

## Gallery Guide

# Get Active, Get Healthy LA!

*February 24, 2010*  
*[Revised May 2010]*

*Davidson Conference Center*  
*University of Southern California*

Sponsored by:  
The Los Angeles Collaborative for Healthy Active Children in  
collaboration with the Los Angeles County Department of Public Health  
and the Los Angeles County Department of Parks and Recreation

The Gallery Guide is sponsored by *Anthem Blue Cross*.



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# Los Angeles County Overview

## Geography and Diversity

Los Angeles County (LAC) is the largest county in the nation with an estimated 10.4 million residents<sup>1</sup> and covering 4,000 square miles. LAC has 88 incorporated cities as well as communities and unincorporated areas throughout the county, and 80 school districts.

Los Angeles County's population is also one of the most racially and ethnically diverse in the nation: 47.2% Latino, 30.1% white, 13.3% Asian/Pacific Islander, 9.1% African American, and 0.3% American Indian.<sup>1</sup>

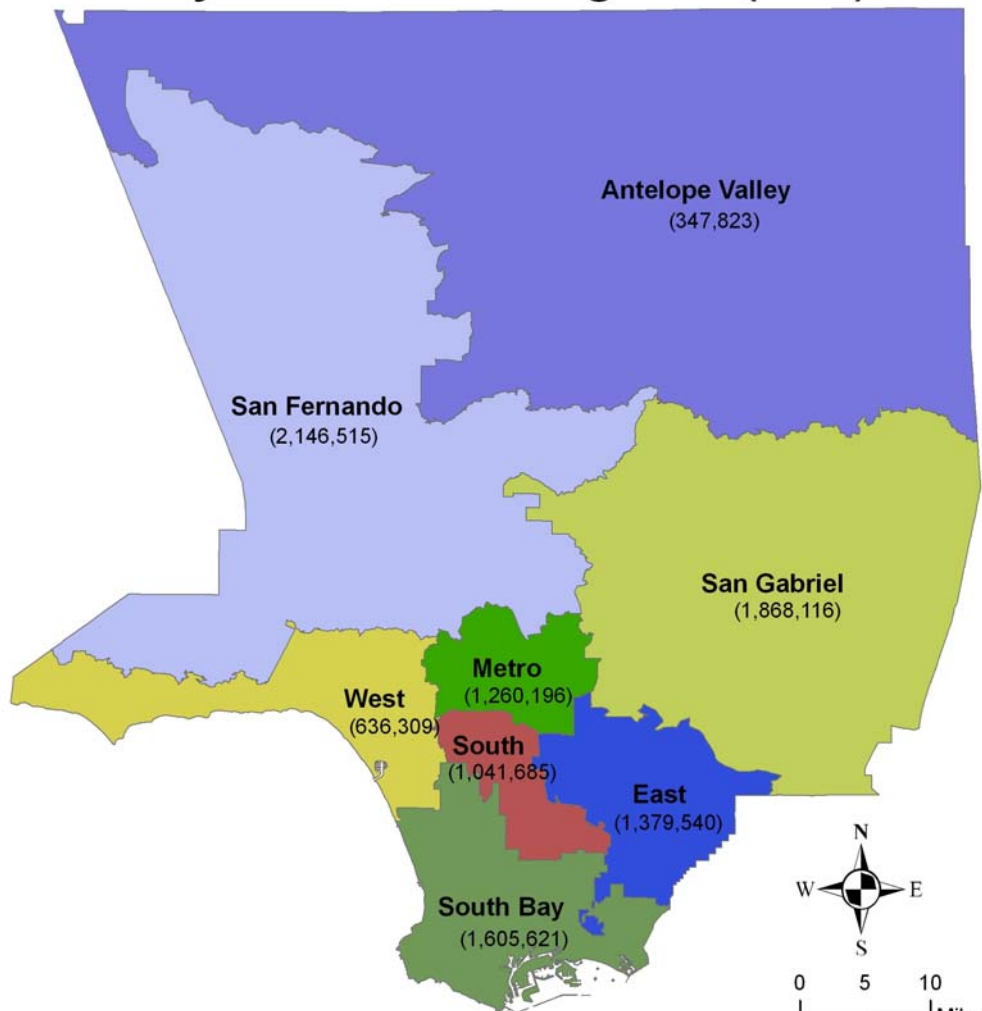
Because LAC is so large, for health care delivery and health planning purposes, the County is divided into 8 geographic Service Planning Area's or "SPAs." *SPA 1 (Antelope Valley)*, often referred to as the "high desert", is the least densely populated, contains the most land area, and borders Ventura and San Bernardino Counties. In contrast, *SPA 4 (Metro)* and *SPA 6 (South)* are the most densely populated urban areas and are centrally located. Increasing in population density are the coastal areas located in *SPA 5 (West)* and *SPA 8 (South Bay)*. Three rapidly developing suburban areas are *SPA 2 (San Fernando)* with Ventura County to the west, *SPA 3 (San Gabriel)* with San Bernardino County to the east, and *SPA 7 (East)* an industrial area that borders Orange County.

The data in this report (unless otherwise noted) is from the *Los Angeles County Health Survey (LACHS)* conducted by the Los Angeles County Department of Public Health. The LACHS is a random digit dial telephone survey of Los Angeles County adults and parents/guardians of children residing in LAC. The survey collects self-reported data on a range of topics including health conditions, insurance and access to health care, and health behaviors. For more information, go to [www.publichealth.lacounty.gov/ha](http://www.publichealth.lacounty.gov/ha).

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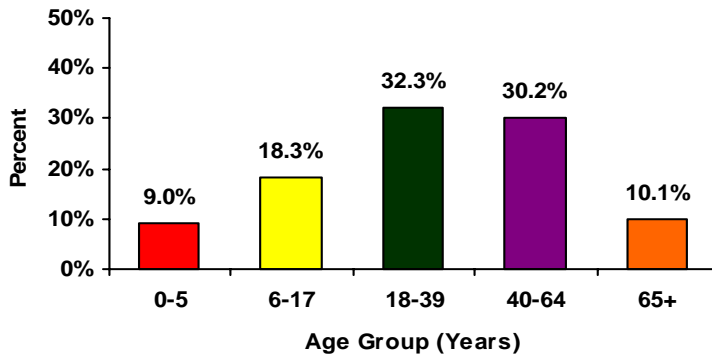
<sup>1</sup> July 1, 2006 Population and Poverty Estimates, prepared by Walter R. McDonald & Assoc. Inc. (WRMA) for Urban Research, LA County CAO, released 5/18/2007

## Los Angeles County Population Estimates by Service Planning Area (SPA)



Source: July 1, 2006 Population and Poverty Estimates, prepared by  
Walter R. McDonald & Assoc. Inc. (WRMA) for Urban Research, LA County CAO,  
released 5/18/2007

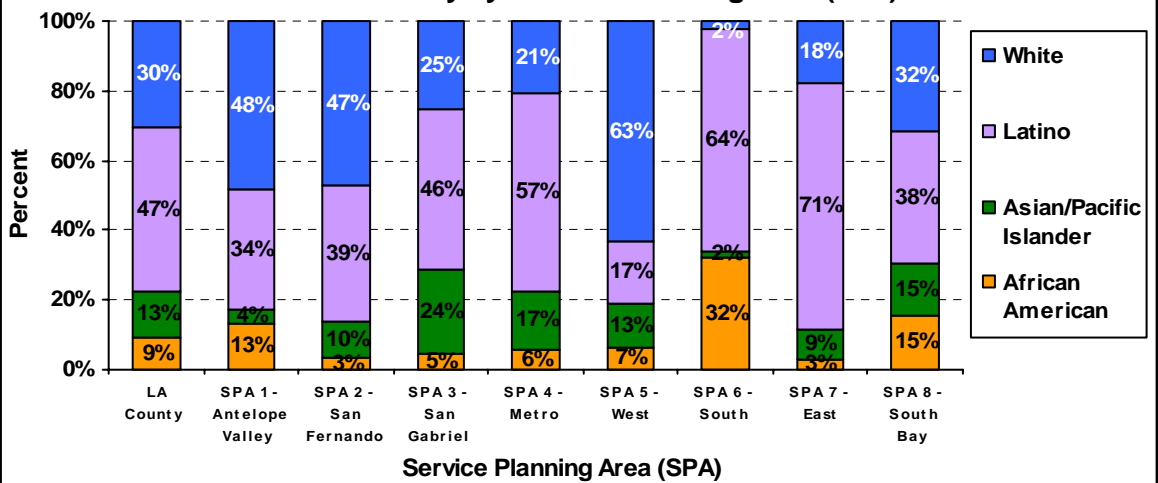
## Los Angeles County Demographics Age Distribution



