



COUNTY OF LOS ANGELES

Public Health

SOUTH SPA **Chronicle**

6

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

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National Public Health Week 2007

April 2-7, 2007 was National Public Health Week. As in years past, the Department of Public Health commemorated this week by hosting events throughout the County to raise awareness about the importance of Public Health in the community. It is important to note that LA County Department of Health Services was the first to observe Public Health Week in 1988. The national observation of this week was not made official until President Clinton issued a proclamation in 1995.

This year's theme was "Emergency Preparedness Against Public Health Threats". Although the theme may sound scary, it is meant to drive home the importance of being pre-

pared for any emergency, not just the worst case scenarios that we have come to dread such as bioterrorism. Other emergencies such as earthquakes, floods, fires, or extended power outages are also equally important to prepare for.

SPA 6 observed the week by holding an open house for local community based agencies. The event had dual purposes: to better acquaint community agencies with the services provided by SPA 6, and to find ways to partner with these agencies to further mutual goals and objectives.



Nicole Vick, Health Educator for SPA 6, spoke on Emergency Preparedness for People with Disabilities on radio station KTYM 1460 AM. The host is Janet Neal, Chair of the LA County Commission on Disabilities.

Our office also hosted a health fair for local schoolchildren that included the wonderful mobile van that aims to teach the importance of emergency preparedness.

For more information, visit the American Public Health Assoc. website at www.apha.org, or the LA County Department of Public Health website at www.lapublichealth.org.

SPA 6 Staff Travel the "Road to Health"

Tavis Smiley has taken his on-air *Road to Health* television and radio series on the road to promote the benefits of health and fitness and to help communities of color develop healthier lifestyles.

The *Road to Health* tour, sponsored by Kaiser Permanente, is a two-day, multi-city, health, fitness, and wellness expo featuring local and national celebrities, seminars for youth, men and women, dance and nutrition demonstrations, and medical screenings.

On Friday, March 30th at 9 am, Smiley, LA Mayor Antonio Villaraigosa, and LAUSD Superintendent David Brewer will took a ¼ mile walk with 6,500 students inside the expo hall.

Brewer and LA County Board Supervisor Yvonne Burke were

honorary co-chairs of the National Advisory Board of the expo. Supervisor Burke also sponsored the resolution to declare Friday, March 30, 2007 as Road to Health Day in Los Angeles.

"This tour was created for communities of color to address health from a cultural perspective and to show that simple changes ... can lead to a healthier life," said Smiley. "People often have a hard time believing that the simple choices that we make in our lives every day—what we eat, how we respond to stress, whether or not we smoke, and how much we exercise—can make such a powerful difference in our health, our well-being, and even our survival. But they often do."

The first day of the expo is aimed at youth and featured a

variety of fitness demonstrations and workshops.

The second day focused on family health and fitness. SPA 6 staff members Dee Warren, Jameelah Harris-Mims, and Nicole Vick facilitated presentations on breast cancer and heart disease in women.

"Kaiser Permanente is proud to... sponsor the 2007 Road to Health tour. African Americans and Latinos have a unique culture and a different set of risks for specific diseases. We want to address these needs in a... way that resonates with cultural values and we want to offer tools for managing health and preventing disease," said Bernard Tyson, senior vice president of Health Plan and Hospital Operations, Kaiser Foundation Health Plan, Inc.

A New Farmer's Market in SPA 6 !

The Watts-Healthy Farmers Market will be hosting it's grand opening on Saturday, July 21, 2007 and will be open every Saturday from 10:00 A.M. - 2:00 P.M. at Ted Watkins Park, at the corner of 103rd Street and Central Avenue in the community of Watts. The primary goal of the farmers market is to promote healthy eating habits by increasing access to fresh fruits and vegetables. The secondary goals of the market will be to promote regular physical activity, increase the knowledge of healthful food preparation methods, and to increase access to preventive health screenings.

