



# Changing narrative in Society around Health Care Access

Maternal and Child Health Access by Fabiola Sandoval

# Recommendations



**(on our path to Universal health care coverage)**

**Changing narrative in larger society around health care access**

- **\*\*increasing population eligible for My Health LA**
  - \*\*expanding narrative to include access issues crucial for low income mothers**
  - \*\*remaining health care gaps**



# Recommendations

## **Education and Outreach and Programming for Mental Health, Including Peer Group Support**

- \*Education and outreach to help erase the stigma of seeking help for mental and emotional distress
- \*Pursuing avenues of response to our research findings on the extent of the unacknowledged perinatal depression and post partum – peer support.
- \* Pursuing avenues of response to hunger among women for peer support groups in multiple areas.

# Recommendations

- **Expand Health Access to Include Cultural sensitivity**
- \*encouragement of discussion on cultural sensitivity issues (race & equity)
- \*Support for efforts to simplify medical application forms
- \*a survey assessing the needs of the LGBTQ community created and directed by the Boyle Heights LGBTW community with women in the forefront

# Recommendations

**Changing narrative within the community around female self care and female sexuality.**

\*Full support for the Office of Women's Health "Call to Action for LA County Moms"

\*Educational initiatives to boost self esteem and self care for both adult women and teenage girls

\*Recruitment for more teen advocates for school based Planned Parenthood health centers, advocacy for comprehensive wellness centers ...

\*Full support for the annual Women's Conference by Proyecto Pastoral

# Recommendations

- \*Continue and expand all ongoing efforts at outreach and education, so that women are fully informed about existing programs
- \**community education initiatives on preventative self care in all areas including dental health*
- \**community education initiatives on topics of healthy living, including diet, nutrition, and exercise.*
- \*Increased outreach efforts by the Wellness Center, to be better known in the surrounding communities

# Resources

- Boyle Heights Bridge Runners
- Wednesdays 7:45 PM – 8:45 PM



- Benjamin Franklin Library
- Every Saturday (Bilingual)
- 12:45 PM (ended in Oct)

- The Wellness Center at the Historic General Hospital

- M 10:30 Zumba      Tues 11 Tai Chi      We. Dance 12:30
- 12:30 Aerobics      1 Yoga

- Thur 10:30 Zumba      Thur 5 PM Yoga      Friday Fitness 1 PM
- 12 PM Yoga      3:45 PM Dance

# Resources

- **East LA**
- **Few sliding fee classes**
- 



- Mon December 05, 2016
- 6:25 pm Unwind & Restore (Restorative) Donation Cecilia Ussher 1 hour & 15 minutes
- Tue December 06, 2016
- 10:00 am Yoga en Silla (Suave - Español) - Donation Juan Larios 1 hour
- Wed December 07, 2016
- 5:00 pm Sign Up Now Yoga + Pilates - (Vigorous - Español) Donation Juan Larios 1 hour
- Thu December 08, 2016
- 10:00 am Sign Up Now Yoga y Luz (Todos Niveles - Español) - Donation Juan Larios 1 hour
- 7:45 pm Sign Up Now Radical Self-Care (Intermediate) - Donation Joy Anderson (2) 1 hour & 15 minutes
- Fri December 09, 2016
- 12:15 pm Sign Up Now Noon Flow (All Levels) Donation Savannah Rivera 1 hour
- Sun December 11, 2016
- 8:00 am Sign Up Now Yoga + Pilates - (Vigorous - Español) Donation Juan Larios 1 hour
- 7:00 pm Sign Up Now Evening Bliss - Donation (Restorative) Kirstyn Ramos 1 hour & 15 minutes

# Dialogue / other resources?

- The Wellness Center (213) 784-9191
- The People's Yoga (323) 739-4018

# 3 WINS

## *fitness*

 **PROVIDENCE**  
Health & Services  
Southern California



# ABOUT THE PARTNERS

## About 3 WINS

- 100 citizens thesis project by a CSUN Kinesiology student Corina Martinez
- Free fitness program to the public instructed by CSUN Kinesiology students
- Utilize parks and community centers
- Goal:
  - Students practical experience
  - Participants to receive services to a better healthier lifestyle

## About Providence Community Health Department

- Provided services to low income communities in the hospital's service area
- Improve the health of the community
- Establish partnerships to affect change (i.e. community based organizations, schools, non-profits)
- Triennial needs assessment to determine the communities greatest needs

# GREAT MATCH

**3 WINS**  
*fitness*



# PARTNERSHIPS

CSUN 3wins is and Providence Health Services presents...

