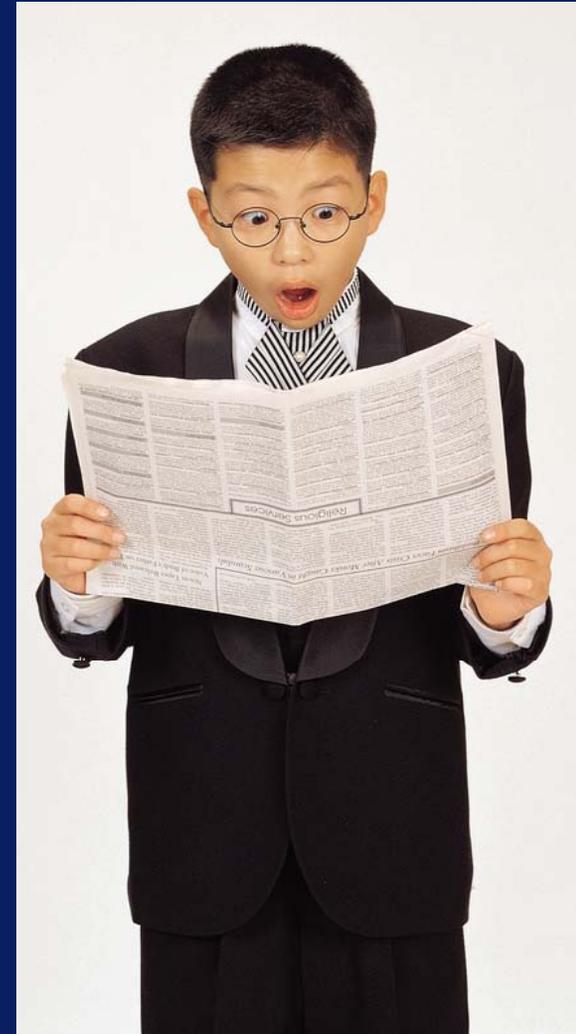


# Public Health: Working for You Every Day

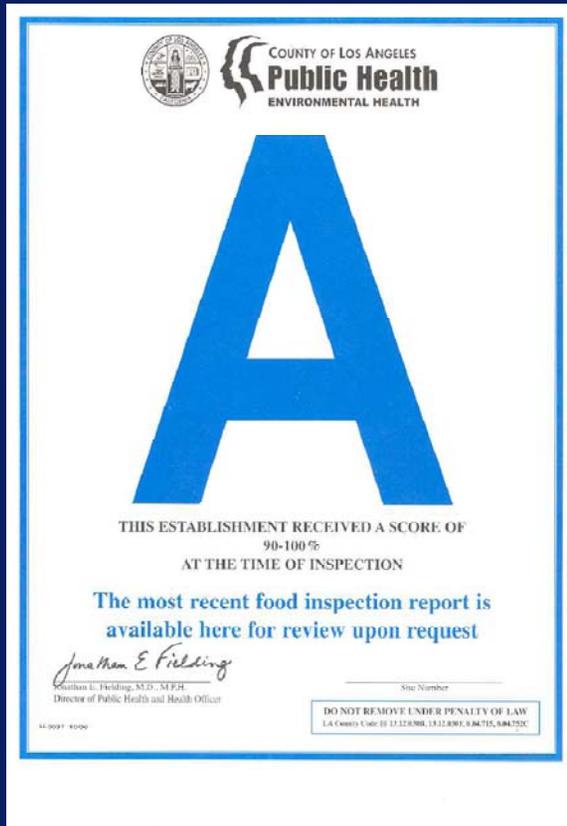


# Overview

- What is Public Health?
- How Does the Public Health Department Help L.A. County Residents?
  - Preventing Disease and Injury
  - Promoting Good Health
  - Providing a Safe and Healthy Environment
- How Can I Improve My Health?
- Where Can I Get More Information?