Sustainable Economic Enterprises of Los Angeles (SEE-LA) will serve as the managers for the Watts-Healthy Farmers Market (they also manage the Leimert Park Farmers Market in SPA 6). SEE-LA has operated farmers' markets in urban communities with limited financial resources and understands the

challenges of food selection, preparation and budgeting. SEE-LA intends to utilize the skills it has gained in the seven other farmers' markets it operates in Los Angeles to improve the nutritional status of the residents of South Los Angeles.

The Watts-Healthy Farmers' Market is a collaborative effort between the Kaiser Permanente/Watts Learning and Counseling Center; the Los Angeles County Department of Public Health; King-Drew Child Development Program; Watts Healthcare Corporation; California 5-A-Day; the Los Angeles Chapter of Blacks in Nutrition and Dietetics (LA-BIND); Success, "A New Beginning"; the Watts Women, Infants and Children Program (WIC), the Community Diabetes Prevention Initiative of Children's Hospital



of Los Angeles and University of Southern California, and the Los Angeles County Department of Parks and Recreation. The Watts-Healthy Farmers' Market Collaborative partners are a diverse group of public, private and non-profit entities who have committed the resources of their respective organizations to the implementation and success of the market.

The Keck Diabetes Prevention Initiative conducted a community assessment of the neighborhoods surrounding Watts and found that the community lacked many of the resources necessary to make healthy eating and exercise activities an integral part of a their lives. The community assessment also found that 16% of the survey respondents had

[see *Market*, on page 4]

Minority Cancer Awareness Week

Cancer affects people of all racial and ethnic groups. However, a closer look at cancer rates for racial and ethnic groups reveals significant differences. Minority groups face special problems and concerns about cancer, including higher rates of developing some cancers and barriers to early detection. For example, African Americans have the highest death rate and shortest survival rate of any racial and ethnic group in the United States for most cancers. African Americans have the highest incidence rates of colon and rectal cancer, and lung and bronchus cancer. African American women experience higher death rates from breast cancer than any other racial or ethnic group, even though whites experience higher incidence rates.

Other racial/ethnic groups experience higher rates of specific cancers as well. Hispanic women have the highest incidence rates for cervical cancer. Despite low incidence rates, Hispanic/Latina females have the second highest death rate for cervical cancer. Although Asian/Pacific Islanders have overall low cancer death rates, this group has the highest incidence rate and death rate of bile and duct cancer, and stomach cancer.

Racial and ethnic minorities face numerous obstacles in receiving health care services including cancer prevention, early detection, and quality treatment. Low income, inadequate health insurance, geographic, cultural, and language barriers, and racial bias are other factors.

Since 1987, the third week in April has been designated National Multicultural Cancer Awareness Week, a time when researchers and health care professionals across the country focus on educating minority populations about cancer and understanding why some ethnic minorities are more likely to develop and die from certain types of cancers.

On April 24, 2007, the Department of Public Health will commemorate National Multicultural Cancer Awareness Week by participating in a symposium hosted by the American Cancer Society and the USC/Norris Cancer Hospital.

In light of this week, we've put together tips to help prevent cancer:

Quit smoking or using other tobacco products- Smoking accounts for at least 30% of all cancer deaths and 87% of lung cancer deaths.

Maintain a healthy weight- Overweight and obesity contribute to 15-20% of all cancer deaths and is associated with developing some cancers

Adopt a physically active lifestyle- Exercise at least 30 minutes a day

Maintain a healthy diet- Eat at least 5 servings of fruits and vegetables a day and limit your intake of processed and red meats

Perform monthly breast checks- checking for lumps in breasts and

underarms can help detect early breast cancer

Eliminate or limit alcohol consumption- Drink no more than 1- 2 alcoholic beverages a day . Increased alcohol consumption has been shown to cause cancer of the mouth, pharynx, larynx, esophagus, liver, and breast.

See your doctor :

Yearly mammograms are recommended starting at age 40 for most women and earlier for women with a family history of breast cancer

Beginning at age 50, men and women should start screening for colon and rectal cancer with one of these tests: Sigmoidoscopy, colonoscopy, fecal occult blood test, or double-contrast barium enema.