## LET'S GET MOVING!



**TUESDAY, THURSDAY, & FRIDAY**  
**8:30AM – 9:30AM**  
**Lanark Recreation Center**  
21816 Lanark Street  
Canoga Park, CA 91342

Exercise with us for  
**FREE!!**  
3 Wins is a FREE fitness program led by qualified trainers that will guide you through different exercise routines.

**SESSIONS**  
Summer, Fall, Winter, & Spring: there will be a 1 week break in between each session with the exception of winter holidays, which will be 2 weeks.

- ✓ All fitness levels welcome
- ✓ Ages 18 and older
- ✓ "Healthy You" weight loss class following exercise class

Please arrive 10 minutes early for a "foam rolling" session

Bring friends and family!  
(Children under 18 years of age must be with legal guardian at all times and are prohibited from touching any of the equipment due to liability reasons)



For more information call  
**(818) 883-1503**  
For other times and locations visit  
[www.3winsfitness.com](http://www.3winsfitness.com)



- Joint effort between Providence and 3 WINS
  - Joint Outreach
  - Events
  - Providence provided health screenings (A1c, weight and health consultation)
  - 3 WINS provided the fitness
  - Pre and Post testing(fitness test, pre and post health screenings)



# METHODS

- Pre Test
- Mid Program Follow Up
- Post Test
- Celebrate
  - Sharing success to the group
  - Success stories
  - Marketing (media, FB, Instagram etc...)



# CHALLENGES



- Participant retention rates
- Limited face time with the community made relationship building difficult
- Follow up screenings
  - Lack of data
  - Understanding the value of seeing change in 3 months

# POSSIBLE SOLUTIONS

## Challenges:

- ❑ Participant retention rates
- ❑ Limited face time with the community made relationship building difficult
- ❑ Follow up screenings
  - ❑ Lack of data
  - ❑ Understanding the value of seeing change in 3 months

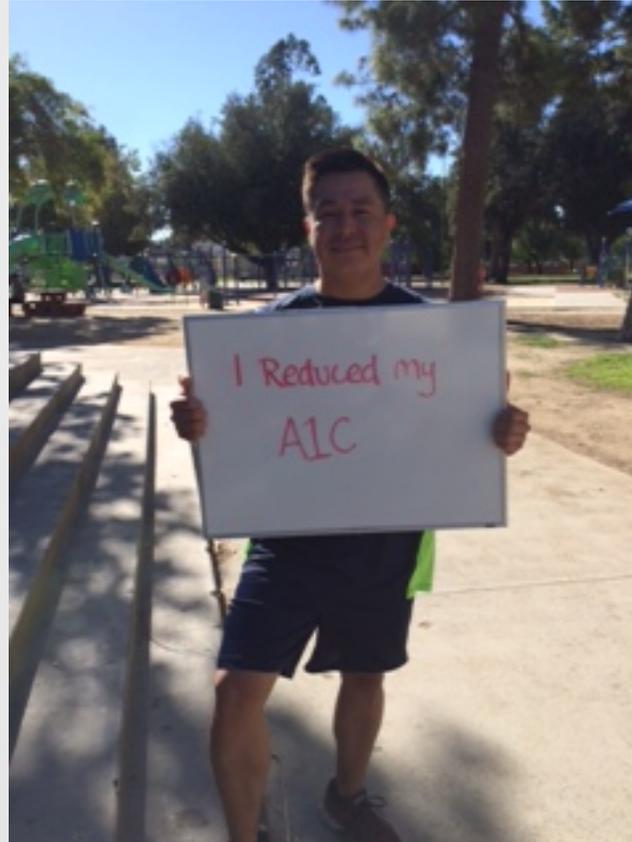
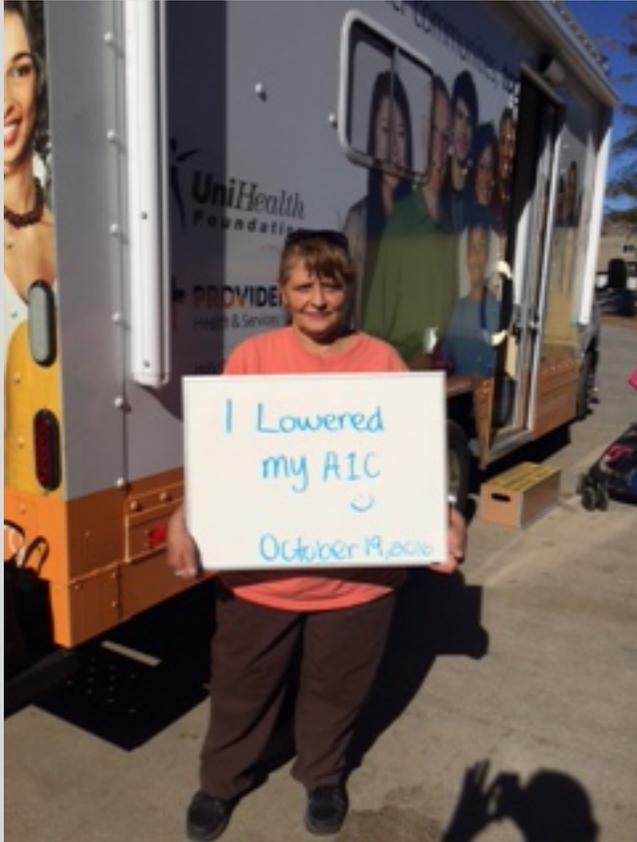
## Solution:

