

Public Health & Prevention: Creating Environments for Healthy Aging in Los Angeles County

Healthy Aging Conference

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Public Health in the Health Reform Era

- Landmark policy changes provide new opportunities for prevention:
 - ✓ Expanded access to coverage
 - ✓ No-cost preventive services
 - ✓ Public health investments
- We must maximize those opportunities given the:
 - growth of our aging population;
 - persistence of health inequities; and
 - burden of chronic conditions.

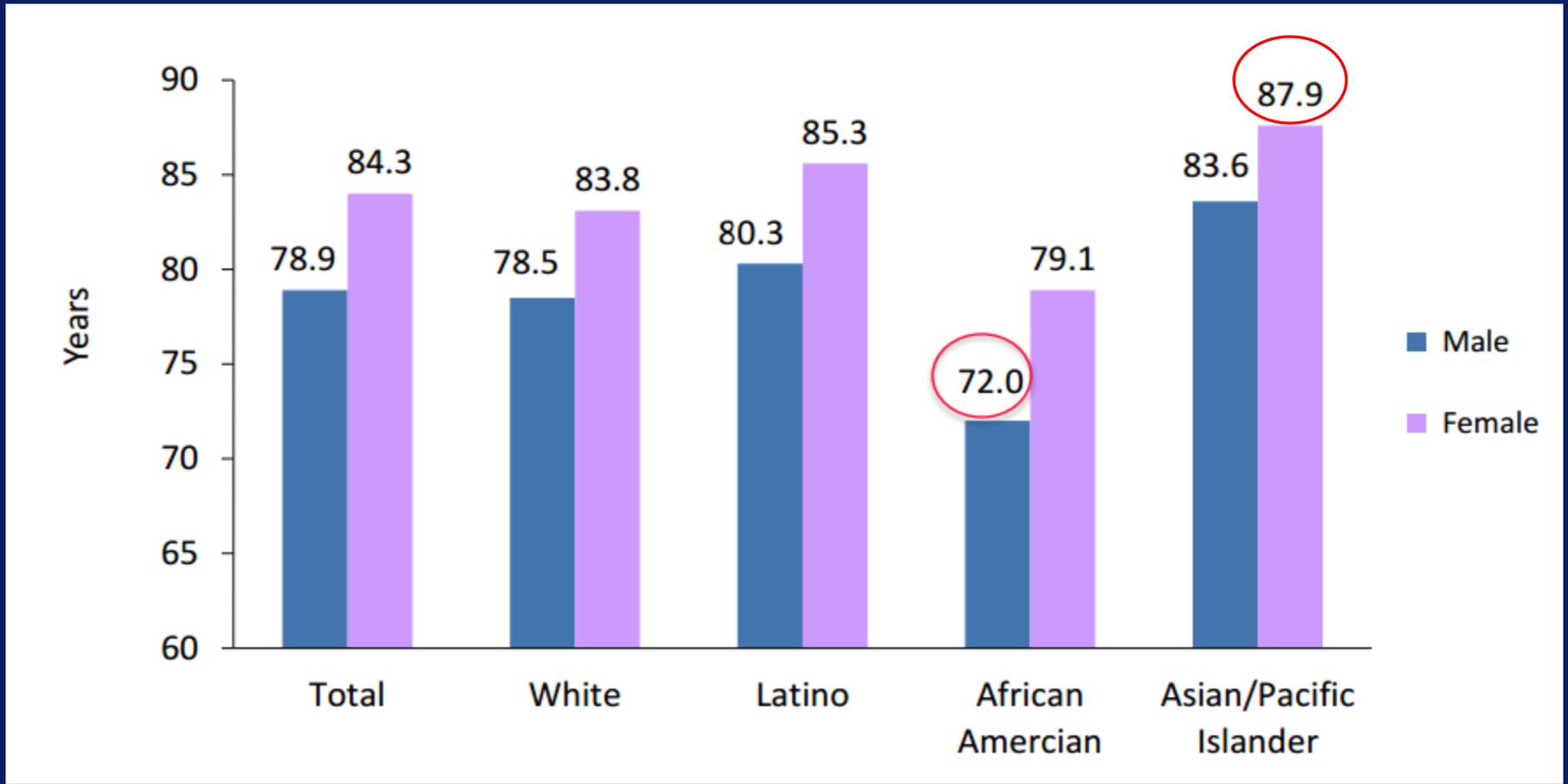


The Aging Population

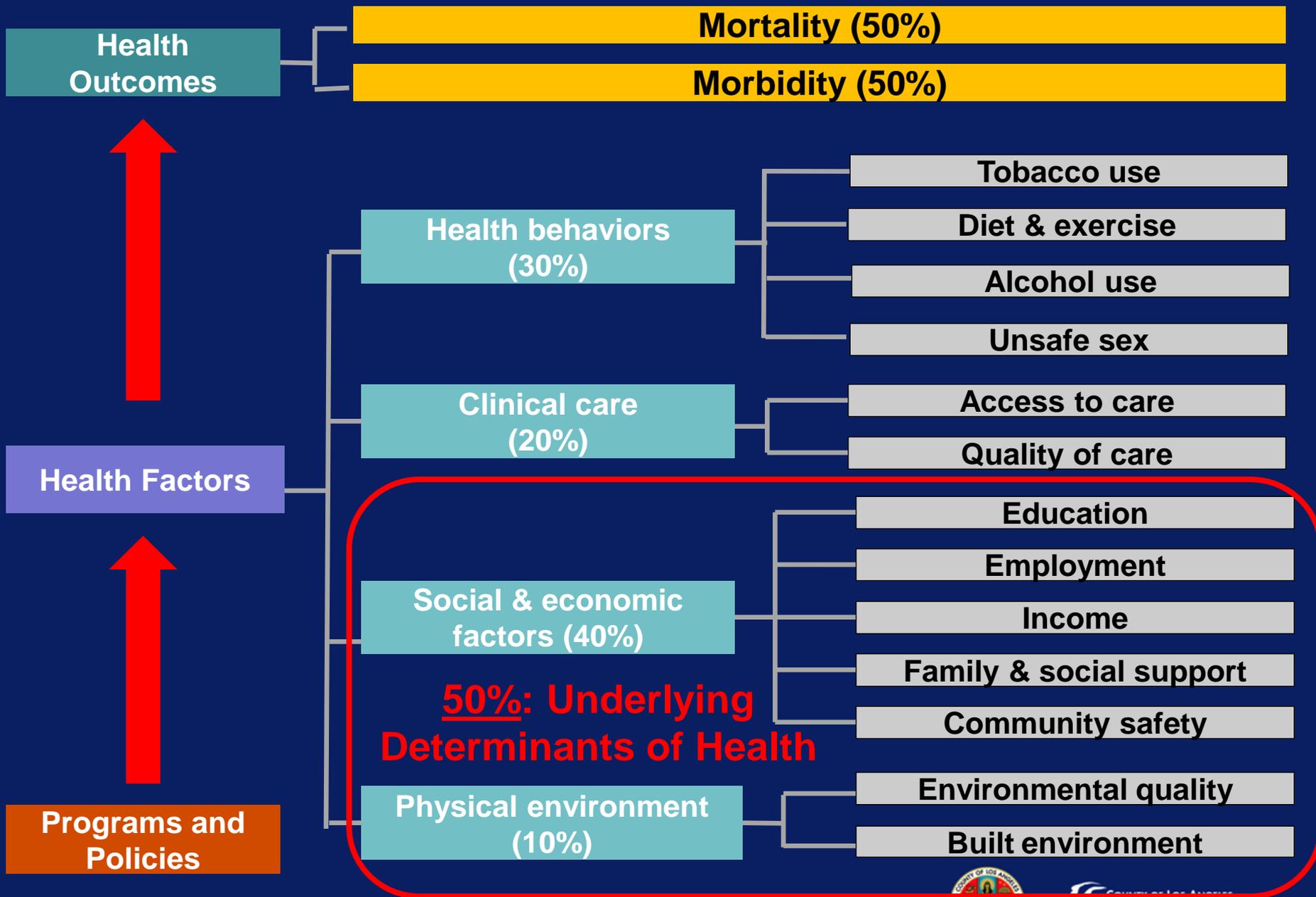
- In LA County, people aged 65+ are projected to grow from 1.1 million to 2.2 million from 2010 to 2030.
- By 2030, Hispanics, Asian/Pacific Islanders, and African Americans will represent about 2/3 of the County's elderly population.