# What Does Public Health Do For You?



# What is Public Health?

Science of protecting and improving community health by:

- Ensuring a safe and healthy environment
- Promoting healthy lifestyles through education
- Conducting research for disease and injury prevention
- Developing policies and programs that prevent disease and promote health



Ensuring conditions in which people  
can be healthy



# What has Public Health Done?

- Today, Americans live about **30 years longer** than in **1900** mostly due to Public Health efforts



# Public Health's Top 10 Accomplishments During the 20th Century

- Developing vaccinations
- Ensuring safer workplaces
- Controlling infectious diseases
- Decreasing deaths from heart disease/stroke
- Ensuring safer and healthier foods
- Increasing family planning options
- Adding fluoride to drinking water
- Recognizing tobacco use is harmful
- Developing motor-vehicle safety policies
- Improving health for mothers and babies



# Some of Our Staff

- Public Health Nurses
- Health Educators
- Epidemiologists
- Doctors
- Environmental Health Specialists
- Public Health Investigators
- Microbiologists
- Community Workers
- Nutritionists
- Researchers
- Veterinarians



# Population and Prevention Focus

- Local neighborhood
- City
- County
- State
- Country



**Success = improvement in  
overall community health**



# Three Levels of Prevention

## System

Pass law requiring all children entering kindergarten to have certain immunizations

## Community

Collect data on outbreaks, monitor immunization trends, work with schools and clinics to educate on new recommendations

## Individual

Nurses give shots to children and educate parents



# How does Public Health help me, my family and my community?



Let's look  
at a day in the life  
of Public Health ...



# Morning

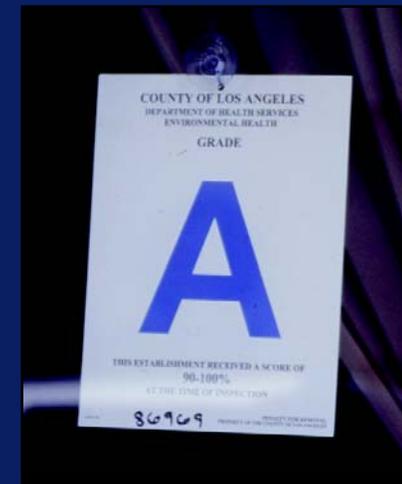
- Brush teeth →
- Eat breakfast →
- Have snack at a coffee shop →
- Drive to work →

Safe water

Pasteurized Milk

Inspected

Seat belts, air bags



# Afternoon

- Go to beach → Ocean water monitored
- Pick up birth certificate for passport → Vital records
- Shop at the mall → Laws ban smoking in public places
- Have a chest x-ray → Safe equipment

A scan of a California birth certificate. The document is titled "STATE OF CALIFORNIA CERTIFICATION OF VITAL RECORD" and "COUNTY OF LOS ANGELES-REGISTRAR-RECORDER/COUNTY CLERK". It is a "CERTIFICATE OF LIVE BIRTH" for a child named KATE, born on 04/18/2006. The parents are listed as A. PHILLIPS and A. HERRNAN, SOC. The certificate is signed by Bruce A. Chernof, M.D., dated 05/08/2006. The document includes a barcode and a date stamp of JUL 07 2006.

# Evening

- Prepare a healthy dinner→
- Children bike ride after dinner→
- Visit grandmother in nursing home→

Obesity education

Wear helmets

Inspected  
and licensed



**Preventing  
Disease & Injury**

**Promoting  
Good Health**

**Providing Safe and  
Healthy Environments**



# 1. Preventing Disease and Injury

- Give immunizations
- Investigate disease outbreaks
- Provide substance abuse prevention, treatment and recovery services
- Treat people with tuberculosis and sexually transmitted diseases
- Help prevent injuries and chronic diseases
- Provide laboratory services



# Teach Hand Washing to Preschoolers



## Food Safety Practices Prevent Illness

The phrase summer cooking conjures the most delicious thoughts: kabobs on the grill, potato salad, and that special family dish with the secret sauce only you know how to make. But any picnic, barbeque or beach excursion can go sour quickly if someone comes down with food poisoning.