- ❑ Incentives (shirts, towels, water bottles)
- ❑ Fitness Challenges (body fat, inches lost, or lowering A1c)
- ❑ Follow up calls, and educational opportunities,
- ❑ Appointment reminder cards
- ❑ Explaining test results
- ❑ Participants share their successes

# SUSTAINABILITY

- 3 Partners
  - Los Angeles City Department of Recreation & Parks
  - CSU Northridge – Kinesiology Department
  - Providence Health & Services – Community Health Department
- Public/Private partnership where each organization contributes something different.
  - Parks & Rec provide space/facility, funding for fitness equipment
  - CSUN provides programming, student trainers, fitness testing, outreach
  - Providence Health & Services provides mobile unit, health screenings, educational opportunities for students, working towards creating internship/employment opportunities

# SUCCESSSES



- Results in dropping weight loss for various participants
- Decreased A1c levels for these participants
- Consulting participants on how to include a better nutrition in their daily life.
- Improved the knowledge of the participants on living an overall healthier life style in combination with nutrition & fitness.

# SUCSESSES STORY



Pre Screening	Post Screening
Weight: 144	Weight: 143
A1c: 7.5%	A1c: 6.9%
Goal: increase veggies intake and decrease carbohydrate intake	Goal: Lower her risk of diabetes to 6.3%

Pre Fitness	Post Fitness
Plank: 36 seconds	Plank: 61 seconds
12 min. walk/run: 17.74	12 min. walk/run: 23.6
Squats: 5	Squats: 10
Push Up' s: 3	Push Up' s: 5