Beginning at age 50 men should have their screening for prostate cancer, including a digital rectal exam and a prostate specific antigen (PSA) test. For men with a family history, screening should begin at age 45

Women should have annual pap smears once they become sexually active or at age 21 to check for early detection of cervical cancer.

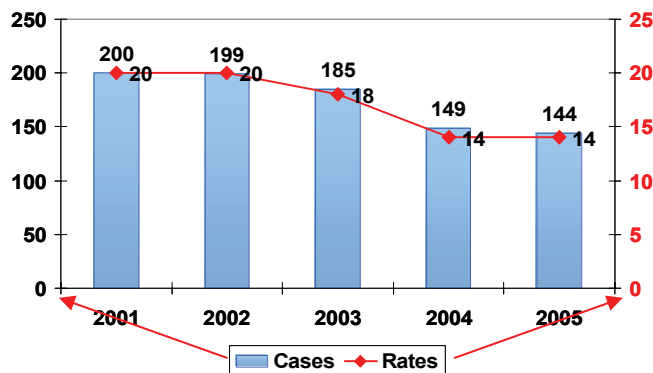
Selected Reportable Diseases South Service Planning Area (Provisional Data)

7/1/2006-12/31/2006 vs. 7/1/2005-12/31/2005

Disease	7/1/06-12/31/06	7/1/05-12/31/05
Amebiasis	1	6
Campylobacteriosis	39	25
Encephalitis	1	0
Hepatitis Type A	8	26
Hepatitis Type B	2	1
Hepatitis Type C	0	0
Measles	0	0
Meningitis, Viral	20	25
Meningococcal Infections	4	3
Pertussis	7	42
Salmonellosis	97	67
Shigellosis	71	96
Tuberculosis	85	77

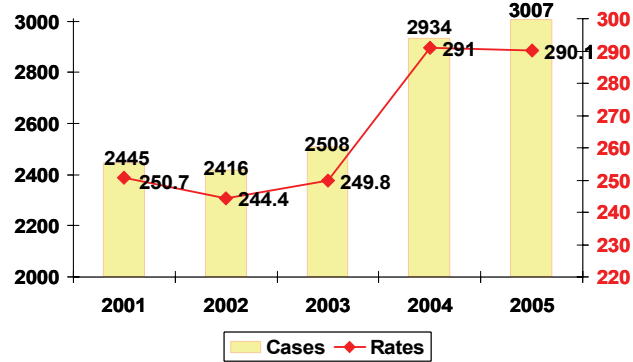
Note: Number of cases are on the left, case rates are on the right (see example)

**AIDS Cases and Rates:
South Service Planning Area
2001-2005**



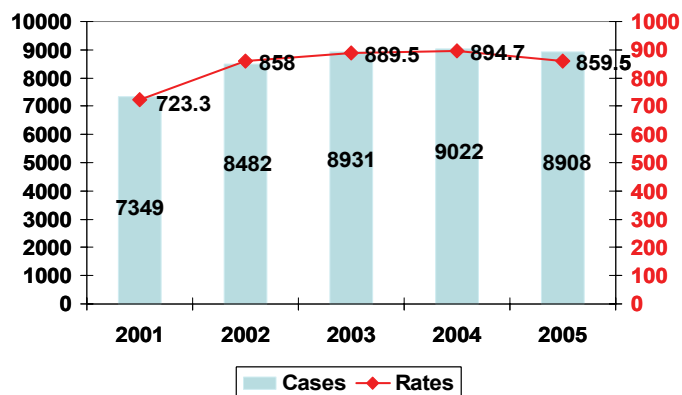
Case Rate: No. of cases per 100,000 persons

