

# Los Angeles County Community Health Improvement Plan

Service Planning Area 7

Kaiser Permanente Imperial Satellite Office

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# Welcome!

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# Goals for Today

- Convene community stakeholders in SPA 7 to form an ongoing network to share resources, examine best practices, and improve coordination
- Provide input into DPH's Community Health Improvement Plan, a 5-year strategic plan for improving health in Los Angeles County

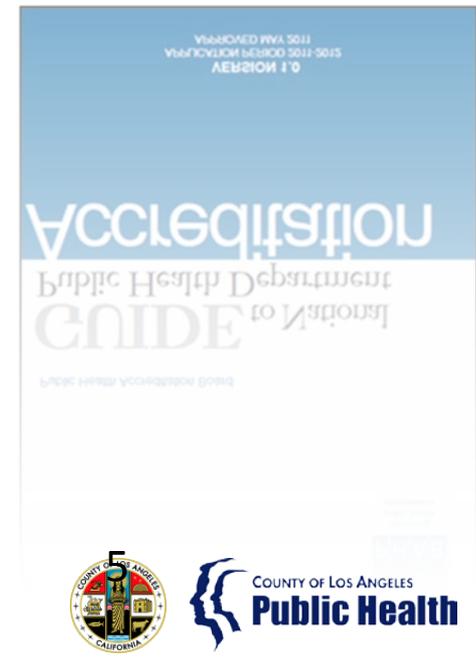
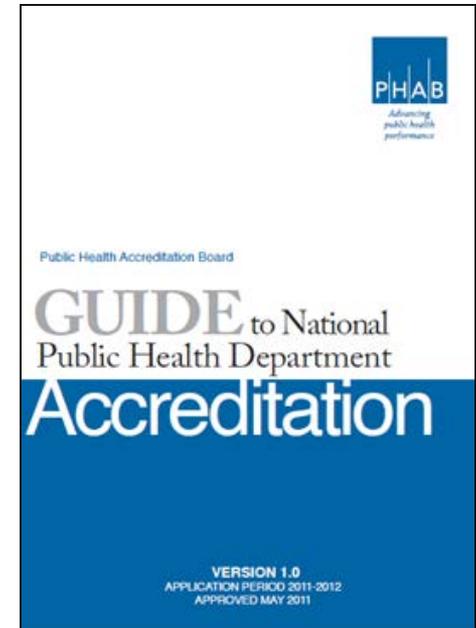


# Introduction of Stakeholders



# Strategic Planning for a Healthier Community

- Community Health Assessment (CHA)
  - A report on state of health in the County
- Community Health Improvement Plan (CHIP)
  - A strategic plan for improving health



# Community Health Improvement Plan

- Determine Priority Areas and Interventions
  - Examples: Active Living, Violence Prevention
  - Summarized from regional meetings and public input period
- Develop Implementation Plan
  - Actionable
  - Measurable
  - Time limited
  - Also addresses upstream, social determinants



# What is a Healthy Community?



# Place as a Critical Determinant

*Unnatural Causes*  
"Place Matters"

"If you lived here . . ."

TRT 2:29



# Neighborhoods & Health

## *Unnatural Causes* "Place Matters"

"In Gwai's environment . . ."

TRT 3:00



# What is a Healthy Community?

The World Health Organization definition:

*Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*



# What is a Healthy Community?

A Healthy Community provides for the following through all stages of life:

- Meets basic needs of all
- Quality and sustainability of environment
- Adequate levels of economic and social development
- Health and social equity
- Social relationships that are supportive and respectful