# 3 WINS

## *fitness*

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Southern California





# PARK NEEDS ASSESSMENT UTILIZING GIS DATA

JOHN DIAZ, GIS ANALYST  
LOS ANGELES COUNTY DEPARTMENT OF PARKS AND  
RECREATION

[jdiaz2@parks.lacounty.gov](mailto:jdiaz2@parks.lacounty.gov) – (213) 351-5133

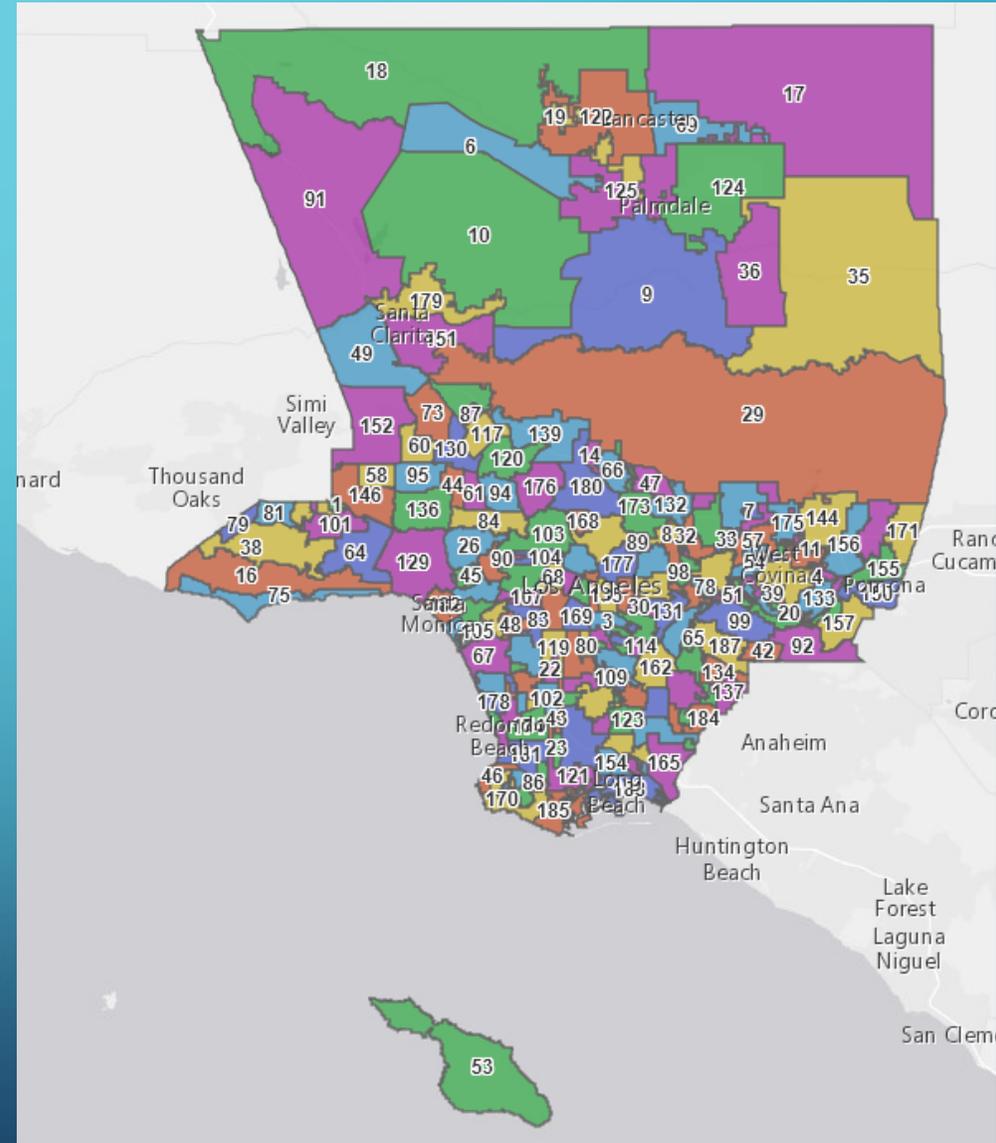
Wednesday, December 7, 2016

# INTRODUCTION

- Overview of Project
- Available Data
- Mapping Tools Currently Available (Demo)
- Potential Data Uses (Demo)
- Questions