Source: July 1, 2006 Population and Poverty Estimates, prepared by Walter R. McDonald & Assoc. Inc. (WRMA) for Urban Research, LA County CAO, released 5/18/2007



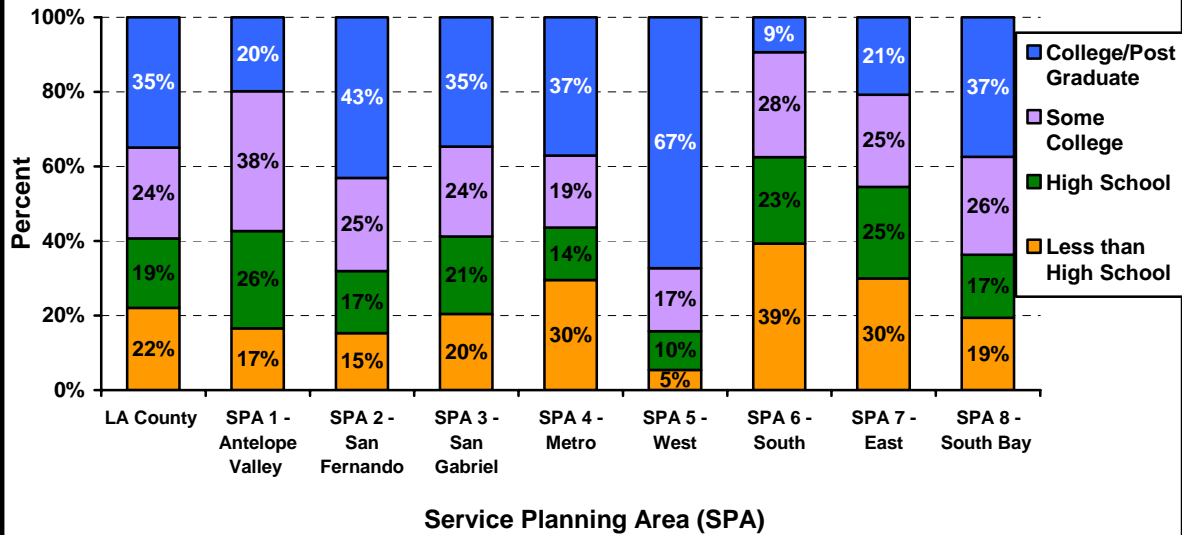
## Los Angeles County Demographics Race/Ethnicity by Service Planning Area (SPA)



Source: July 1, 2006 Population and Poverty Estimates, prepared by Walter R. McDonald & Assoc. Inc. (WRMA) for Urban Research, LA County CAO, released 5/18/2007

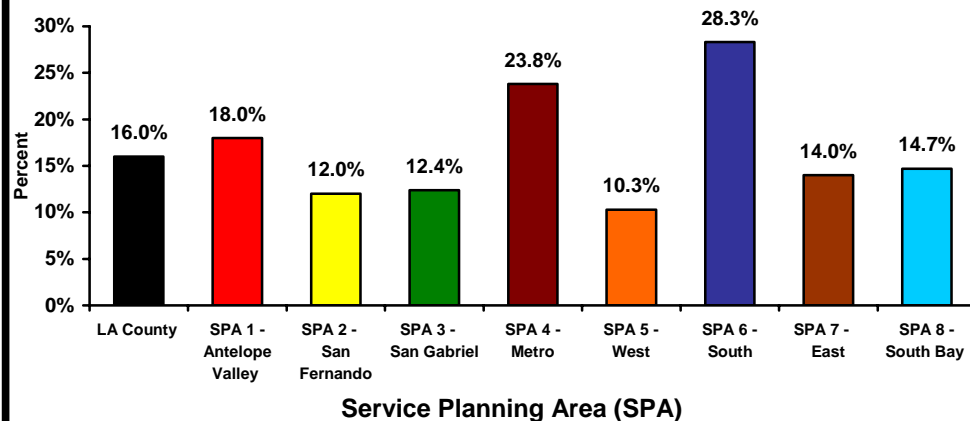
# Los Angeles County Demographics

## Adult Education Level by SPA, 2007



# Los Angeles County Demographics

## Percent of Population with Household Incomes <100% Federal Poverty Level (FPL) by SPA



Source: July 1, 2006 Population and Poverty Estimates, prepared by Walter R. McDonald & Assoc. Inc. (WRMA) for Urban Research, LA County CAO, released 5/18/2007

# Physical Activity in Los Angeles County

## Who is Active?

Physical Activity (PA) is proven to improve health for all ages by reducing the risk of developing or dying from conditions such as cardiovascular disease; diabetes; hypertension; osteoporosis; arthritis; and breast, colon, and prostate cancer.<sup>2</sup> PA enhances psychological well-being, promotes weight loss and prevention of weight gain by balancing energy intake with energy output, and may reduce depression and anxiety. Therefore, public health agencies must find ways to increase population PA levels, especially during the current obesity epidemic.

## Adults:

The Centers for Disease Control and Prevention (CDC) recommends that adults (ages 18+ years) obtain at least 20 minutes of vigorous activity on at least 3 days a week or at least 30 minutes of moderate activity at least 5 days a week. In LAC, adults have reported an increase in meeting these criteria from 48.0% in 2002 to 53.2% in 2007. Despite this increase, in 2007, over one-third (36.2%) of adults still reported being minimally active or completely inactive.

In 2007, a higher percentage of men than women in all age groups reported meeting the recommended amount of physical activity. A higher percent of whites (56.9%) reported meeting the recommended amount of physical activity followed by African Americans (54.2%), Latinos (53.1%), and Asians/Pacific Islanders (41.4%)

