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 postpartum – 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
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

PROVIDENCE Health & Services
Southern California

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
PARTNERSHIPS

- 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

Challenges are what make life interesting and overcoming them is what makes life meaningful.

~ Joshua J. Marine
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
SUCCESES

- 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.
**SUCCESSES STORY**

<table>
<thead>
<tr>
<th>Pre Screening</th>
<th>Post Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight: 144</td>
<td>Weight: 143</td>
</tr>
<tr>
<td>A1c: 7.5%</td>
<td>A1c: 6.9%</td>
</tr>
<tr>
<td>Goal: increase veggies intake and decrease carbohydrate intake</td>
<td>Goal: Lower her risk of diabetes to 6.3%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pre Fitness</th>
<th>Post Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plank: 36 seconds</td>
<td>Plank: 61 seconds</td>
</tr>
<tr>
<td>12 min. walk/run: 17.74</td>
<td>12 min. walk/run: 23.6</td>
</tr>
<tr>
<td>Squats: 5</td>
<td>Squats: 10</td>
</tr>
<tr>
<td>Push Up’s: 3</td>
<td>Push Up’s: 5</td>
</tr>
</tbody>
</table>
3 Wins Fitness

Providence Health & Services
Southern California
PARK NEEDS ASSESSMENT
UTILIZING GIS DATA

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

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
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](http://lacounty.maps.arcgis.com/apps/webappviewer/index.html?id=c0e577195088420893efbe1df99659e6)
QUESTIONS?

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