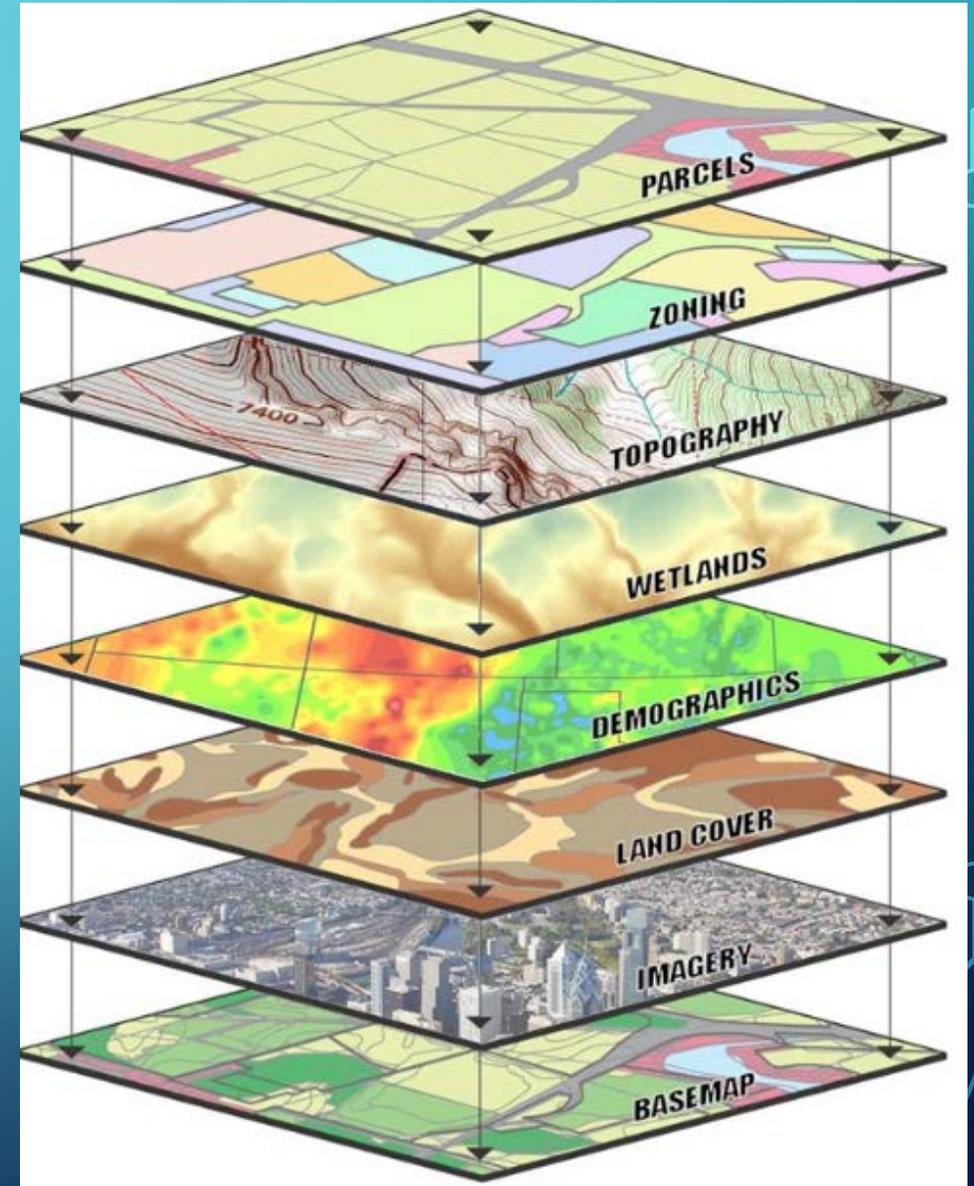
# OVERVIEW OF PROJECT

- Board Motion Approved March 2015
- Goal – Determine Park Need in L.A. County
- Steering Committee
  - Key issues
- Technical Advisory Committee
  - GIS and mapping methodology
- Park Need Determination:
  - 20% Park Acre Need
  - 20% Distance to Park
  - 60% Population Density



# AVAILABLE DATA

- 29 Layers of data, some examples:
  - Countywide Parks and Open Space
  - Study Area Boundaries
  - Walkability – Network Analysis
  - Opportunity Sites
  - Study Area Summary (low to very high need)
  - Detailed Demographic Data
- Download GIS Data from County's GIS Data Portal:  
<http://egis3.lacounty.gov/dataportal/>



# MAPPING TOOLS AVAILABLE (DEMO)

- Project website:

