Overview

• What is Public Health?

• How Does the Public Health Department Help L.A. County Residents?
  – Preventing Disease and Injury
  – Promoting Good Health
  – Providing a Safe and Healthy Environment

• How Can I Improve My Health?

• Where Can I Get More Information?
What Does Public Health Do For You?

[Image of inspection certificate with grade 'A']

The most recent food inspection report is available here for review upon request.

[Image of family gathered indoors]
What is Public Health?

Science of protecting and improving community health by:

- Ensuring a safe and healthy environment
- Promoting healthy lifestyles through education
- Conducting research for disease and injury prevention
- Developing policies and programs that prevent disease and promote health

**Ensuring conditions in which people can be healthy**
What has Public Health Done?

- Today, Americans live about 30 years longer than in 1900 mostly due to Public Health efforts.
Public Health’s Top 10 Accomplishments During the 20th Century

- Developing vaccinations
- Ensuring safer workplaces
- Controlling infectious diseases
- Decreasing deaths from heart disease/stroke
- Ensuring safer and healthier foods
- Increasing family planning options
- Adding fluoride to drinking water
- Recognizing tobacco use is harmful
- Developing motor-vehicle safety policies
- Improving health for mothers and babies
Some of Our Staff

- Public Health Nurses
- Health Educators
- Epidemiologists
- Doctors
- Environmental Health Specialists
- Public Health Investigators
- Microbiologists
- Community Workers
- Nutritionists
- Researchers
- Veterinarians
Population and Prevention Focus

- Local neighborhood
- City
- County
- State
- Country

Success = improvement in overall community health
Three Levels of Prevention

**System**
Pass law requiring all children entering kindergarten to have certain immunizations

**Community**
Collect data on outbreaks, monitor immunization trends, work with schools and clinics to educate on new recommendations

**Individual**
Nurses give shots to children and educate parents
How does Public Health help me, my family and my community?

Let’s look at a day in the life of Public Health …
Morning

- Brush teeth
- Eat breakfast
- Have snack at a coffee shop
- Drive to work

Safe water
Pasteurized Milk
Inspected
Seat belts, air bags
Afternoon

- Go to beach
- Pick up birth certificate for passport
- Shop at the mall
- Have a chest x-ray

Ocean water monitored
Vital records
Laws ban smoking in public places
Safe equipment
Evening

- Prepare a healthy dinner
- Children bike ride after dinner
- Visit grandmother in nursing home

Obesity education
- Wear helmets
- Inspected and licensed
Preventing Disease & Injury

Promoting Good Health

Providing Safe and Healthy Environments
1. Preventing Disease and Injury

- Give immunizations
- Investigate disease outbreaks
- Provide substance abuse prevention, treatment and recovery services

- Treat people with tuberculosis and sexually transmitted diseases
- Help prevent injuries and chronic diseases
- Provide laboratory services
Teach Hand Washing to Preschoolers

Germs are everywhere.

Wash your hands.
**Food Safety Practices Prevent Illness**

The pleasure summer cooking conjures the most delicious thunder: kabobs on the grill, potato salad, and that special family dish. With the secret sauce only you know how to make. But any picnic, barbecue or beach occasions can go sour quickly if someone comes down with food poisoning.

Food poisoning, also known as foodborne illness, can occur after eating food contaminated by viruses, bacteria, and parasites. Common symptoms of food poisoning include diarrhea, abdominal cramps, dehydration, vomiting and fever. Most of the problems result from food getting cold when it was supposed to stay warm, or from undercooking foods such as chicken and meat. Food poisoning can be easily prevented with a little preparation. Before you start to cook, remember these simple rules:

**Recommendations for Fish Consumption During Pregnancy**

This is an important step for healthy diets. The correct cooking techniques include:

**Get Smart: Know when antibiotics work...from page 1!**

Sniffle or sneeze? No antibiotics, PLEASE!

What can you do if you have a cold?

