



State of Louisiana

Division of Administration
Office of the Commissioner

FOR IMMEDIATE RELEASE

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Division of Administration Invites State Employees to Run Louisiana Marathon

Commissioner Nichols challenges DHH Secretary Kliebert to race

BATON ROUGE – As part of the state's effort to promote healthy living, Commissioner of Administration Kristy Nichols invites all state employees to join her January 17-18 for the Louisiana Marathon and related events. Commissioner Nichols also challenged fellow runner and Department of Health and Hospitals Secretary Kathy Kliebert to run the marathon and to build a team that will compete against the Division of Administration team.

In May, the Office of Group Benefits launched the Live Better Louisiana program designed to help state employees and retirees focus on wellness and prevention by living a healthy lifestyle and staying informed about their individual risk factors. Members enrolled in OGB's Blue Cross plans now have access to resources and on-site wellness clinics that help them better monitor their health and make educated choices that keep them healthier.

Since the program's launch May 30, nearly 1000 members have completed the health assessments that are the first step in the program. 20 percent of participants were found to be eligible for disease management or health services programs designed to help manage and prevent chronic disease.

"It's important to be proactive about your overall health. From eating healthier and exercising to just staying informed about the risk factors we face, there is room for everyone to live better," said Commissioner Nichols. "That's why I'm so excited for my team to run the marathon together."

The fourth annual Louisiana Marathon kicks off in Baton Rouge with races for people of all fitness levels. Participants can choose from the marathon, half marathon, quarter marathon, 5K and kids marathon. State employees can get a 20% discount on registration through October 15 by using the code TEAMKRISTY20 or TEAMKATHY20.

Team Kristy has already committed 25 people to running more than 200 miles in various races. "First and foremost, this challenge is about promoting healthy living," said Nichols. "But it's also about beating DHH."

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