Life Expectancy at Birth by Sex and Race/Ethnicity, LA County, 2011



Sources: 2010 Linked Death Files, Los Angeles County Department of Public Health, Data Collection and Analysis (DCA) Unit.
2009 to 2010 Linked Birth Files, Los Angeles County Department of Public Health, Data Collection and Analysis (DCA) Unit.
July 1, 2010 Population Estimates, prepared for County of Los Angeles, Internal Services Department, Social Services Systems Division, released 1/26/2013.



Epidemic of Overweight in Los Angeles County

Among adults in LA County in 2011:

- 9.5% were affected by diabetes
- 24% report having been diagnosed with hypertension
- 26% report having been diagnosed with high cholesterol
- 24% are obese
- 37% are overweight



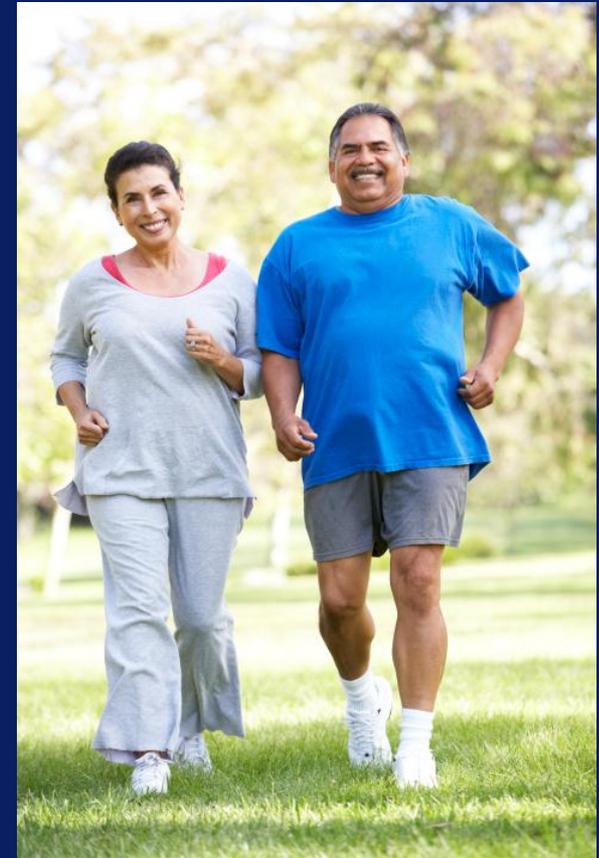
Public Health & Prevention Fund: *Community Transformation Grant*

Designed to “*prevent heart attack, strokes, cancer, and other leading causes of death and disability through evidence and practice-based policy, environmental, programmatic, and infrastructural changes in states, large counties, tribes, and territories.*”

