in a cup with a little water for about six minutes. Mash it and mix it with olive oil, salt, and pepper. Spoon broccoli in the bottom of a prepared muffin tin.
2. Mix eggs, egg whites, grated cheese, salt and pepper in a small bowl. Pour over the broccoli. Top with sharp cheddar.
3. Bake for about 15-20 minutes.

Makes approximately 12 servings

For more information, visit us at www.bcbsla.com/ogb

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