**Poison Prevention in Your HOME**

Five million poison exposures are reported to Poison Control Centers every year in the U.S., and 90% of those happen in the home. This includes poisons that are swallowed, or toxic substances that have come into contact with the skin or eyes. Cans of household products, medications, cosmetics and personal care products, pesticides, vitamins, and dietary supplements and alcohol are some of the most common items involved in home poisonings. Poisoning prevention begins with common sense. Here are some tips for poison prevention in your home:

1. Keep all poisons in their original containers with original labels intact. Read and carefully follow the label.
2. Store household products, medicines, and supplements in a locked cabinet.
3. Discard expired medications and self-medication.
4. Keep food and medicine separate.
5. Never use expired medication.

**SAVE A LIFE! Signs of a Stroke**

Knowing them can help you save someone’s life, maybe even your own!

**Prepare Yourself and Family for the Flu Season**

What is the flu? How to avoid getting the flu.

**Helping Children Stay Fit**

Your child needs regular physical activity to stay fit. Good physical activity habits learned early can help your child become an active and healthy adult. Adults who are physically active are less likely to be overweight or to have heart disease, high blood pressure, and other serious health problems.

Children need at least one hour of physical activity every day of the week; adults should get at least 30 minutes.
2. Promoting Good Health

- Make home visits
- Coordinate free health care
- Provide health checks
- Inform about nutrition, fitness, and disease prevention
- Promote health insurance enrollment
- Provide programs & education on healthy pregnancies
- Help coordinate health services for children in foster care and probation
Daily Exercise
3. Providing a Safe and Healthy Environment

- Inspect restaurants
- Monitor ocean water and public pools
- Control animals and insects that cause disease
- Educate on childhood lead poisoning hazards
- Provide programs to help tobacco users quit

- Support laws to promote healthier communities
- Inspect and license hospitals
- Help prepare for emergencies
- Respond to bioterrorism and natural disasters
Emergency Preparedness & Response

• In an emergency, Public Health is prepared to give life-saving medication or vaccine to the public.

• We have identified almost 150 Point of Dispensing (POD) sites throughout Los Angeles County to rapidly distribute these items.

• POD sites will use staff from Public Health, other County departments, cities, and volunteers.
Emergency Preparedness

1. Water
2. Food
3. Cash & Important Documents
4. Clothes
5. Flashlight
6. First Aid Kit
7. Medicine
8. Radio
9. Toiletries
10. Tools
Some Public Health Clinic Services

- Flu shots
- Immunizations
- Sexually Transmitted Disease Testing and Treatment
- Tuberculosis Testing and Treatment
Some Public Health Program Services

• Conducting home visits
• Eliminating lead
• Meeting with community groups
• Providing therapy for special needs children
Where are We?

Everywhere in LA County
Some Public Health Partners

- Community Groups
- Hospitals/Clinics
- Emergency Responders
- Faith-based Groups
- Schools/Colleges
- Businesses
- Media
- Agencies
New Challenges

• Drug-resistant germs
• Aging Population
• Obesity
• Uninsured
• Global Health
• What else?
Research

• Finding a cure for HIV
• Preventing Violence and Injury
• Reducing Incidence of Cancer and Cardiovascular Diseases
• Implementing Prevention Programs at Schools and Worksites
• Investigating Differences in Disease Rates among Population Groups
Personal Action

Start with “baby steps”
You Can Expect This

- Prevents injuries
- Promotes healthy behaviors
- Prevents epidemics and spread of disease
- Responds to disasters
- Assures quality health services
- Protects against environmental hazards

Public Health: Working for You Every Day
For More Information

- Visit www.publichealth.lacounty.gov

- Call the Service Planning Area closest to your home

- Call 2-1-1
Questions
Additional Speakers' Bureau Presentations

The Los Angeles County Department of Public Health Speakers Bureau offers the following:

- Childhood Obesity *coming soon!*
- Global Climate Change *coming soon!*
- Emergency Preparedness
- Hantavirus
- Pandemic Flu
- Physical/Social Environment *coming soon!*
- Preconception Health
- West Nile Virus
Thank you