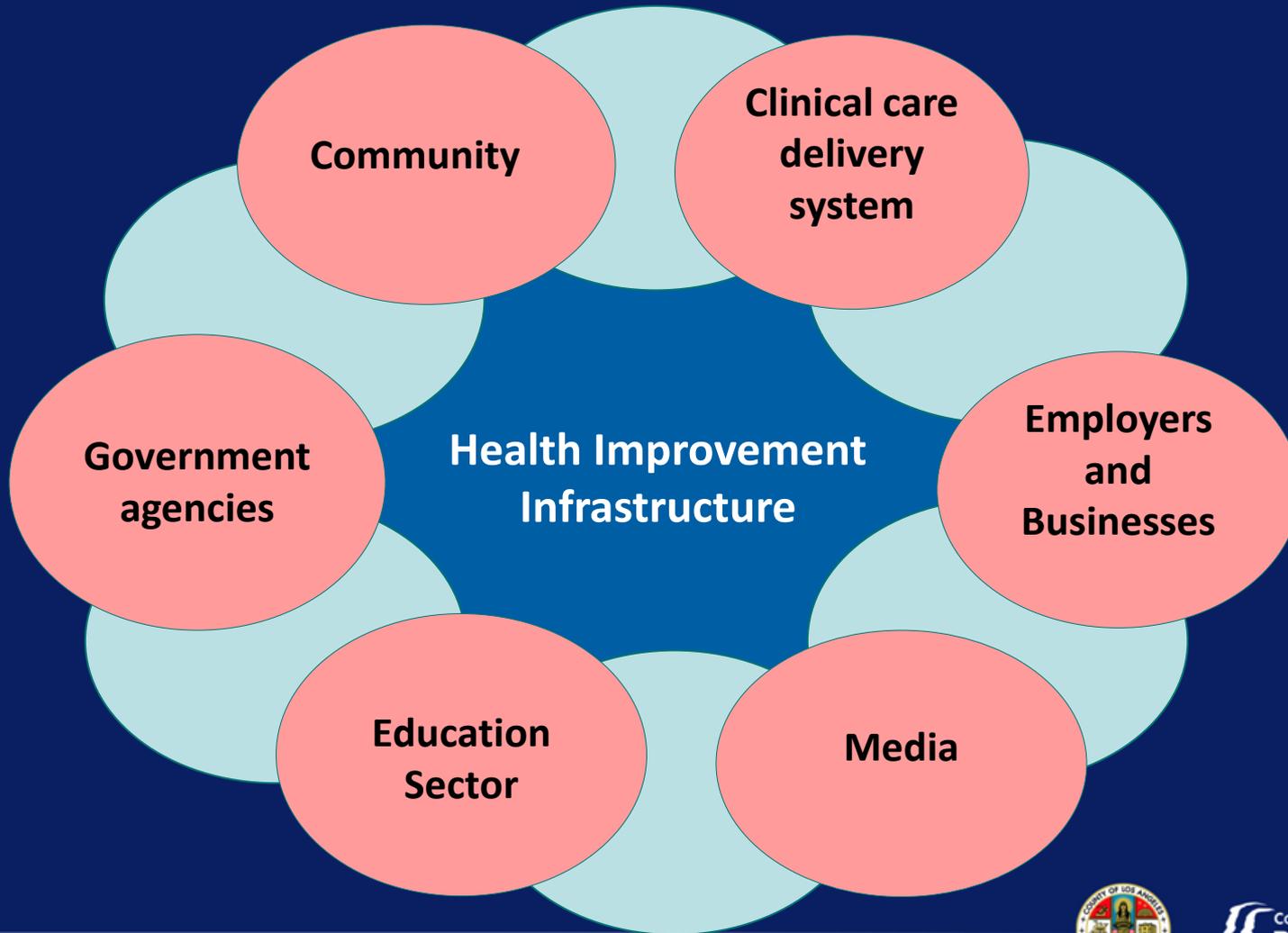


The Community Transformation Grant in LA County Supports:

1. Tobacco free living
2. Active living and healthy eating
3. High impact clinical preventive services
4. Social and emotional wellness
5. Healthy and safe physical environments



For the Public's Health, Many Sectors Play a Role



Challenges & Opportunities

As “Baby Boomers” begin utilizing the health care and social services system more intensively, we must:

- Promote age-appropriate screenings (e.g. colonoscopies, osteoporosis, depression and isolation) and services (e.g. evidence-based health promotion programs)
- Improve consumer health literacy and consumer protection
- Bolster cultural competencies of providers and allied health professionals
- Ensure adequate professional capacity to meet demand



Public Health's Challenges & Opportunities

To improve physical, social and economic environments that impact health outcomes, we must:

- Strengthen programs, services and policies that prevent chronic disease;
- Prioritize vulnerable populations;
- Strive for safe and healthy communities;
- Encourage social cohesion and engagement;
- Advocate for improvements to public education, public housing, job training and job creation.



Moving Forward

- Creating environments for healthy aging requires *many sectors to work together*.
- Coordinating healthy aging initiatives in clinical, social service, public health and academic settings will be important for sustained improvements over time.
- People of all ages deserve healthy communities, quality clinical care, and environmental and ecological supports to make healthy lifestyle choices.

