



SOUTH SPA 6 Area Health Office Chronicle

A publication for friends and neighbors of the South Service Planning Area

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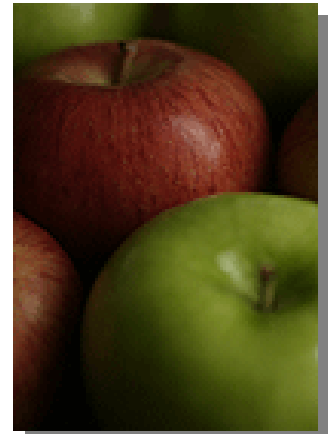
- SPA 6 Health Improvement Plan
- Diabetes Conference

American Cancer Society Releases New Nutrition and Physical Activity Guidelines; Recommendations Urge More Physical Activity, Community Action

ATLANTA — November 22, 2004 — The American Cancer Society's Nutrition and Physical Activity Guidelines for Cancer Prevention place more emphasis on the importance of physical activity for both youth and adults, and provide a first-time recommendation for communities to play a role in improving the health of their residents.

“People planning to make changes in their diet and looking to adopt a healthier lifestyle should be sure to also include a strong commitment to regular physical activity,” said Tim Byers, MD, MPH, professor, Preventive Medicine at the University of Colorado Health Science Center and national volunteer for the American Cancer Society. “These healthier behaviors are made easier if governments, worksites, schools and neighborhoods help facilitate them and provide access to the resources people need.”

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The Los Angeles County Sexually Transmitted Disease Program Health Education Unit Community Resources

“The mission of the Health Education Unit is to increase the capacity of individuals, organizations and the community to prevent STDs, limit adverse physical and psychological consequences of STDs, and promote sexual health.” Toward this end, the following is a description of resources available to the community.

Staff Training: STD workshops and other specialized trainings are available year-round at the STD Program office, and can be scheduled at agencies with 20 or more staff requiring training. For a list of scheduled workshops or to request a worksh-

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-op at your site, please contact Emma Fredua at (213) 744-4574.

STD Presentations: STD educational presentations are provided in English, Spanish, and Cambodian to students, clients, patients and other community members. Presentations and workshops are tailored to audience needs. Materials are also available for staff of community-based agencies and schools to provide their own STD presentations. Please call (213) 744-5949 to schedule a presenter.



Health Fairs and Outreach Events: Staff are available to attend health and community fairs, and other events such as night clubs, bars, and dances. Staff can answer questions, distribute condoms and STD educational materials, and play interactive games. Please contact Susan Perez at (213) 744-5981.

Prevention Connection: This special project trains owners of barbershops, salons, pharmacies, and other businesses to provide STD prevention education, referrals, educational materials, and condoms to customers. Contact Phoebe Macon at (213) 744-5955.

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Positively Speaking: Persons living with HIV/AIDS are available as trained presenters in classrooms and other youth settings through the “Positively Speaking” program. Contact Sally Villanueva at (213) 744-5238 for a speaker. Teachers in LA Unified, please call (213) 625-6429.

SPA 6 Health Improvement Plan

In 2000, the Office of Disease Prevention and Health Promotion issued a report entitled, “Health People 2010,” detailing national health goals to be achieved by 2010. Based on this report, SPA 6 has embarked on a plan to address priority health issues in our community. Thus far, baseline data has been determined, with numeric benchmarks established for priority health issues among select sub-populations.

SPA 6 goals are largely based on data comparing the SPA 6 community to local (other SPA’s and L.A. County), state, and federal data sets. Thanks in large part to input from various resident advocacy groups, community agencies, and public and private health sectors, SPA 6 is focusing on goals that are community-critical and achievable.

For example, SPA 6 will work to reduce obesity among children and adults and increase the acceptance rate of the influenza vaccine among the senior population. Though these goals may focus largely on modifying individual behaviors, a positive change in such behaviors have been shown to result in enormous social and economic dividends to a community.

Regarding Obesity, SPA 6 is presently collaborating with several community agencies and L.A. County programs to convert neighborhoods into healthy communities, providing opportunities for physical activity and healthy eating. It is our hope that these healthy communities will serve as a model to be replicated throughout

SPA 6.

American Cancer Society Releases New Nutrition and Physical Activity Guidelines; Recommendations Urge More Physical Activity, Community Action

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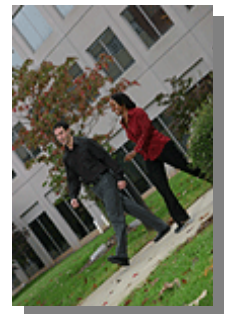
According to the Society, nearly one-third of the more than 500,000 annual U.S. cancer deaths are attributable to diet and physical activity habits. The Society's newest guidelines, similar to earlier versions, stress adopting a diet with a wide variety of healthy foods that are primarily plant-based. They advise eating five or more daily servings of vegetables and fruits and recommend eating whole grains over refined grains for more nutrients and fiber. In addition, based on evidence that cancer risk is influenced by the *type* of fat consumed, rather than simply the total amount, the guidelines recommend limiting the intake of foods high in saturated fat. The new guidelines also urge people to limit their consumption of alcohol if they drink at all, and to lose weight if overweight or obese.



"Maintaining a healthy weight is important to reduce cancer risk. The most healthful way for people to do this is to make healthy dietary choices and to increase their level of physical activity," said Byers. Physical activity affects cancer risk indirectly, through its role in helping to prevent overweight and obesity, and also plays a more direct role. For example, with colon cancer, physical activity accelerates the movement of food through the digestive system, which reduces the time that the lining of the bowel is exposed to potentially cancer-causing substances. Physical activity's likely role in breast cancer risk reduction is that it decreases the amount of exposure of breast tissue to circulating estrogen.