## Children:

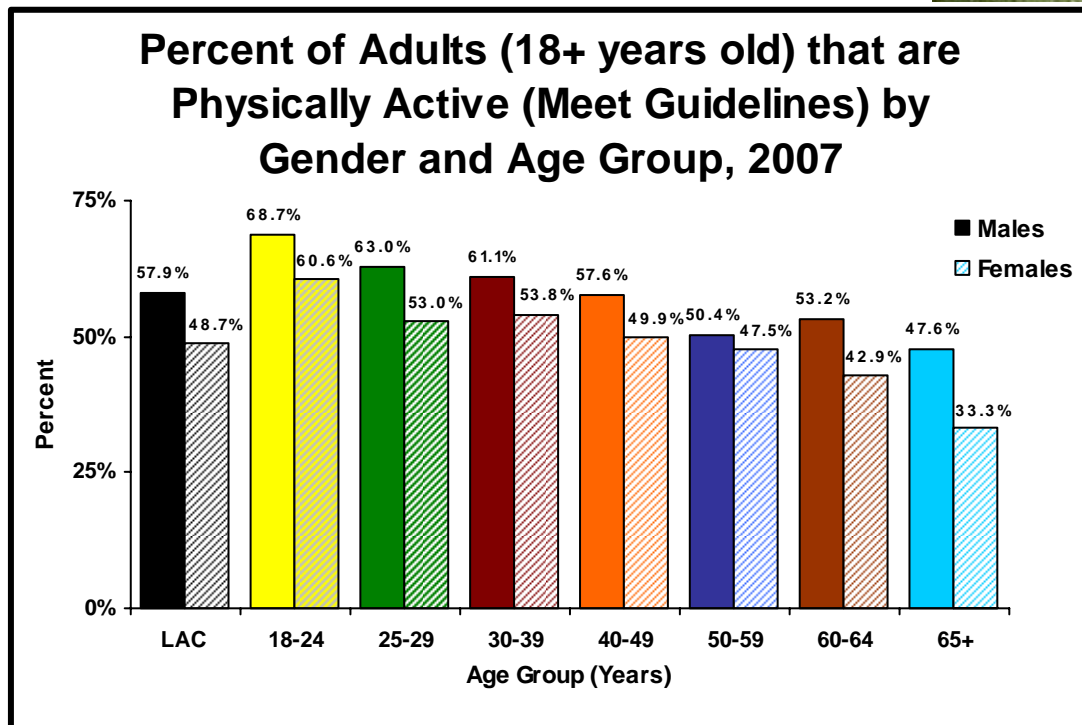
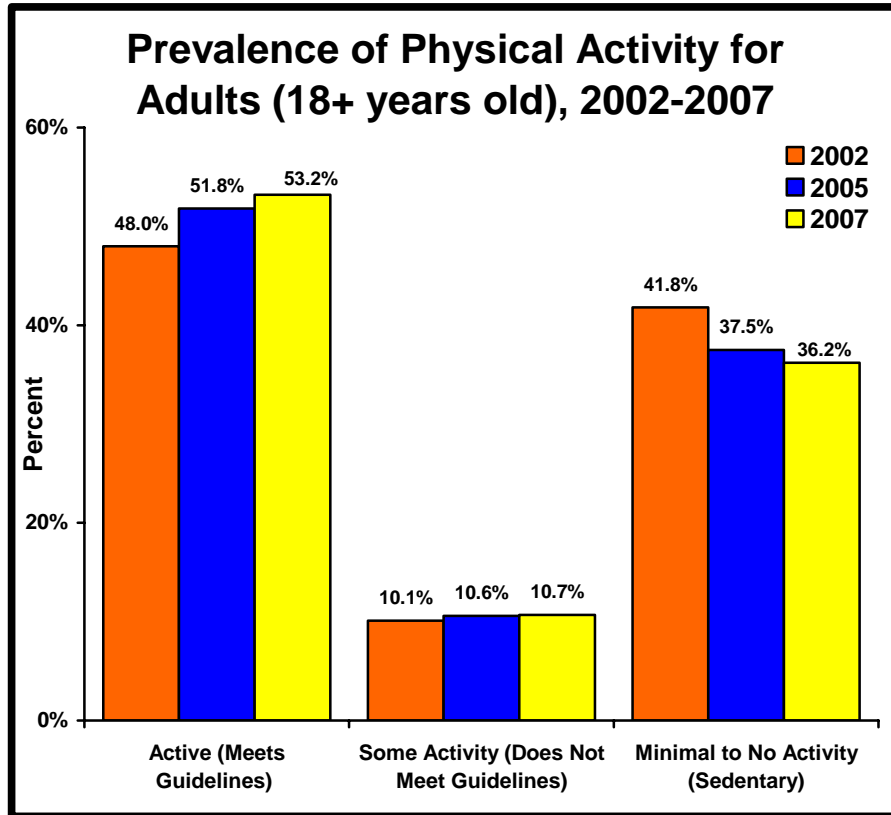
The CDC recommends that children and adolescents should achieve 60 minutes (1 hour) or more of physical activity each day. The LACHS asked parents/guardians of children ages 6-17 years about their child's routine physical activity; only over one-third (37.6%) of children obtained at least 60 minutes of exercise on 5 or more days a week.

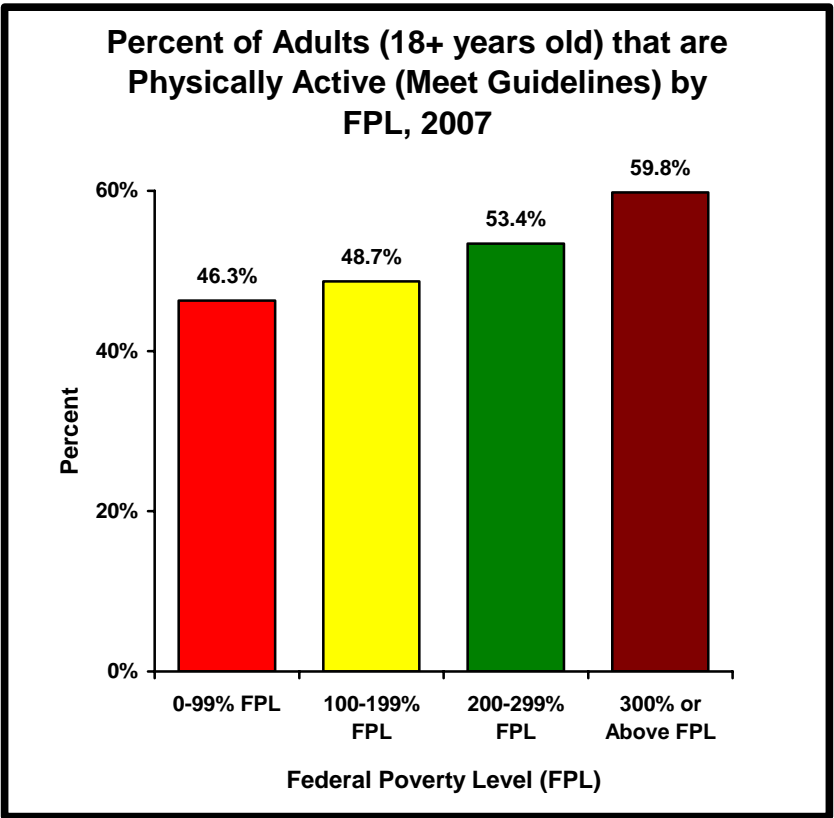
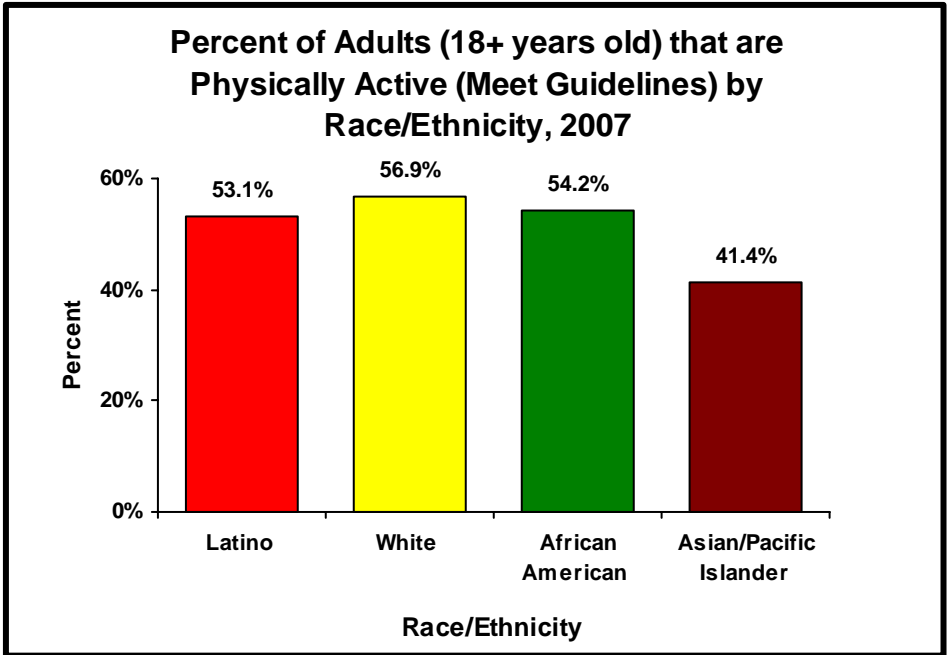
According to their parents, more boys (ages 6-17 years) (43.7%) participated in physical activity for at least one hour a day on 5 or more days a week than girls (31.3%).