**Gonorrhea Cases and Rates:
South Service Planning Area
2001-2005**

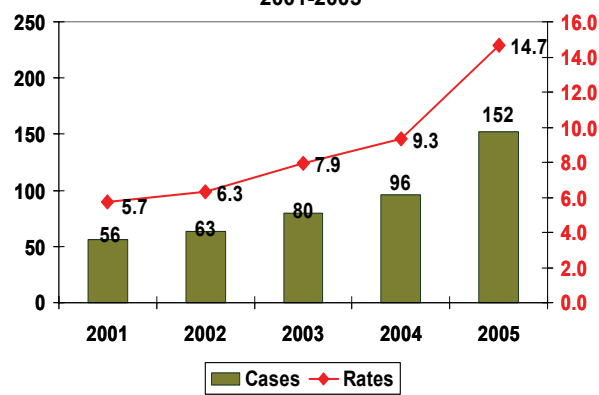


Case Rate: No. of cases per 100,000 persons

**Chlamydia Cases and Rates:
South Service Planning Area
2001-2005**



**Syphilis Cases and Rates
South Service Planning Area
2001-2005**



[Market, from page 1]

diabetes and that 59% of the adult respondents were either overweight or obese. Twenty-four percent of local children were at risk for overweight and forty percent were overweight at the time of the survey. African-Americans were sixty-two percent more likely than US/ foreign born Latinos living in the same areas to have one or more chronic health conditions. Forty-three percent of African-Americans had eaten fast food the day before the survey. Thirty-six percent of African-Americans had run out of the food in the preceding twelve months. Valerie Ruelas, L.C.S.W., M.S.W., the Director of the Community Diabetes Prevention Initiative, also found that multiple structural challenges existed in South Los Angeles. The assessment identified that the community had minimal green space, few full service grocery stores, and that families under utilized federal food programs. All of these factors compromised full access to healthy food choices and regular physical activity. Future interventions and policy solutions must also take into the account the level of poverty and the lack of resources necessary to promote healthy lifestyle choices.

The Watts Healthy Farmer's Market will serve as a gathering place for the community to obtain information on healthy foods and nutrition and to practice community exercises which will be supervised by the LA County Department of Parks and Recreation. Enrollment forms for WIC and Medi-Cal/Healthy Families Programs will be available at the market. Preventive health screenings will be provided by the LA County Department of Public Health and the Watts Healthcare Corporation on a monthly basis. Public Health Nurses will provide nutritional and health information to market participants who seek to improve the health of their families. Farmers will accept Electronic Benefits Transfer Cards (EBT), Senior Farmers Market Vouchers, WIC Farmers Market Vouchers, and cash. It is hoped that this market in combination with other community initiatives will enhance with quality of life in Watts and its surrounding communities.

SPA 6 EXECUTIVE TEAM

Area Health Officer (Acting):	Martina Travis, MPH, BSN
Area Medical Director:	Maxine Liggins, MD, MPH
Director of Operations:	Willie Mae Howard, MPA
Nurse Manager (Acting):	Dee Warren, MSN, MPH, BSN
Nurse Supervisors:	Yesenia Eras, PHNS Deanna Jackson-Keeble, PHNS (Acting) Patricia Batiste, PHNS Ann Nelson, PHNS
Community Liaison:	Emily Moore, PHN Jameelah Harris-Mims, MSN, MPH, PHN
Epidemiology Analyst:	Farimah Fiali, MS
Health Educator:	Nicole D. Vick, MPH, CHES
Health Program Coordinator:	Teresa Level

MANAGING EDITOR

Nicole D. Vick

The **SPA 6 CHRONICLE** is published quarterly by the South Service Planning Area. You are welcome to make copies of this newsletter.

CONTRIBUTORS

Jameelah Harris-Mims, PHN, MSN, MPH—SPA 5/6

Maxine Liggins, MD, MPH—Area Medical Director, SPA 5/6

Farimah Fiali, MS—Epidemiology Analyst, SPA 5/6



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South Area Health Office
Hubert H. Humphrey CHC
5850 S. Main Street, Rm. 2266
Los Angeles, CA 90003

FOR CHANGE OF ADDRESS CONTACT:

Teresa Level
Phone: 323 235 6707
FAX: 323 846 5442
tlevel@ph.lacounty.gov

PUBLIC HEALTH MISSION : TO SAFEGUARD AND IMPROVE THE HEALTH OF ALL LOS ANGELES COUNTY RESIDENTS