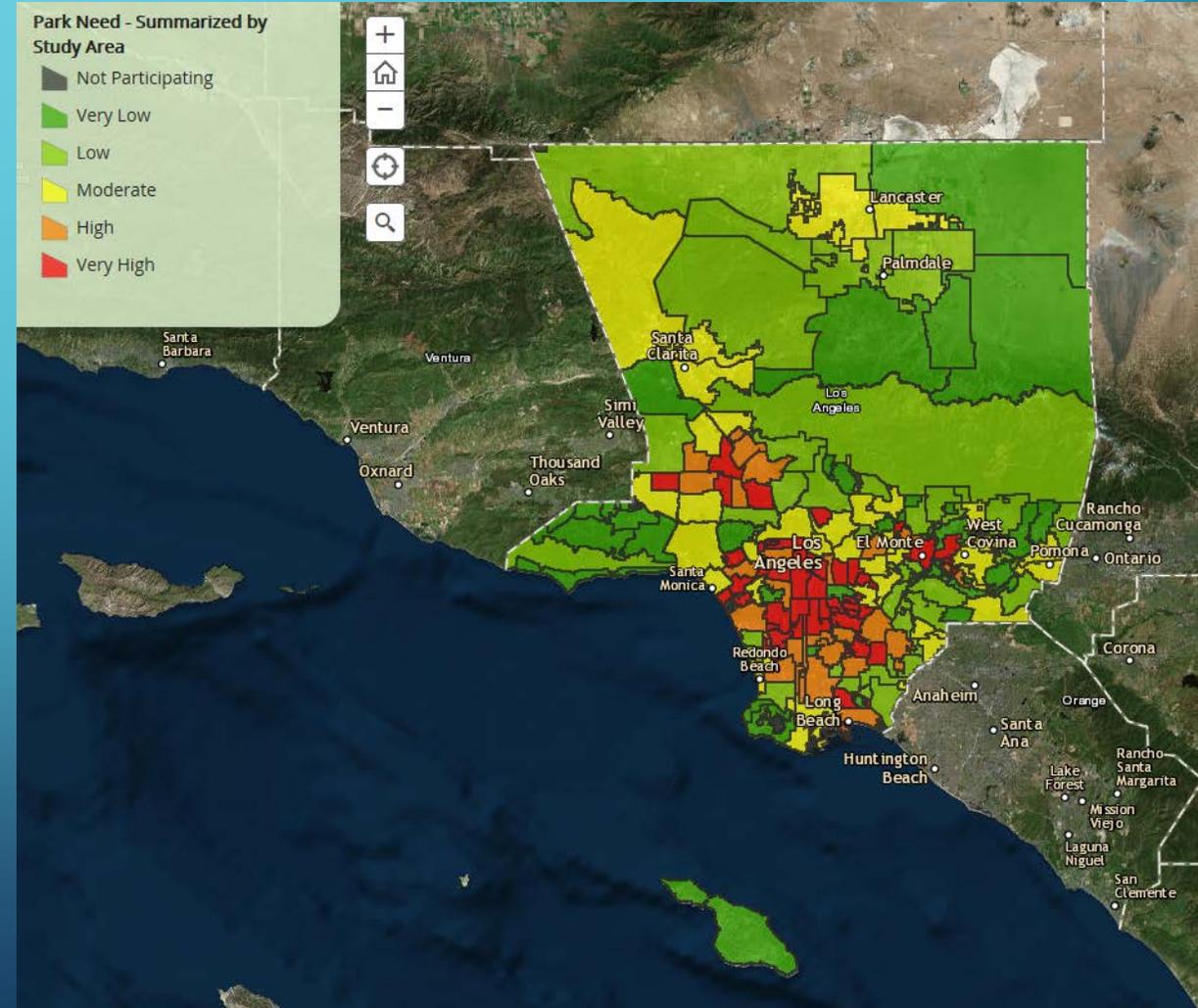
<http://lacountyparkneeds.org/>

- Story Map

<http://tpc.maps.arcgis.com/apps/MapJournal/index.html?appid=6f8962df9e9446babb35f28fa8d1c23a>