<sup>2</sup> US Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2<sup>nd</sup> ed. Washington, DC: U.S. Government Printing Office, November 2000

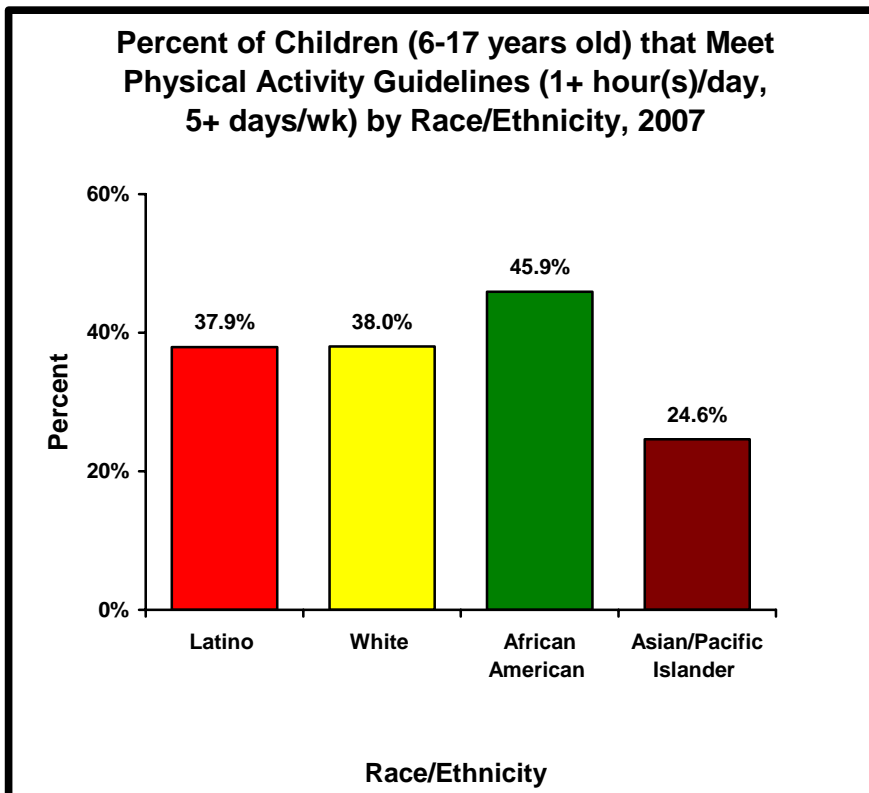
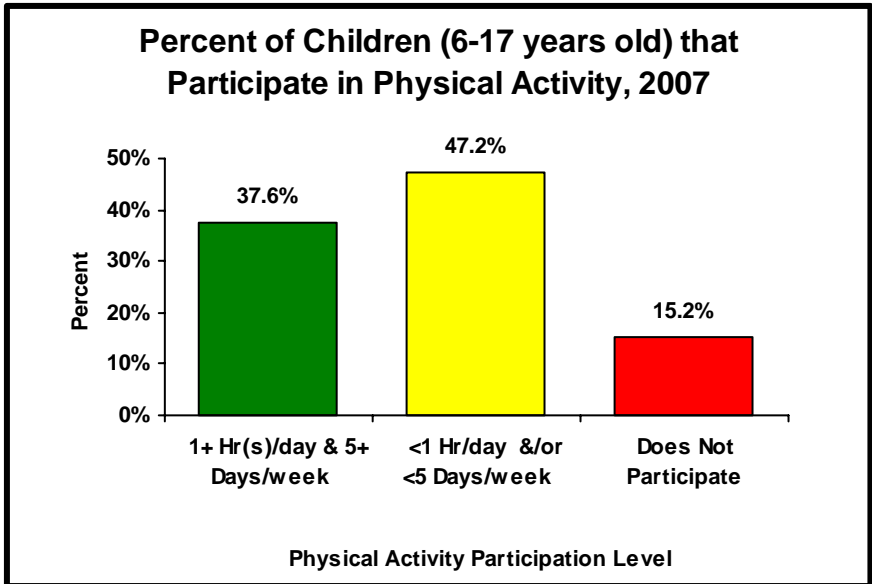








Network for a Healthy California



Network for a Healthy California

# Built Environment



## What is the Built Environment?

The built environment is defined as all of the buildings, roads, utilities, homes, fixtures, parks and all other man-made entities that form the physical characteristics of a community.<sup>3</sup>

It is important to look at the effects of the built environment on our health and our lifestyles. Different elements of the built environment contribute to obesity via access to food and physical activity opportunities.

## How does the built environment affect physical activity?

More than two-thirds of Los Angeles County's children do not live within walking distance of a park or playground. Instead of grassy parks, baseball diamonds, and soccer fields, these children play in streets, alleyways, and vacant lots.<sup>4</sup>

While most (82.1%) LAC adults reported they feel their neighborhood is safe from crime, disparities throughout the County exist as only 57.0% of adults in SPA 6 reported they feel their neighborhood is safe from crime. A majority of adults (85.8%) reported there are safe places to be physically active in their neighborhood, and 79.8% of parents of children 1-17 years reported their child can easily get to a park, playground, or other safe place to play. Additionally, 83.4% of parents of children 0-17 years rated their community as a pleasant place for their child to be physically active.

The consequences of urban sprawl are evident in the traveling and commuting behaviors of LAC residents. Adults are more likely to drive, than bike or walk, when commuting to work or when running errands. The average commute for employed adults living in LAC is 27.1 minutes. Time spent at work and commuting may detract from opportunities to engage in regular physical activity.

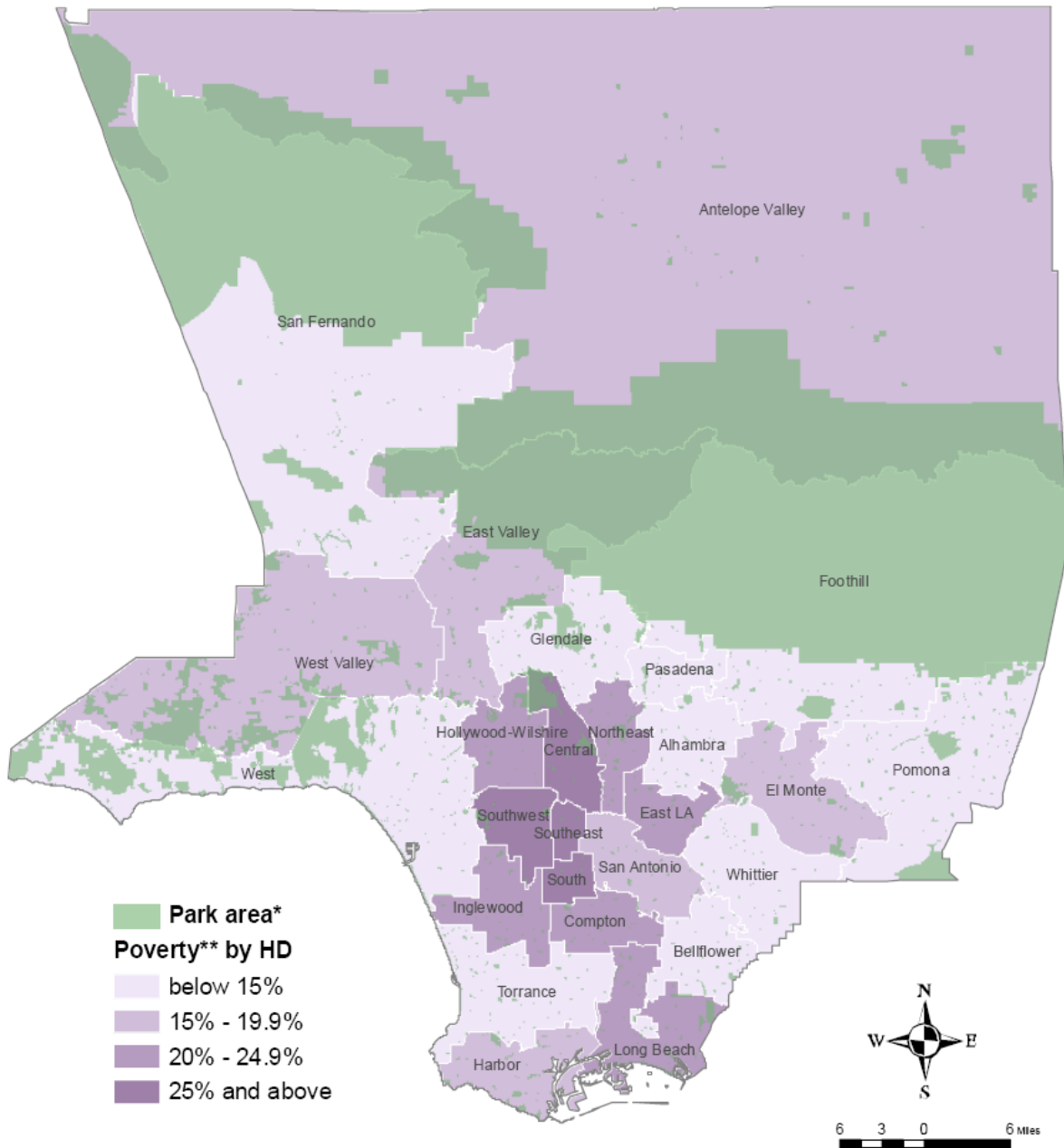


Image: The Trust for Public Land

<sup>3</sup> Sallis JF, Kraft K, Linton LS. How the environment shapes physical activity: a transdisciplinary research agenda. *Am J Prev Med.* 2002;**22**:208–211