# Community Health Assessment SPA 7

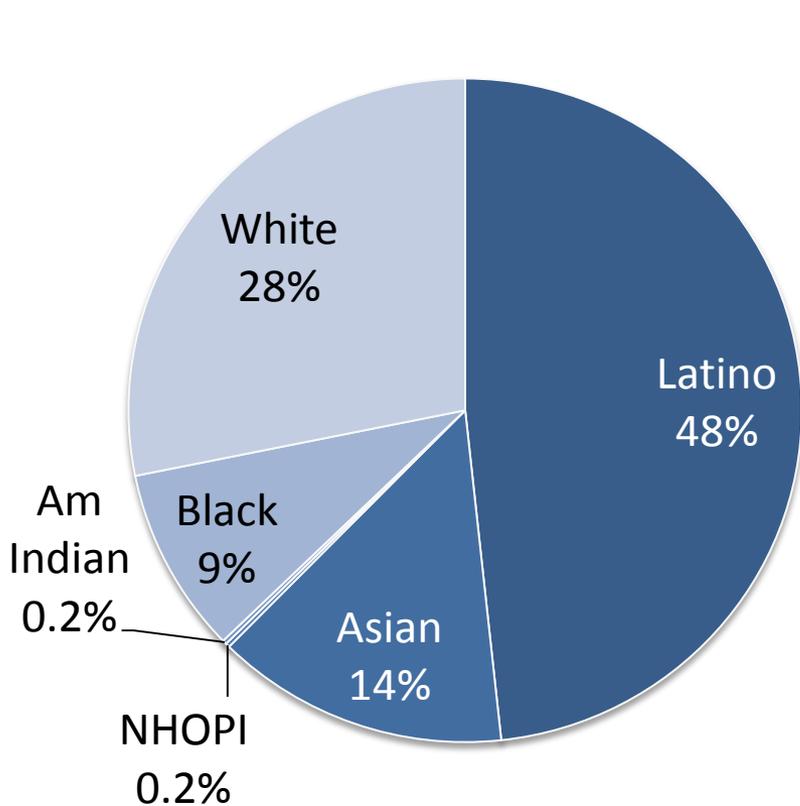
## Demographics

Indicator	Los Angeles County	SPA 7
Population	10,019,362	1,309,383
Race/Ethnicity	Latino - 48% White - 28% Black - 9% Asian - 14% Pacific Islander - .2%	Latino - 73%, White -14%, Black - 3%, Asian - 9% Pacific Islander - .2%
Population ages 0-17	23%	27%
Life Expectancy	81.8 years	81.5 years

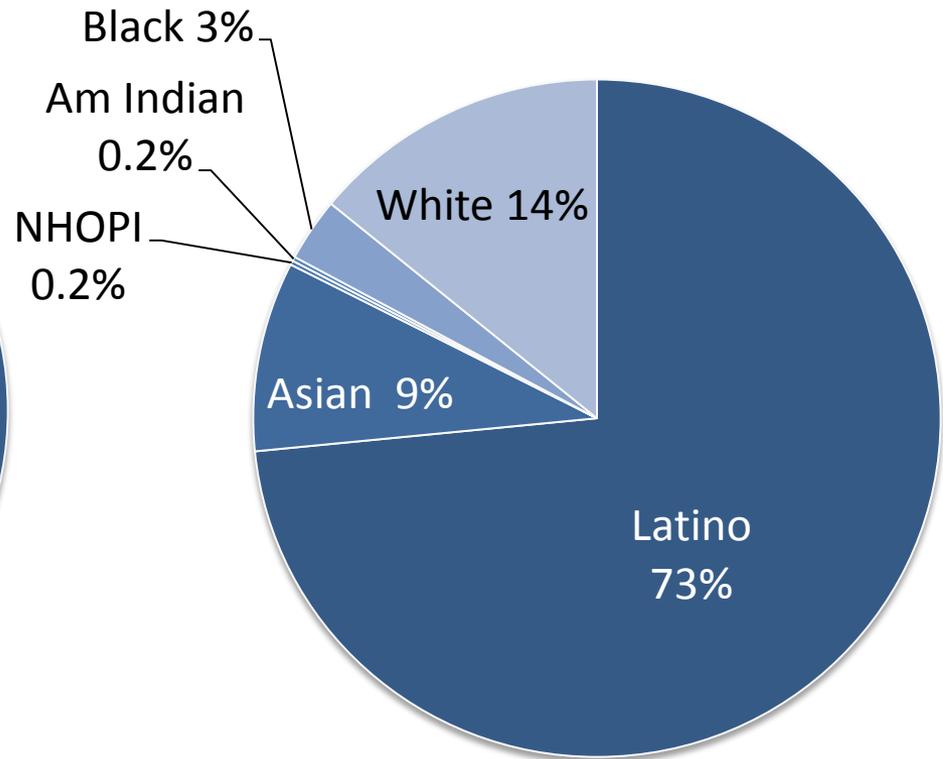


# Population by Race/Ethnicity

## Los Angeles County



## SPA 7



# Social & Physical Environment

Indicator	Los Angeles County	SPA 7
Homeless population (shelter & street count only)	35,524 people	2,430 people
% of households that are crowded	12%	18%
Average annual death rate from firearms	5.4 deaths per 100,000	5.4 deaths per 100,000
Residents who do not have walking paths, parks, playgrounds, or sports fields in their neighborhoods	14%	11%
% of adults with less than high school diploma	24%	33%
% of adults with Bachelor's degree or higher	30%	16%