Food poisoning, also known as foodborne illness, can occur after eating food contaminated by viruses, bacteria, and parasites. Common symptoms of food poisoning include diarrhea, abdominal cramps, dehydration, vomiting and

*Food poisoning, also known as foodborne illness, can occur after eating food contaminated by viruses, bacteria, and parasites.*

fever. Most of the problems result from food getting cold when it was supposed to stay warm, or from undercooking foods such as chicken and meat. Food poisoning can be easily prevented with a little preparation. Before you start to cook, remember these simple rules:



Continued on page 3

## Recommendations for Fish Consumption During Pregnancy

Fish is an important part of a healthy diet because it contains high

Get Smart: Know when antibiotics work...from page 1



**Sniffle or sneeze?**  
No antibiotics, **PLEASE!**

What can you do if you have a cold?

Taking antibiotics when they are not

## Poison Prevention in Your HOME

Five million poison exposures are reported to Poison Control Centers every year in the U.S., and 90% of those happen in the home. This includes poisons that are swallowed or toxic substances that have come into contact with the skin or eyes. Cleaning products, medications, cosmetics and personal care products, pesticides, vitamins, arts and crafts supplies, chemicals and alcohol are some of the most common items involved in home poisonings. Poisoning prevention begins with common sense. Here are some tips for poison prevention in your home:

Keep all potential poisons in their original containers with original labels intact. Read and carefully follow the label

Store household products or toxic substances far away from food, and never store potential poisons in used food containers.

For example, storing turpentine in an old apple juice bottle is inviting a disaster. Discard outdated products you don't plan to use again. Toxic substances should not be



**SAVE A LIFE!**  
Signs of a Stroke

Knowing them can help you save someone's life, maybe even your own!

## Helping Children Stay Fit

Your child needs regular physical activity to stay fit. Good physical activity habits learned early can help your child become an active and healthy adult. Adults who are physically active are less likely to be overweight or to have heart disease, high blood pressure, and other serious health problems.



**Children need at least one hour of physical activity every day of the week; adults should get at least 30 minutes.**



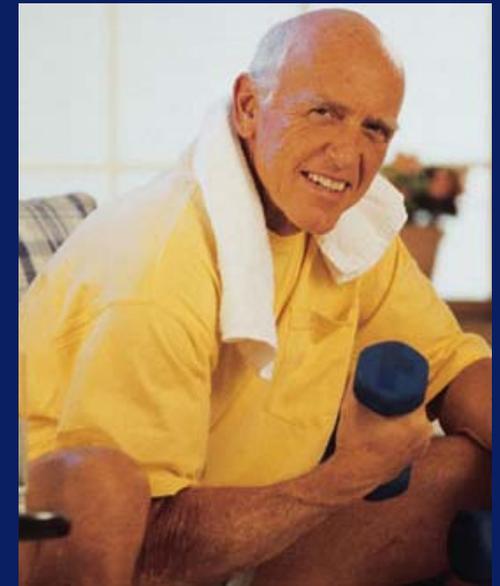
COUNTY OF LOS ANGELES  
**Public Health**

## 2. Promoting Good Health

- Make home visits
- Coordinate free health care
- Provide health checks
- Inform about nutrition, fitness, and disease prevention
- Promote health insurance enrollment
- Provide programs & education on healthy pregnancies
- Help coordinate health services for children in foster care and probation



# Daily Exercise



# 3. Providing a Safe and Healthy Environment

- Inspect restaurants
- Monitor ocean water and public pools
- Control animals and insects that cause disease
- Educate on childhood lead poisoning hazards
- Provide programs to help tobacco users quit
- Support laws to promote healthier communities
- Inspect and license hospitals
- Help prepare for emergencies
- Respond to bioterrorism and natural disasters



# Emergency Preparedness & Response

- In an emergency, Public Health is prepared to give life saving medication or vaccine to the public
- We have identified almost 150 Point of Dispensing (POD) sites throughout Los Angeles County to rapidly distribute these items
- POD sites will use staff from Public Health, other County departments, cities, and volunteers



# Emergency Preparedness

## 10 Essential Items:



1. Water



2. Food



3. Cash & Important Documents



4. Clothes



5. Flashlight



6. First Aid Kit



7. Medicine



8. Radio



9. Toiletries



10. Tools

MÁS VALE PREVENIR QUE  
LAMENTAR. ¡PREPÁREMONOS!