<sup>4</sup> No Place to Play: A Comparative Analysis of Park Access in Seven Major Cities. A Research Report by The Trust for Public Land. 2004. Available at: [http://www.tpl.org/content\\_documents/no\\_place\\_to\\_play.pdf](http://www.tpl.org/content_documents/no_place_to_play.pdf)

## Los Angeles County Park Area\* and Population Living in Poverty\*\* by Health District

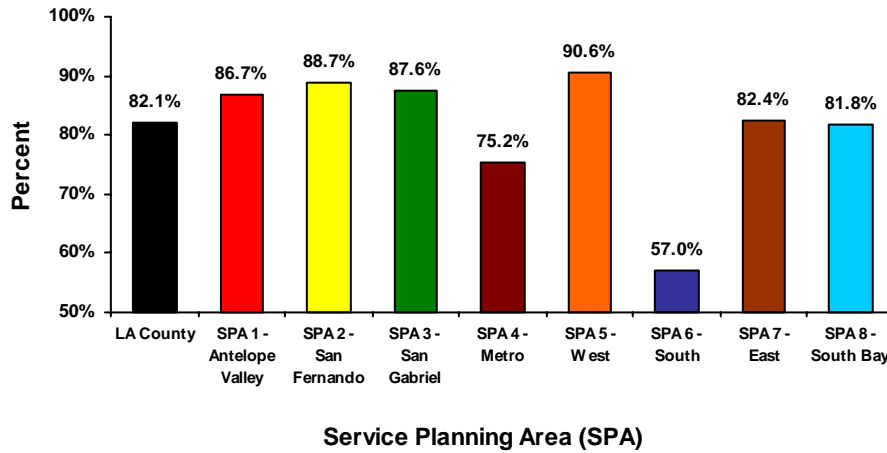


\* Selected features include parks, beaches, historical parks, open spaces, recreational areas, ecological preserves/estuaries, forests, wilderness areas, and wildlife refuges  
Source: Rand McNally/Thomas Bros. (2006) digital database

\*\* Percent population living below poverty level (100%FPL)  
Source: July 1, 2008 Population and Poverty Estimates, prepared by  
Walter R. McDonald & Associates, Inc. (WRMA) for Urban Research ISD, 4/6/2009

Prepared by LA County, Dept. of Public Health,  
Office of Health Assessment and Epidemiology,  
10/2009

## Percent of Adults Who Believe Their Neighborhood is Safe from Crime by SPA, 2007



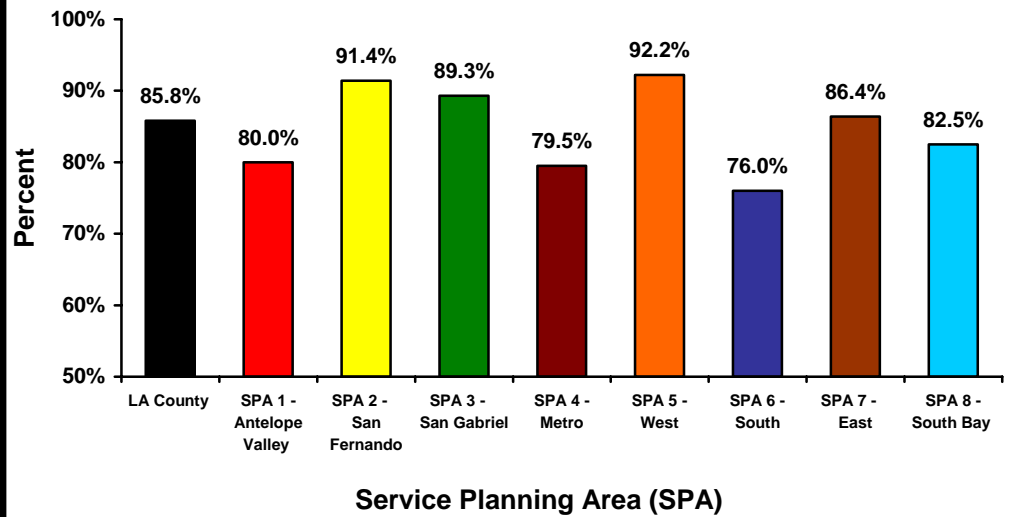
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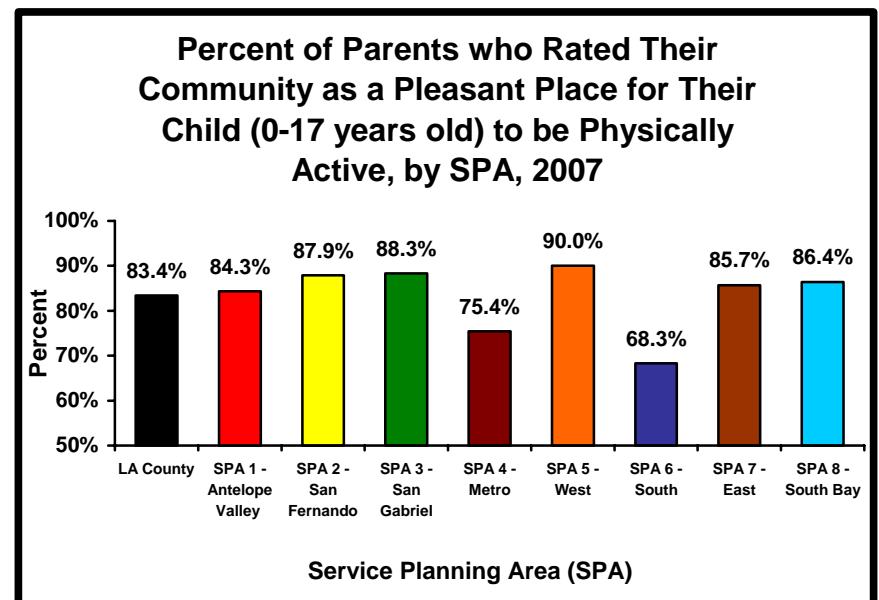
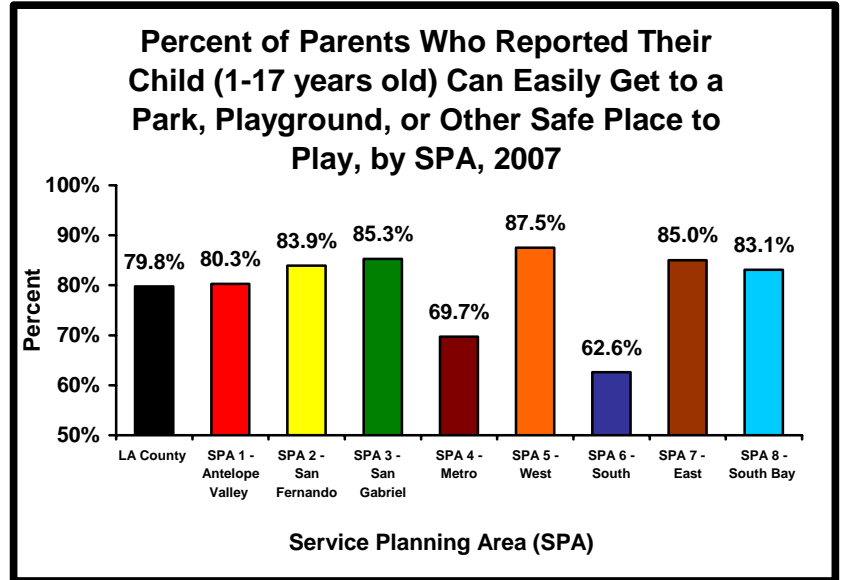


**NEIGHBORHOOD WATCH**

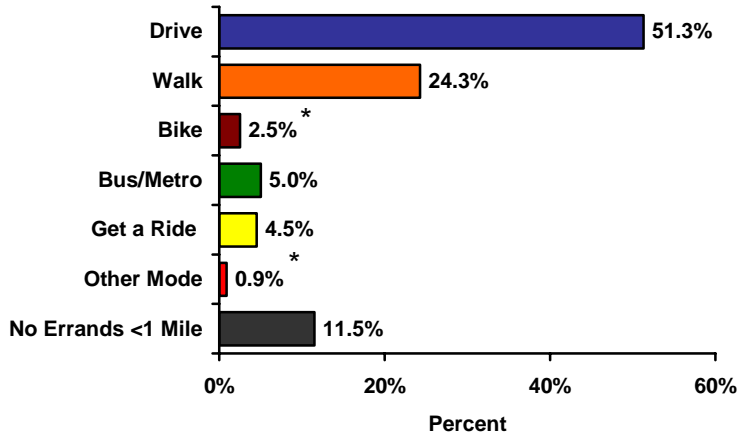
**Our Neighbors are Watching to Report Suspicious Activity to Our Law Enforcement Agency**