# Health Status

Indicator	Los Angeles County	SPA 7
Adults who perceive their health is fair/poor	21%	24%
Adults ever diagnosed with depression	12%	12%
Of adults who tried to access mental health care in past year, % that said it was difficult	37%	58%
Pregnant women who access prenatal care in the first trimester	82%	82%
Rate of births (per 1,000 live births) to females 15-19 years	28	31



# Preventive Services

Indicator	Los Angeles County	SPA 7
Women ages 50-74 years who had a mammogram within the past 2 years	80%	81%
Adults age 50 and older ever screened for colon cancer	76%	71%
Kindergarten students with Personal Beliefs Exemptions	2.2%	0.9%



# Chronic Disease

Indicator	Los Angeles County	SPA 7
Adults who are obese	24%	30%
Children who are obese	22%	26%
Adults diagnosed with diabetes	10%	15% (highest SPA)
Adults diagnosed with hypertension	24%	24%



# Health Behaviors

Indicator	Los Angeles County	SPA 7
Children who consume at least one soda/sweetened drink per day	38%	41%
Adults who consume at least one soda/sweetened drink per day	36%	38%
Children who consume fast food at least once per week	51%	55%
Adults who binge drink in past month	15%	16%
Adults who smoke cigarettes	13%	14%



# Causes of Death/Premature Death

Causes of Death	Causes of Premature Death (before age 75 years)
Coronary Heart Disease	Coronary Heart Disease
Stroke	Homicide
Emphysema/COPD	Liver Disease
Diabetes	Motor Vehicle Crash
Lung Cancer	Suicide



# Hospital CHNA Prioritizations

Indicator	Frequency
Access to care (healthcare, mental health, dental, vision)	4
Healthy living/Prevention of heart disease, cancer, diabetes, obesity	4
Youth well-being/community safety	1
Culturally responsive services- focused on Latino community	1
Coordination of services between health care and community service agencies	1
Senior citizen health promotion	1
Mental Health	1

CHNAs reviewed: Beverly Hospital, Kaiser Permanente Downey Medical Center, PIH Health Center - Whittier, Tri-City Regional Medical Center.





# Mobile Panel: Local Highlights in Obesity Prevention



# Spectrum of Prevention

SPECTRUM LEVEL	LEVEL DEFINITION
<b>1. Strengthening Individual Knowledge and Skills</b>	Enhancing an individual's capability of preventing injury or illness and promoting safety
<b>2. Promoting Community Education</b>	Reaching groups of people with information and resources to promote health and safety
<b>3. Educating Providers</b>	Informing providers who will transmit skills and knowledge to others
<b>4. Fostering Coalitions and Networks</b>	Convening groups and individuals for broader goals and greater impact
<b>5. Changing Organizational Practices</b>	Adopting regulations and shaping norms to improve health and safety
<b>6. Influencing Policy and Legislation</b>	Developing strategies to change laws and policies to influence outcomes

*adapted from the Prevention Institute, [www.preventioninstitute.org](http://www.preventioninstitute.org)*



# Wellness Activity & Personal Break



# What Issues Are People Working On?

## Eventbrite survey results

- 1) Obesity/Healthy Living (26)
- 2) Mental Health (8)
- 3) Health Services/Access to Care (4)
- 4) Youth Development (3)
- 5) Tobacco (2)
- 6) Land Use/Transportation (1), Child Abuse (1),  
Community Development (1)



# Group Discussion: Opportunities for Coordination & Collaboration

1. If you are working on one or more of the top 3 issues, write the name of your organization on a colored post-it.
  - Blue is for: **Hospitals**
  - Green is for: **Schools**
  - Yellow is for: **Health Clinics**
  - Orange is for: **Non-profit Organizations**
  - Pink is for: **Other**
2. Place the post-it on the chart paper that corresponds to the issue you work on AND in the appropriate Spectrum of Prevention level.
3. Write up suggestions for coordination and collaboration on chart paper (for any of the top 3 issues).





# **Group Discussion: What Should Our Network Do?**



# Goals for Today

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- Provide input into DPH's Community Health Improvement Plan, a 5-year strategic plan for improving health in Los Angeles County



# Next Steps

- Set up an Advisory Committee to help plan future network meetings
- DPH will send out slides, meeting notes, and list of participants from today's meeting
- Please give us your feedback on today's meeting...and return badges

***Thank You!***



# SPA 7 Contact Info

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