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**Daughters of Charity Services of New Orleans Receives \$350,000
Humana Communities Benefit Grant in Louisiana**

Grant recipient will establish Diabetes Prevention Program to provide needed resources to its at-risk patients throughout greater New Orleans

NEW ORLEANS – Oct. 6, 2015 – The Humana Foundation has named Daughters of Charity Services of New Orleans (DCSNO) the recipient of this year’s \$350,000 *Humana Communities Benefit* charitable grant in New Orleans. DCSNO is a system of community-based health centers throughout greater New Orleans dedicated to providing high-quality, affordable health care with special attention to the poor and vulnerable.

“The Humana Foundation honors outstanding nonprofit organizations using transformative strategies to help prevent diabetes and congestive heart failure in their community,” said Virginia Kelly Judd, Executive Director of the Humana Foundation. “We are delighted that the *Humana Communities Benefit* judging process selected Daughters of Charity Services of New Orleans for the program’s top grant and are confident their work will improve the health and well-being of area residents.”

Diabetes is the leading cause of kidney failure, limb amputations, and new cases of blindness in the United States, and the disease is reaching epidemic proportions in New Orleans. Making matters worse, [recent research](#) shows that people with low incomes and other negative socioeconomic factors are more likely to develop Type 2 diabetes.

To address this concern, DCSNO will use the \$350,000 *Humana Communities Benefit* charitable grant to establish the Daughters of Charity Services of New Orleans Diabetes Prevention Program, which will work to prevent at-risk individuals from developing diabetes and serve as a critical resource to improve participants’ health and well-being through a supportive and holistic approach.

“This \$350,000 *Humana Communities Benefit* grant will play a crucial role in helping our organization positively impact the well-being of a greater New Orleans population that is often

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vulnerable to poor health and lifestyle choices,” said Michael G. Griffin, President and CEO of Daughters of Charity Services of New Orleans. “We are certain our Diabetes Prevention Program will contribute to more efficient diabetes prevention and management for residents who have or are at-risk for the condition.”

DCSNO’s Diabetes Prevention Program will aim to reduce participants’ body weight by seven percent and increase their physical activity to 150 minutes per week. To help participants achieve this goal, the program will provide educational sessions on diabetes, nutrition, physical activity, managing stress and overcoming barriers.

Partnering with DSCNO, Market Umbrella will provide vouchers for fresh fruits and vegetables to be redeemed at local farmers markets. The YMCA will offer gym memberships and diabetes prevention programs for participants.

The grant also will enable the program, which will begin at five Daughters of Charity Health Centers, to expand to health centers across New Orleans and help DCSNO maintain its long-standing reputation of providing holistic health resources where the community most needs them.

“Providing people with the resources they need to get healthy is an impactful first step toward achieving overall well-being, which is what made the Daughters of Charity Services of New Orleans’ Diabetes Prevention Program the model recipient of this year’s \$350,000 grant,” said Humana Louisiana Employer Group Vice President Rhonda Bagby. “We look forward to seeing how this funding helps DCSNO fulfill its commitment to renewing the health of a community that lacks health literacy and financial assistance.”

Nonprofit organizations in Orleans, Jefferson, St. John, St. Charles, St. Tammany, St. Bernard, St. James, Plaquemines, Washington and Tangipahoa parishes were eligible to apply for this year’s Humana Foundation grant in the greater New Orleans region, where the program has been offered eight times. The *Humana Communities Benefit* program awards nonprofit 501(c)(3) organizations \$350,000, paid over a three-year period in each eligible location.

The other two finalists for Humana’s New Orleans grant – The American Heart Association and Ochsner Health System – also presented proposals to impact community health. The three organizations participated in the online community vote, hosted on HumanaHCBVote.com, which gave the public the opportunity to weigh in on which organization it felt was most deserving of the funding. The public’s results were integrated into the final round of judging, which consisted of formal presentations to a panel of community leaders and business representatives who decided the recipient of the three-year, \$350,000 Humana charitable grant.

Humana is one of Louisiana’s leading health benefits companies with more than 325,000 Medicare, commercial and individual health plan members statewide, and has recently launched health initiatives in New Orleans and Baton Rouge to improve the health of those communities by 20 percent by 2020.

For more information about the *Humana Communities Benefit* program, visit [Humana.com/HCB](https://www.humana.com/HCB).

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About the Humana Foundation

The Humana Foundation was established in 1981 as the philanthropic arm of Humana Inc., one of the nation's leading health and well-being companies. Located in Louisville, KY, the Foundation seeks to improve community health and well-being through support of nonprofit partners that promote healthy behaviors, health education, and access to health services. For more information, visit www.HumanaFoundation.org.

Humana and the Humana Foundation are dedicated to Corporate Social Responsibility. Our goal is to ensure that every business decision we make reflects our commitment to improving the health and well-being of our members, our associates, the communities we serve, and our planet.

About Humana

Humana Inc., headquartered in Louisville, Ky., is a leading health and well-being company focused on making it easy for people to achieve their best health with clinical excellence through coordinated care. The company's strategy integrates care delivery, the member experience, and clinical and consumer insights to encourage engagement, behavior change, proactive clinical outreach and wellness for the millions of people we serve across the country.

More information regarding Humana is available to investors via the Investor Relations page of the company's web site at www.humana.com, including copies of:

- Annual reports to stockholders
- Securities and Exchange Commission filings
- Most recent investor conference presentations
- Quarterly earnings news releases
- Replays of most recent earnings release conference calls
- Calendar of events; and
- Corporate Governance information

About Daughters of Charity Services of New Orleans

Daughters of Charity Services of New Orleans offers high-quality, affordable health care for children, adolescents, adults, and seniors at nine community health centers throughout greater New Orleans. Services include primary and preventive health care, pediatrics, dental, optometry, chronic disease management, prenatal care, behavioral health, and onsite laboratories and pharmacies.

For more information, visit www.dcsno.org.

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