



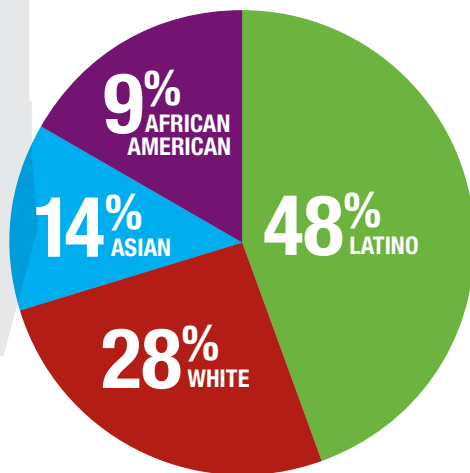
CHAMPIONS FOR CHANGE

HEALTHY COMMUNITIES INITIATIVE

The Challenge: Food Insecurity and Chronic Disease

LOS ANGELES COUNTY IS BIG. IF IT WERE A STATE, IT WOULD BE THE **7TH MOST POPULOUS.**

LOS ANGELES COUNTY IS DIVERSE.¹



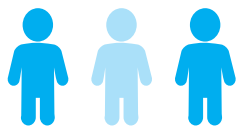
1 OUT OF EVERY **2** ADULTS ARE OBESE OR OVERWEIGHT.¹



FOR 3.7 MILLION LOW INCOME RESIDENTS, THE PROBLEM IS EVEN WORSE.²

CHILDREN LIVING IN POVERTY³

1 IN 3 LATINOS
1 IN 3 AFRICAN AMERICANS



1 IN 10 WHITES
1 IN 10 ASIANS

FOOD INSECURITY



APPROXIMATELY **1** OUT OF EVERY **3** HOUSEHOLDS WITH INCOMES LESS THAN **300%** FPL IN LOS ANGELES COUNTY HAVE FOOD INSECURITY.⁴

FINANCIAL IMPACT OF OBESITY

THE OBESITY EPIDEMIC IMPACTS THE ENTIRE COUNTY. THE TOTAL COST OF OVERWEIGHT AND OBESITY IN LA COUNTY IS ESTIMATED AT

\$6 BILLION.⁵



The Approach: Empowering the Community

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH PARTNERS WITH **COMMUNITY ORGANIZATIONS** TO REACH PEOPLE WHERE THEY:



OUR EFFORTS ARE FOCUSED ON:



INCREASING CONSUMPTION OF FRUITS AND VEGETABLES



INCREASING OPPORTUNITIES FOR DAILY PHYSICAL ACTIVITY



DECREASING SUGARY BEVERAGE CONSUMPTION



INCREASING FOOD SECURITY



DECREASING RISK OF OBESITY AND OTHER CHRONIC DISEASES

The Solution: Working Together

CHAMPIONS FOR CHANGE

The goal of the Champions for Change - Healthy Communities Initiative is to reduce the prevalence of obesity in low-income communities through a coordinated approach of nutrition education, physical activity promotion, community mobilization, and implementing strategies to increase access to healthy foods and opportunities for physical activity.



TARGETING SPECIFIC HEALTH NEEDS

Given the size of LA County (4,300 square miles), the Department of Public Health has divided the county into 8 geographic areas called service planning areas (SPA). This allows for more targeted public health and clinical services to meet the specific health needs of the residents in these different areas.

SPA 1

Antelope Valley Partners for Health

SPA 2

Northeast Valley Health Corporation
California State University, Northridge
- Marilyn Magaram Center
Adventist Health Glendale Foundation

SPA 3

Day One
Institute for Public Strategies

SPA 4

Occidental College - Urban & Environmental Policy Institute
Para Los Niños
Special Services for Groups
Youth Policy Institute
Episcopal Diocese

SPA 5

Children's Hospital Los Angeles

SPA 6

Sustainable Economic Enterprises - Los Angeles
The Children's Collective, Inc.
National Health Foundation

Los Angeles Trust for Children's Health

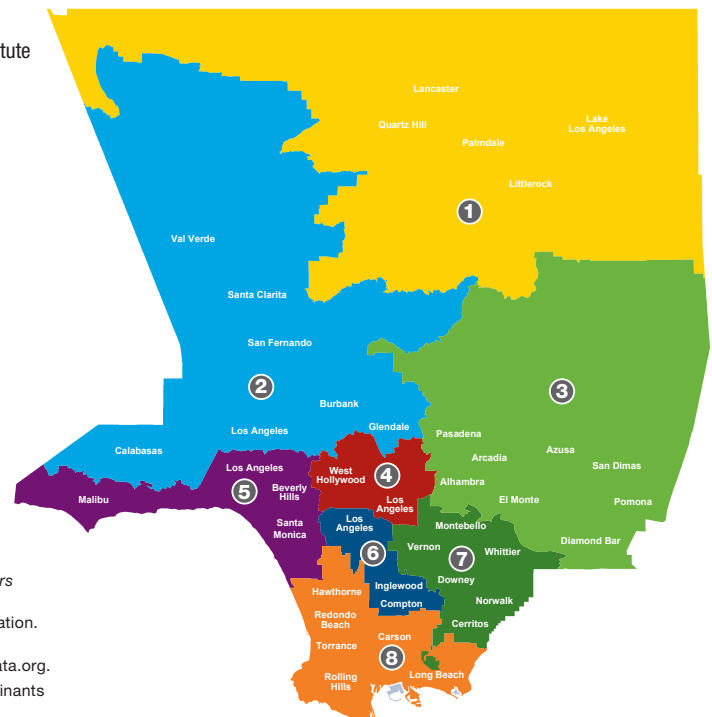
Children's Bureau of Southern California

SPA 7

YWCA of Greater Los Angeles
Human Services Association
AltaMed Health Services Corporation
The Whole Child - Mental Health & Housing

SPA 8

Social Justice Learning Institute
Lawndale Elementary School District
Office of Samoan Affairs



¹Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology. *Key Indicators of Health by Service Planning Area*; January 2017.

²California Department of Public Health. 2017 County Profiles Supplemental Nutrition Assistance Program Education. Retrieved January 2018 from <https://www.cdph.ca.gov>.

³Kidsdata: Data and Resources about the Health of Children. Retrieved December 2017, from <http://www.kidsdata.org>.

⁴Los Angeles County Department of Public Health. *Rising Food Insecurity in Los Angeles County*. Social Determinants of Health, Issue no. 3; July 2015

⁵Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology. *Obesity and Related Mortality in Los Angeles County: A Cities and Communities Health Report*; September 2011.

For more information, please contact the Los Angeles County Department of Public Health's Nutrition and Physical Activity Program at 213.351.7889. For CalFresh information, call 1.877.847.3663.