## Percent of Adults Who Report There are Safe Places to be Physically Active in Their Neighborhood, by SPA, 2007





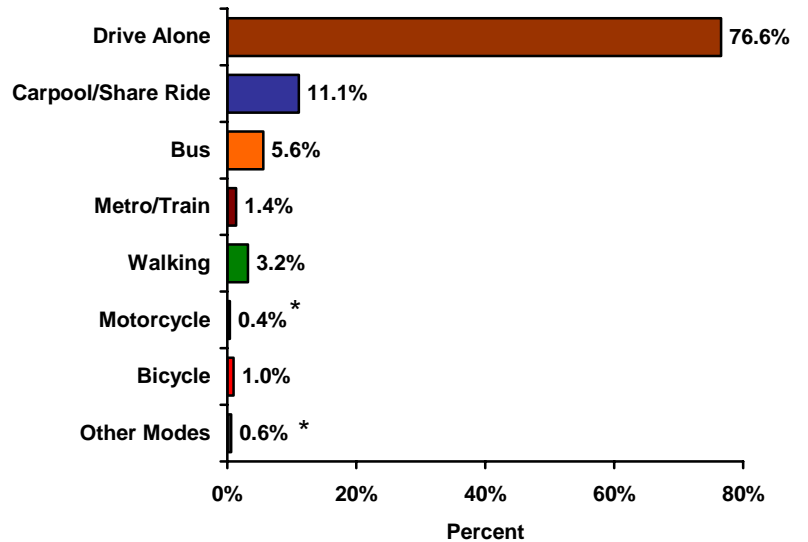
### Mode of Transportation Adults (18+ years old) Reported Using When Running Errands Within One Mile from Home, 2007



\*The estimate is statistically unstable (relative standard error  $\geq 23\%$ )



### Mode of Transportation Employed Adults Reported Using When Traveling from Home to Work, 2007

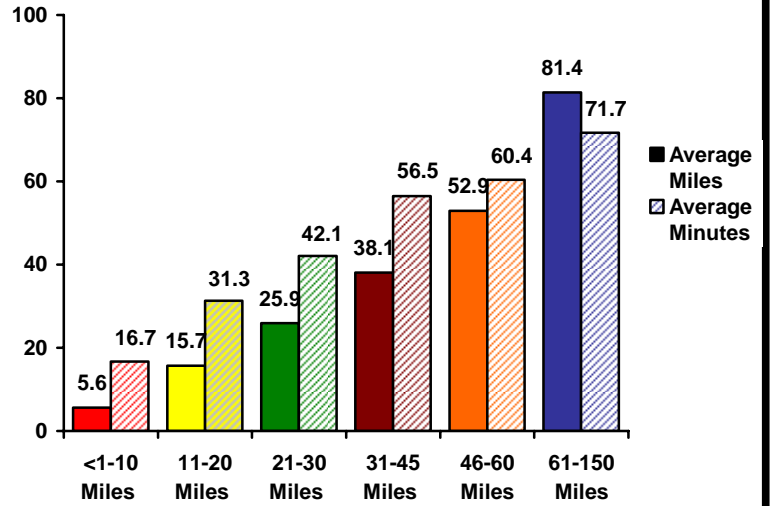


\*The estimate is statistically unstable (relative standard error  $\geq 23\%$ ).

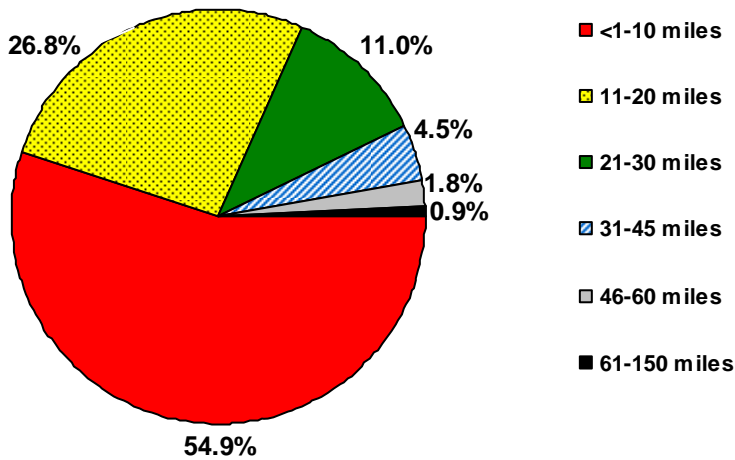




**Average Number of Miles & Average Length of Commute (in minutes) Among Employed Adults Who Reported Driving Alone to Work, 2007**



**Distribution of Miles from Home to Work Among Employed Adults Who Drive Alone to Work, 2007**



## Inactivity and Poor Diet in Los Angeles County

Studies show that engaging in regular physical activity and consuming a healthy diet that includes the recommended amounts of fruits and vegetables is proven to reduce the risk of stroke, heart disease, obesity, high blood pressure, type 2 diabetes and certain types of cancer.

### What are Angelenos Eating?

When the goal is to improve health for all ages by decreasing risk of chronic disease, strategies that incorporate both nutrition and physical activity provide a one-two punch. In addition, when physical activity levels increase, the recommended amounts of fruits and vegetables an individual needs to consume for a healthy diet also increase. Therefore, public health agencies must find ways to improve nutrition, especially during the current obesity epidemic.

Only 15.1% of adults in Los Angeles County (LAC) reported consuming five or more servings of fruits and vegetables a day—a marker for a healthy diet. Furthermore, 38.8% of adults and 43.3% of children consume one or more sodas or sugar-sweetened beverages a day.

### Obesity

Obesity rates are rising in the county among adults (from 14.3% in 1997 to 22.2% in 2007), school-aged children (from 18.9% in 1999 to 23.0% in 2008 among 5th, 7th, and 9th grade public school students),<sup>5</sup> and younger children (from 16.7% in 2003 to 21.8% in 2008 among children 3-4 years of age receiving WIC services).<sup>6</sup>

In addition, marked disparities in obesity rates are seen across the county. For example, the obesity rate among school-aged children in 2005 ranged from a low of 4% in the affluent City of Manhattan Beach to a high of 34% in the predominantly low-income City of Bell Gardens, located less than 20 miles away.<sup>7</sup>

### Mortality

Physical inactivity is also closely related to the top ten leading causes of death and premature death in Los Angeles County; and is a top contributing cause of death in the nation.

### Economic Impact

In a 2006 report by the California Center for Public Health Advocacy, the economic costs associated with overweight, obesity, and physical inactivity in Los Angeles County totaled were extrapolated to over \$11 billion.<sup>8</sup>

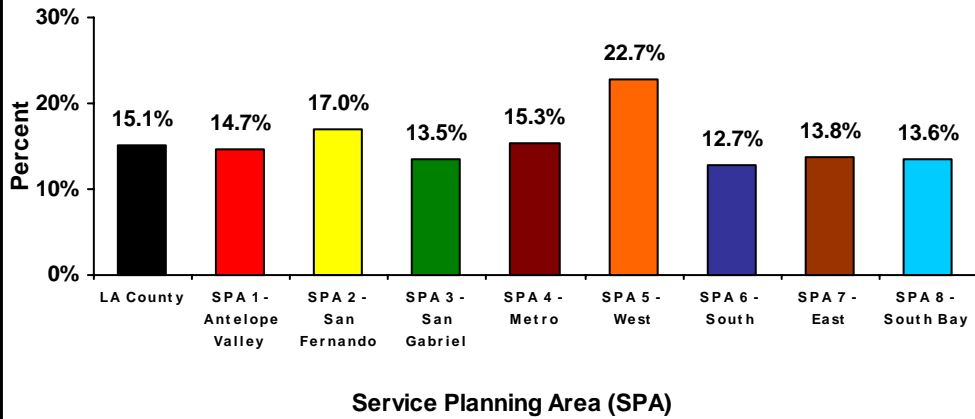
<sup>5</sup> California Physical Fitness Testing Program, California Department of Education