"Based on this evidence, we encourage people to be active for at least thirty minutes on five or more days of the week," Byers said. "And children and teens need to be active at least an hour every day."

New to this edition of the Society's guidelines are recommendations for changes in communities, workplaces and schools to ensure that Americans have opportunities to be physically active and eat healthfully. "Physical education in schools, zoning and urban planning to provide and promote activity, worksite policies and programs that support activity are examples of issues that are critical if people are going to be successful in changing their lifestyles for the better over the long-term," said Colleen Doyle, MS, RD, director of nutrition and physical activity for the American Cancer Society.



Every five years, the Society works with experts in the fields of nutrition, physical activity and cancer prevention to review current scientific evidence and develop recommendations that reflect the best of what is known about the relationship between diet, activity and cancer risk.

For information about the guidelines, and to obtain a copy of "Living Smart," the American Cancer Society's guide to eating healthy and being active, call toll-free 1-800-ACS-2345 or visit the American Cancer Society website at www.cancer.org.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

Hope Blooms With First Flower of Spring

American Cancer Society Celebrates Daffodil Days, Cancer Patients Receive Gifts of Hope

Now through February 28, the American Cancer Society's Daffodil Days campaign will raise funds for cancer research, education and patient services through the sale of daffodil bouquets of all shapes and sizes. The sunny first flower of spring represents the hope brought to millions of cancer patients and survivors in the US through advances in cancer detection and treatment made possible by the American Cancer Society research.

For example, although cancer is the leading cause of death among children 1- 14 in the US, the future for children with cancer is looking up. Thanks to innovative laboratory discoveries, more than 70% of children with cancer now look forward to long, cancer-free lives.

Advance orders for daffodils by the bunch or arrangement will take place through February 28, 2003, with delivery the week of March 14, 2005. Individuals may order blooms for friends, family and coworkers to support the fight against cancer. Corporations can also spread the joy of spring and hope by purchasing corporate arrangements for clients or by anonymously sponsoring Gift of Hope bouquets to be delivered to cancer patients at hospitals and treatment centers.

Daffodils are available through local offices of the American Cancer Society throughout California. Donations to fight cancer range from \$10 for a bunch of 10 blooms to \$110 for a lavish corporate arrangement. Delivery is free for orders of more than \$100 delivered to a single location. To place an order, please call your American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, advocacy and service.



Building Bridges to Optimum Health: A Conference to Address Diabetes Throughout the Lifespan

Take Charge of Your Health

Building Bridges to Optimum Health

A collaborative bridging science and community power

To positively affect the health of our communities, Empower people to take charge of their health,

And set the standard for community research.

Save the Date!

WHAT: FREE 2-day, countywide Diabetes Awareness Conference

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Building Bridges to Optimum Health: A Conference to Address Diabetes Throughout the Lifespan

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WHEN: March 3-4, 2005

WHERE: Los Angeles Convention Center

AUDIENCE: All families who have been affected by diabetes, including medical and social health professionals, government and political officials, and celebrities. CEU/CMEs credits available for MD, RN/BSN, LCSW, MFT, & RD.

PROJECTED ATTENDANCE: 1400 people, with national webcast coverage

SPONSORED BY: Healthy African-American Families II and the Charles R. Drew University RCMI Clinical Research Center /Project EXPORT

HEALTH TOPIC: Diabetes Awareness; Prevention, Diagnosis & Screening, Treatment & Intervention, and Policy & Advocacy Change; Includes interactive topic specific breakout sessions.

PROBLEM: **Diabetes** remains to be one of the top chronic preventable health concerns afflicting our communities.

Right now in Los Angeles,

- 495, 000 people over 18 years of age have diabetes
- Two-thirds of that population is of Latino, African-American, and Asian Pacific Islander heritage
- Clinic-based reports and regional studies indicate that type-2 diabetes is becoming more common among children and adolescents, particularly in American Indians, African Americans, and Hispanic/Latinos.



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COMMUNITY BENEFIT:

- Exposure to current statistics on the prevalence of diabetes, the disease, and treatment options
- New advances in medicine to treat diabetes
- Community-based practices that support families affected by diabetes
- Resources to access and utilize in your communities
- Post-conference activities focused on mobilizing the community on the issues of diabetes

HOW TO GET INVOLVED:

Diabetes Planning Committee member
Exhibitor/Vendor
Sponsor/Endorser
Media spokesperson/Coverage

For questions or more information, please contact Andrea Jones at 323-292-2002. Registration begins in January 2005.

SPA 6 CHRONICLE
Selected Reportable Diseases (Provisional Data)

Disease	Jul-Sep 04	Jul-Sep 03
AIDS	88	74
Amebiasis	1	0
Campylobacteriosis	2	1
Chlamydial Infections	2,326	2,320
Encephalitis	1	1
Gonorrhea	786	657
Hepatitis Type A	0	1
Hepatitis Type B	0	0
Hepatitis Type C	1	0
Measles	0	0
Meningitis	10	9
Meningococcal Infections	1	1
Non-gonococcal Urethritis	50	49
Pertussis	0	0
Salmonellosis	3	2
Shigellosis	7	4
Syphilis, primary & secondary	10	6
Syphilis, early latent (<1 yr.)	8	9
Tuberculosis	31	19

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*Data are provisional due to reporting delay.

SPA 6 EXECUTIVE TEAM

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**SOUTH SPA 6
 CHRONICLE**

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Public Health Mission: To safeguard and improve the health of all Los Angeles County residents.