**Just Be Ready.**  
**Prepare Together.**



Build Your  
**EMERGENCY**  
Kit Today!

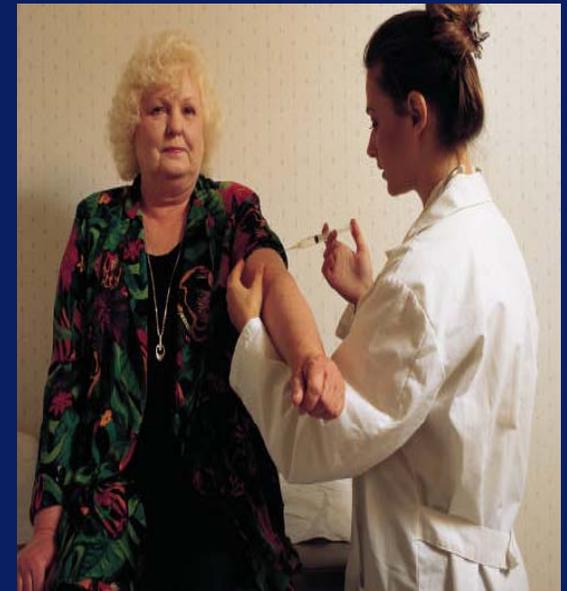
Click here  
for a list of the  
10 Essential Items



COUNTY OF LOS ANGELES  
**Public Health**

# Some Public Health Clinic Services

- Flu shots
- Immunizations
- Sexually Transmitted Disease Testing and Treatment
- Tuberculosis Testing and Treatment



# Some Public Health Program Services

- Conducting home visits
- Eliminating lead
- Meeting with community groups
- Providing therapy for special needs children



# Where are We?

## Everywhere in LA County



### SERVICE PLANNING AREAS (SPAs) BOUNDARIES

SPA 1 Antelope Valley

SPA 2 San Fernando

SPA 3 San Gabriel

SPA 4 Metro

SPA 5 West

SPA 6 South

SPA 7 East

SPA 8 South Bay Includes Catalina Island



# Some Public Health Partners

- Community Groups
- Hospitals/Clinics
- Emergency Responders
- Faith-based Groups
- Schools/Colleges
- Businesses
- Media
- Agencies



# New Challenges

- Drug-resistant germs
- Aging Population
- Obesity
- Uninsured
- Global Health
- What else?



# Research

- Finding a cure for HIV
- Preventing Violence and Injury
- Reducing Incidence of Cancer and Cardiovascular Diseases
- Implementing Prevention Programs at Schools and Worksites
- Investigating Differences in Disease Rates among Population Groups



# Personal Action

Start with “baby steps”



# You Can Expect This

- Prevents injuries
- Promotes healthy behaviors
- Prevents epidemics and spread of disease
- Responds to disasters
- Assures quality health services
- Protects against environmental hazards



**Public Health: Working for You Every Day**



# For More Information

- Visit [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)
- Call the Service Planning Area closest to your home
- Call 2-1-1



# Questions



# Additional Speakers' Bureau Presentations

The Los Angeles County Department of Public Health  
Speakers Bureau offers the following:

Childhood Obesity *coming soon!*

Global Climate Change *coming soon!*

Emergency Preparedness

Hantavirus

Pandemic Flu

Physical/Social Environment *coming soon!*

Preconception Health

West Nile Virus





**Thank you**