<sup>6</sup> PHFE WIC Data Mining Project, Los Angeles County WIC data

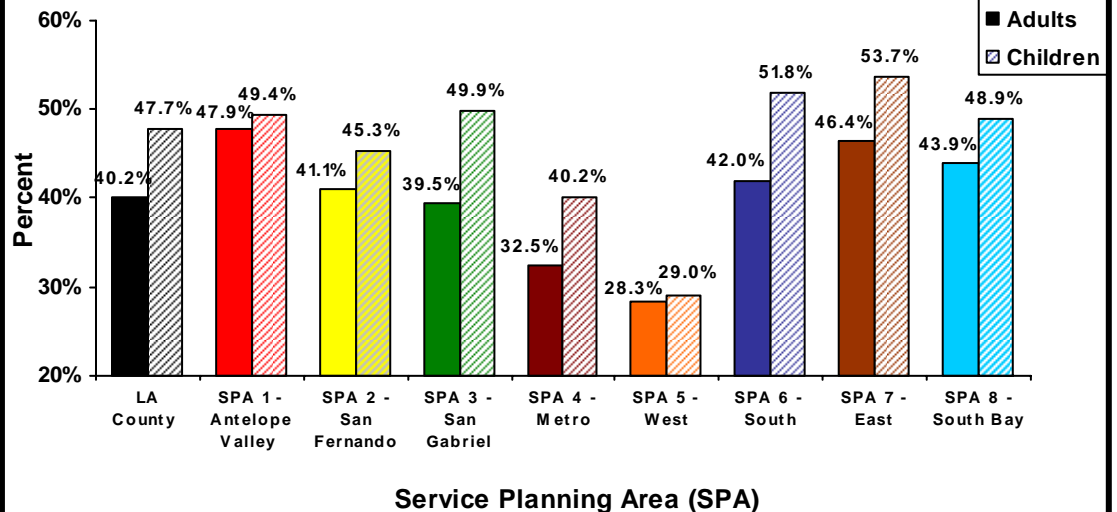
<sup>7</sup> Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology. Preventing Childhood Obesity: the need to create healthy places. A Cities and Communities Report. October 2007.

<sup>8</sup> *The Economic Costs of Overweight, Obesity, and Physical Inactivity Among California Adults—2006* (July 2009). The California Center for Public Health Advocacy.

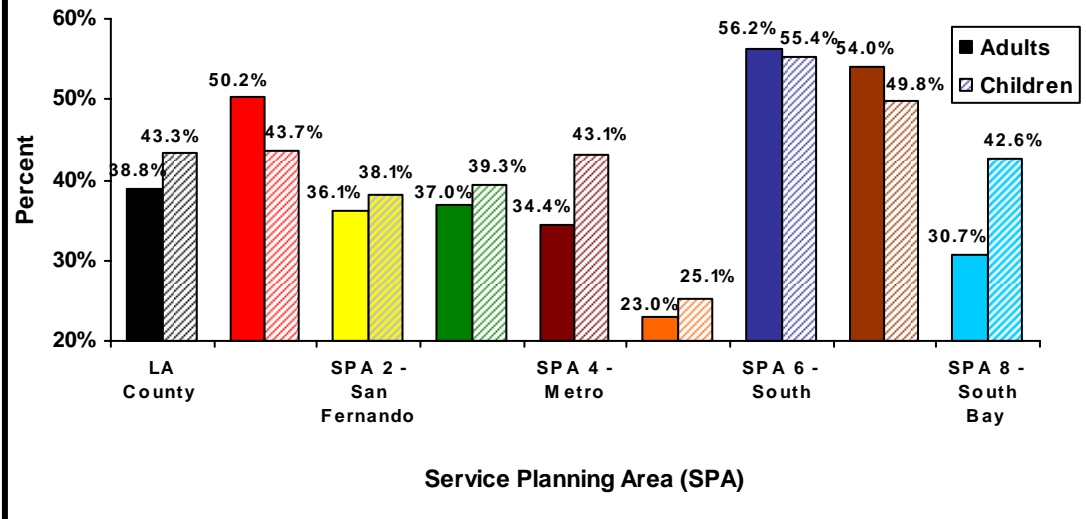
**Percent of Adults (18+ years old) Who Consume 5 or More Servings of Fruits and Vegetables a Day by SPA, 2007**



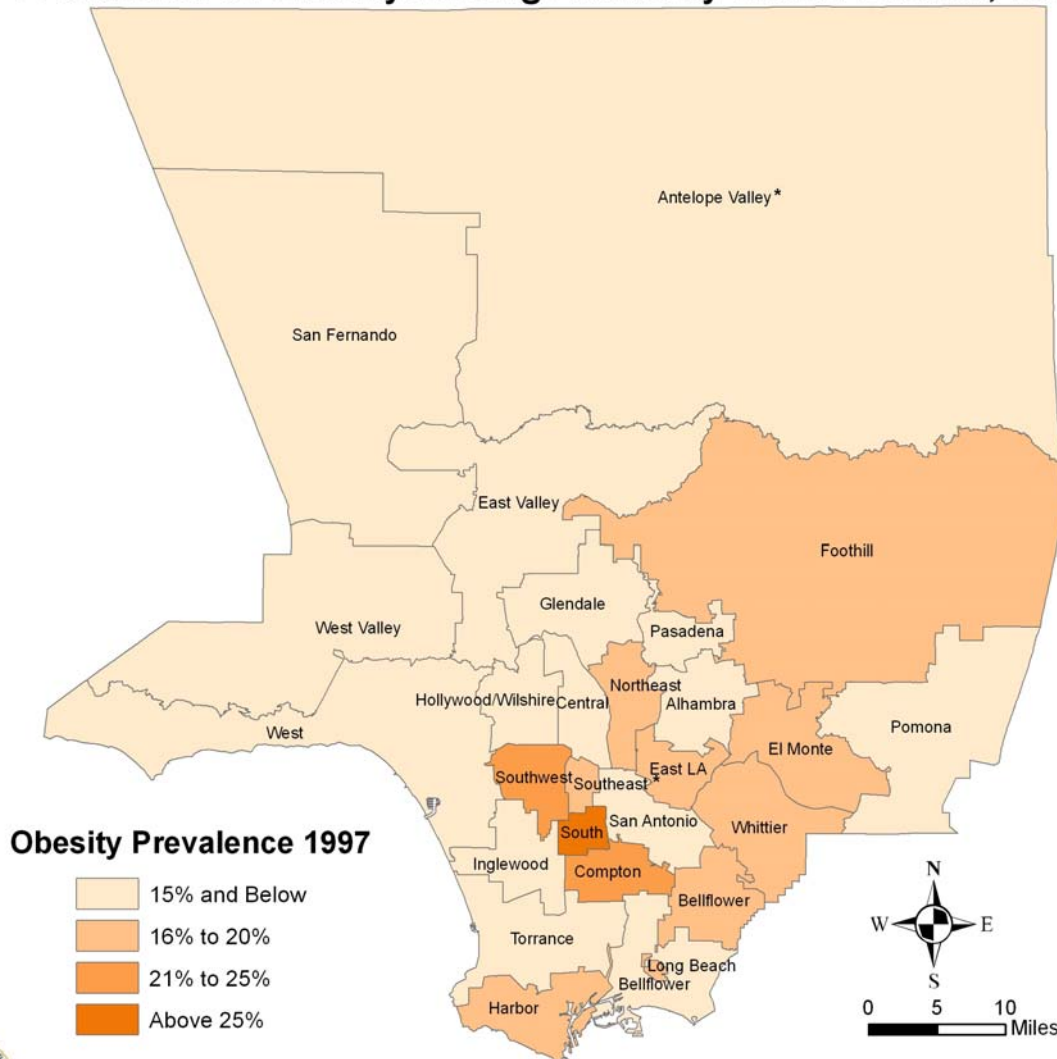
**Percent of Adults (18+ years old) and Children (0-17 years old) Who Eat Fast Food at Least Once a Week by SPA, 2007**



**Percent of Adults (18+ years old) and Children (0-17 years old) Who Drink One or More Sodas or Sweetened Drinks a Day by SPA, 2007**