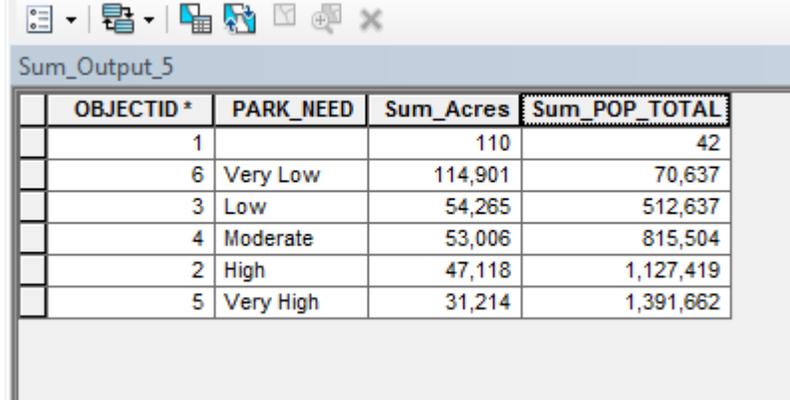
- Layer Viewer

<http://www.lanaviewer.com/>



# POTENTIAL DATA USES

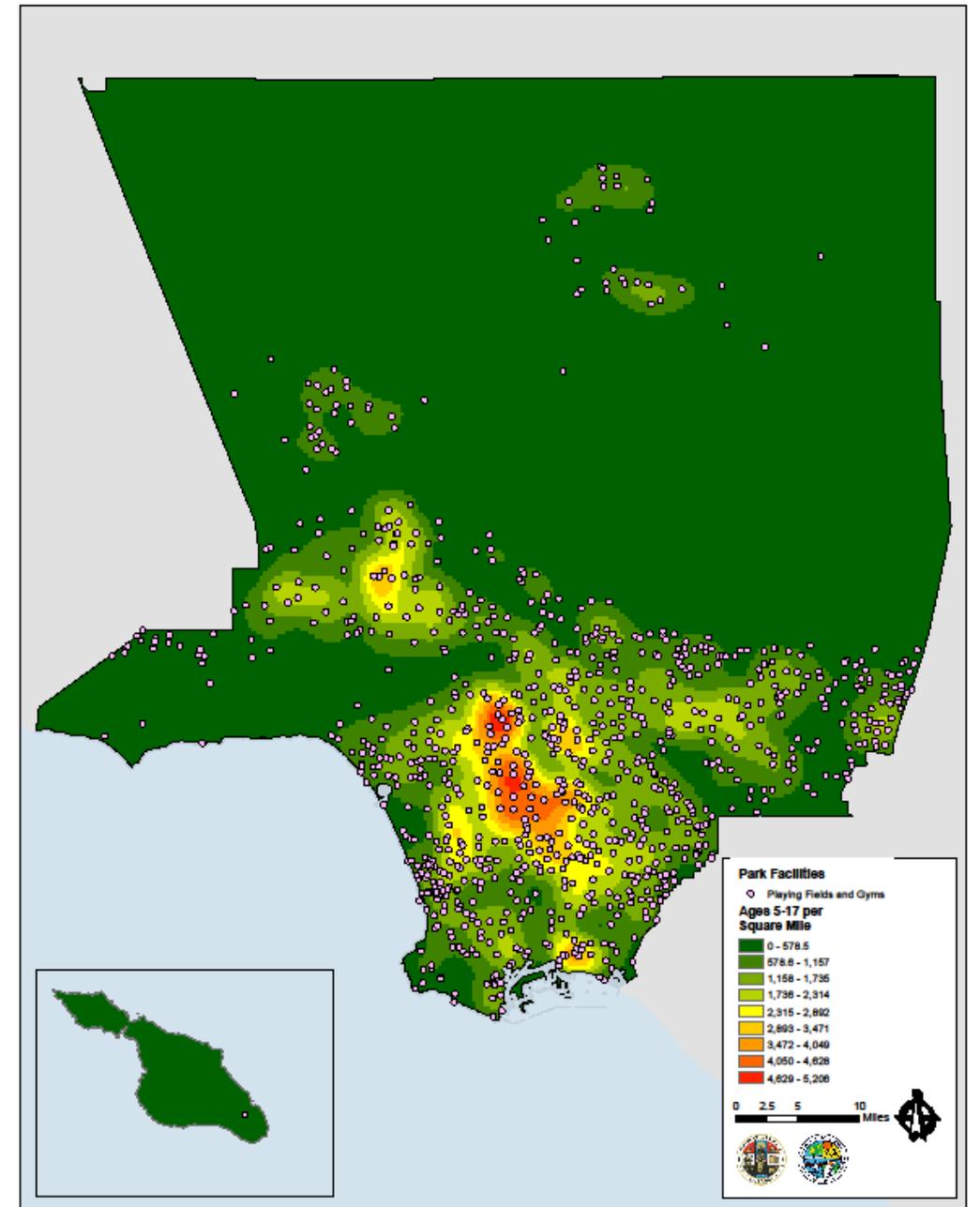
- Park Need for Specific City or Community
  - Can be broken down many ways
- Heat Maps Showing Trends
  - Population density for specific groups in high need areas
    - Age groups, ethnic groups, poverty levels
    - Can overlay with active/passive amenities
  - Locations of Joint-use Possibilities in high or very high need areas



OBJECTID *	PARK_NEED	Sum_Acres	Sum_POP_TOTAL
1		110	42
6	Very Low	114,901	70,637
3	Low	54,265	512,637
4	Moderate	53,006	815,504
2	High	47,118	1,127,419
5	Very High	31,214	1,391,662

