Los Angeles County Community Health Improvement Plan

Service Planning Area 8
Torrance Memorial Medical Center
October 7, 2014
Welcome!

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Service Planning Areas 7 & 8

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Interim Director,
Office of Planning, Evaluation, and Development
Goals for Today

• Convene community stakeholders in SPA 8 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?
Unnatural Causes
"Sickness and In Wealth"

"Living in America . . ."

TRT 2:41
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
# Obesity, Diabetes and Coronary Heart Disease

<table>
<thead>
<tr>
<th>Health Outcomes</th>
<th>Los Angeles County</th>
<th>SPA 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity- Adults</td>
<td>24%</td>
<td>23%</td>
</tr>
<tr>
<td>Obesity - Children</td>
<td>22%</td>
<td>21%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Coronary heart disease</td>
<td>#1 Cause of death &amp; Premature death</td>
<td>#1 Cause of death &amp; Premature death</td>
</tr>
</tbody>
</table>
## Social/Physical Contributing Factors to Diabetes & Obesity

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Los Angeles County</th>
<th>SPA 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of population that lives in poverty</td>
<td>17%</td>
<td>16%</td>
</tr>
<tr>
<td>Households with incomes &lt;300% FPL who are food insecure</td>
<td>31%</td>
<td>37%</td>
</tr>
<tr>
<td>Children who consume at least one soda/sweetened drink per day</td>
<td>38%</td>
<td>40%</td>
</tr>
<tr>
<td>Adults who consume at least one soda/sweetened drink per day</td>
<td>36%</td>
<td>38%</td>
</tr>
<tr>
<td>Children who consume fast food at least once per week</td>
<td>51%</td>
<td>53%</td>
</tr>
<tr>
<td>Residents use walking paths, parks, playgrounds, or sports fields in their neighborhoods</td>
<td>52%</td>
<td>55%</td>
</tr>
</tbody>
</table>
Percent of Obese Adults by Highest Education Level, Los Angeles County 2011

- Less than High School Diploma: 32%
- High School Diploma: 25%
- Some College or Trade School: 23%
- Bachelor's Degree or Higher: 16%

(source: County of Los Angeles Public Health)
Highest Education Level, SPA 8

- Bachelor's Degree or Higher
- Some College or Associate's Degree
- High School Diploma
- Less than High School Diploma

SPA 8 Overall

- Black
- Asian
- White
- Latino
Community Health Assessment SPA 8
Population by Race/Ethnicity

Los Angeles County
Population 10,019,362
- Latino: 48%
- White: 28%
- Asian: 14%
- Black: 9%
- American Indian: 0.2%
- NHOPPI: 0.2%

SPA 8
Population 1,550,198
- Latino: 40%
- White: 29%
- Black: 15%
- Asian: 15%
- American Indian: 0.2%
- NHOPPI: 0.8%
# Community Health Assessment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Los Angeles County</th>
<th>SPA 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average annual death rate from firearms</td>
<td>5.4 deaths per 100,000</td>
<td>6.4 deaths per 100,000</td>
</tr>
<tr>
<td>Adults who perceive their neighborhoods to be safe from crime</td>
<td>84%</td>
<td>86%</td>
</tr>
<tr>
<td>Adults who smoke cigarettes</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>Adults who binge drink in past month</td>
<td>15%</td>
<td>16%</td>
</tr>
<tr>
<td>Children with asthma</td>
<td>9%</td>
<td>12%</td>
</tr>
</tbody>
</table>
## Preventive Services

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Los Angeles County</th>
<th>SPA 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women ages 50-74 years who had a mammogram within the past 2 years</td>
<td>80%</td>
<td>76%</td>
</tr>
<tr>
<td>Adults age 50 and older ever screened for colon cancer</td>
<td>76%</td>
<td>79%</td>
</tr>
<tr>
<td>Kindergarten students with Personal Beliefs Exemptions</td>
<td>2.2%</td>
<td>1.9%</td>
</tr>
</tbody>
</table>
## Health Status

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Los Angeles County</th>
<th>SPA 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults who perceive their health is fair/poor</td>
<td>21%</td>
<td>18%</td>
</tr>
<tr>
<td>Adults ever diagnosed with depression</td>
<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td>Pregnant women who access prenatal care in the first trimester</td>
<td>82%</td>
<td>80%</td>
</tr>
<tr>
<td>Rate of births (per 1,000 live births) to females 15-19 years</td>
<td>28</td>
<td>26</td>
</tr>
</tbody>
</table>
Life Expectancy and Causes of Death/Premature Death

Life Expectancy 81.1 years

<table>
<thead>
<tr>
<th>Causes of Death</th>
<th>Causes of Premature Death (before age 75 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary Heart Disease</td>
<td>Coronary Heart Disease</td>
</tr>
<tr>
<td>Stroke</td>
<td>Homicide</td>
</tr>
<tr>
<td>Lung Cancer</td>
<td>Suicide</td>
</tr>
<tr>
<td>Emphysema/COPD</td>
<td>Drug Overdose</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>Liver Disease</td>
</tr>
<tr>
<td>Indicator</td>
<td>Frequency</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Mental Health</td>
<td>8</td>
</tr>
<tr>
<td>Access to Care</td>
<td>7</td>
</tr>
<tr>
<td>Obesity</td>
<td>5</td>
</tr>
<tr>
<td>Preventive Care</td>
<td>4</td>
</tr>
<tr>
<td>Chronic Disease</td>
<td>3</td>
</tr>
<tr>
<td>Dental Health</td>
<td>2</td>
</tr>
<tr>
<td>Wellness Education</td>
<td>2</td>
</tr>
<tr>
<td>Linking People to Services</td>
<td>2</td>
</tr>
<tr>
<td>Services that Allow Seniors to Live at Home</td>
<td>2</td>
</tr>
</tbody>
</table>

CHNAs reviewed: Community Hospital of Long Beach, Miller Children’s Hospital, Kaiser Permanente South Bay, Little Company of Mary Hospital San Pedro, Little Company of Mary Hospital Torrance, Long Beach Memorial Medical Center, St. Mary Medical Center Long Beach, Torrance Memorial Medical Center
Mobile Panel:
Local Highlights in Tobacco Control
## Spectrum of Prevention

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

*adapted from the Prevention Institute, www.preventioninstitute.org*
Wellness Activity
&
Personal Break
What Issues Are People Working On?

Eventbrite survey results
1) Obesity/healthy living (29)
2) Health services/access to care (11)
3) Mental health (10)
4) Youth development & well-being (7)
5) Chronic disease prevention/management (7)
6) Homelessness (4)
7) Health disparities/social determinants of health (4)
8) Mobility access (3)
9) Asthma, substance abuse, tobacco, access to parks (2)
What Issues Are People Working On?

**Eventbrite survey results**
10) Tongan language materials development/interpretation (1)
11) Fall prevention (1)
12) Toxic stress (1)
13) HIV- AIDS (1)
14) Workforce development for health (1)
15) Child abuse prevention (1)
16) Maternal and child health (1)
17) Parenting support (1)
Spectrum of Prevention Activity

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.
Group Discussion:
What Should Our Network Do?
Goals for Network

• Convene community stakeholders in SPA 8 to form an ongoing network to share resources, examine best practices, and improve coordination
Collaboration & Coordination
Brainstorm

What kind of:

1) **Resource sharing** with other stakeholders/agencies would be helpful to you?

2) **Coordination** with other stakeholders/agencies would be helpful to you?
   - *Coordination = inter-agency linkages, referral mechanisms, communication processes, etc.*

3) Information about **best practices** would be helpful to you?
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!
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