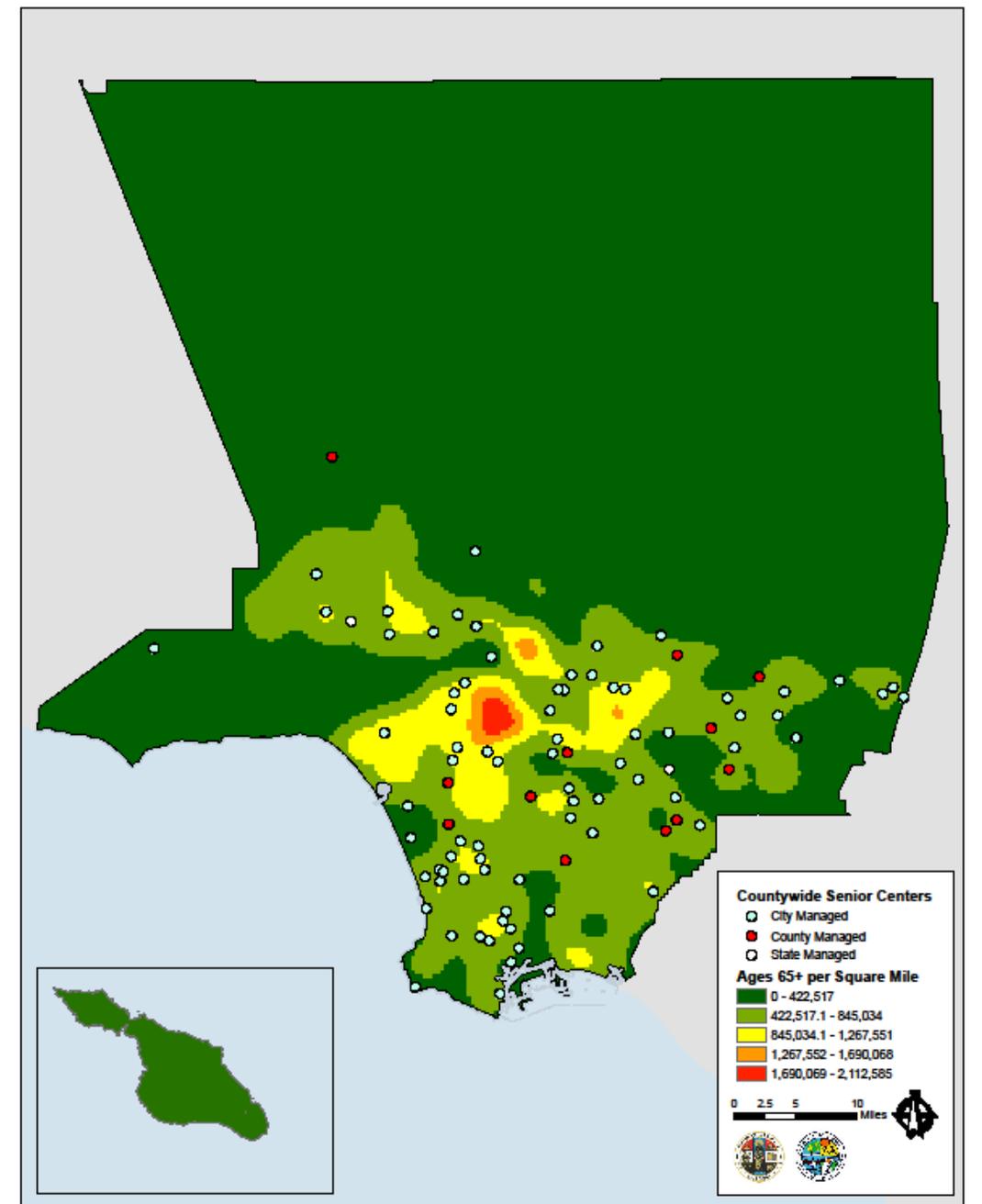
# HEAT MAP EXAMPLE

- Ages 5-17
- Locations of active amenities



# HEAT MAP EXAMPLE

- Senior Population Density
- Locations of Seniors Centers



# POTENTIAL JUMPP WEB APPLICATION (DEMO)

- JUMPP Web Application:
- <http://lacounty.maps.arcgis.com/apps/webappviewer/index.html?id=c0e577195088420893efbe1df99659e6>



# QUESTIONS?

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