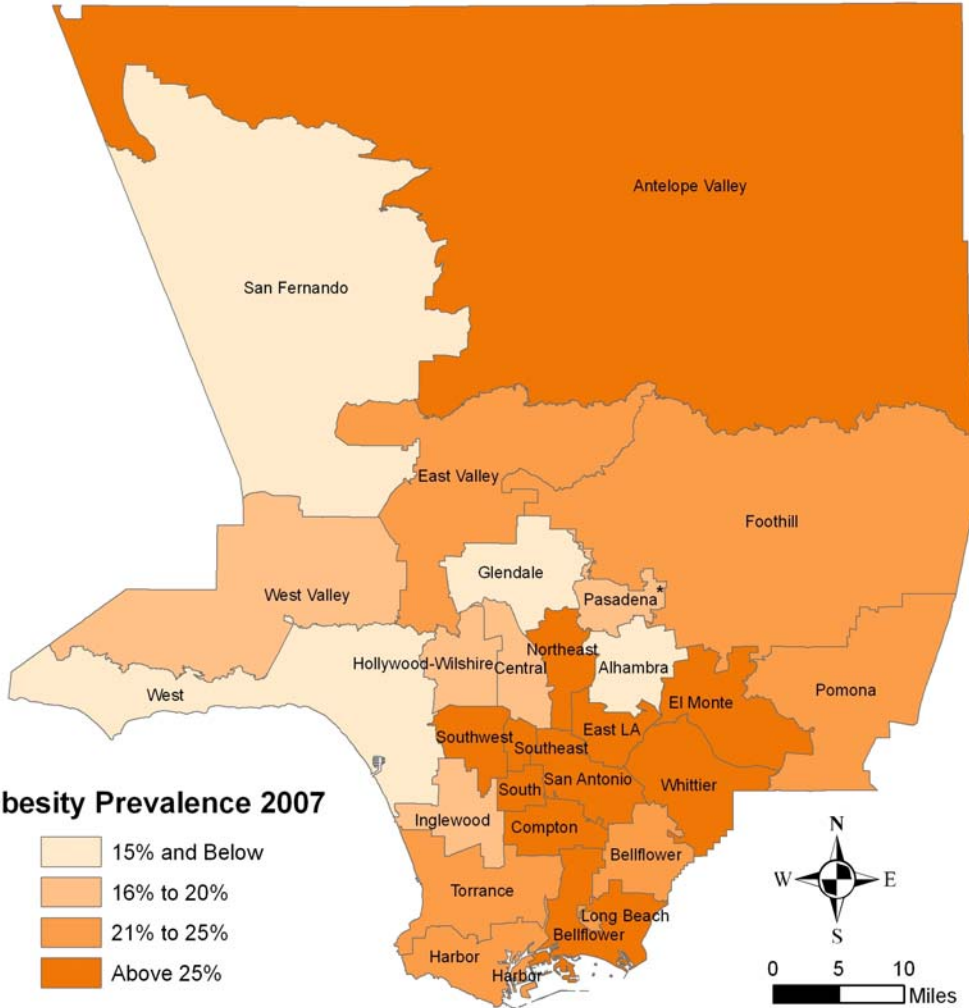


## Prevalence of Obesity Among Adults by Health District, 1997

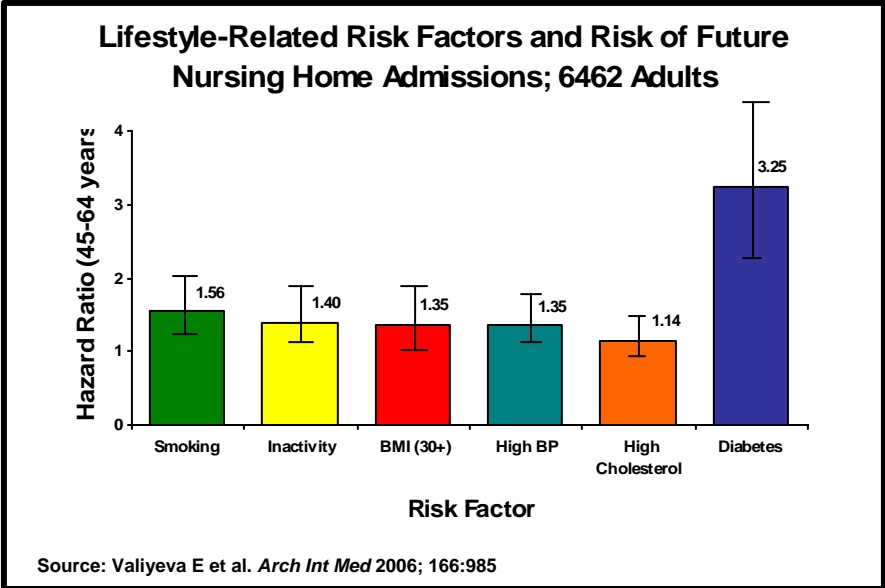
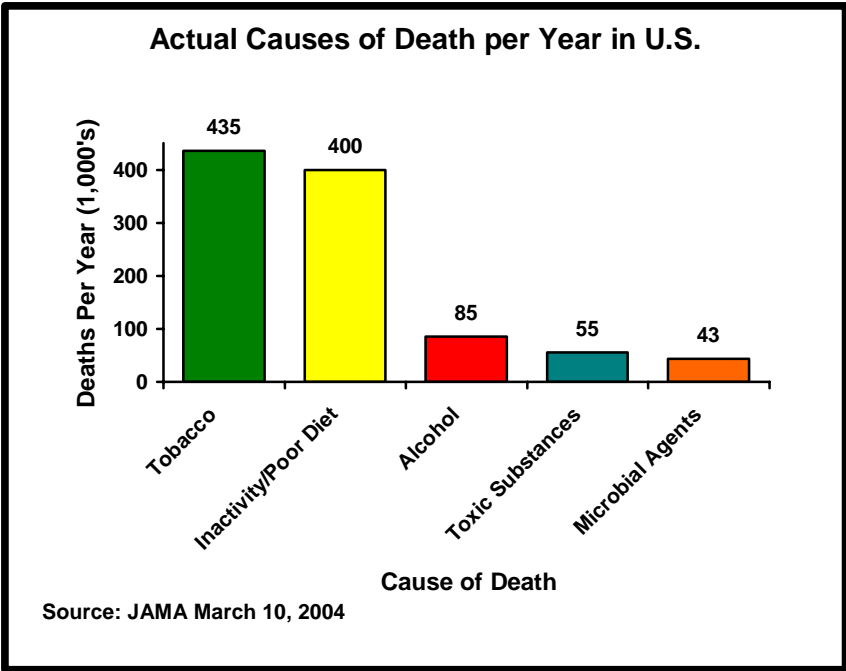


\* The estimate is statistically unstable (relative standard error  $\geq 23\%$ ) and therefore may not be appropriate to use for planning or policy purposes.  
 Los Angeles County Public Health, Office of Health Assessment and Epidemiology

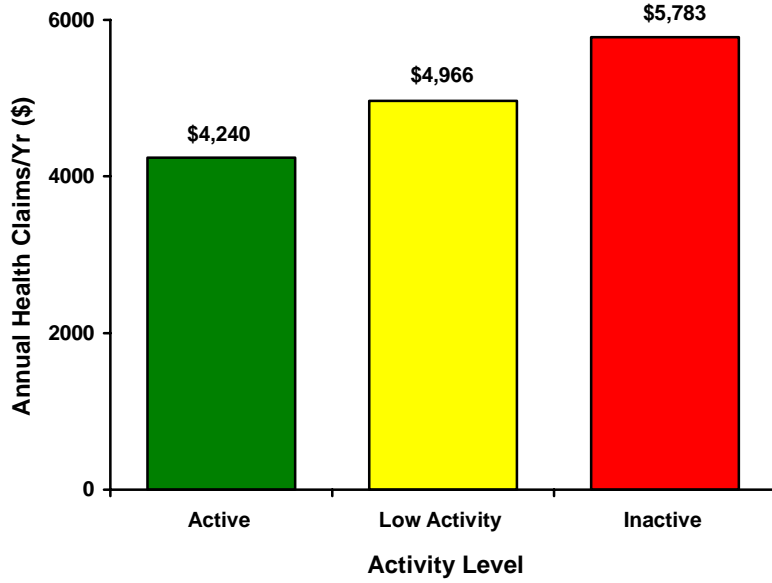
## Prevalence of Obesity Among Adults by Health District, 2007



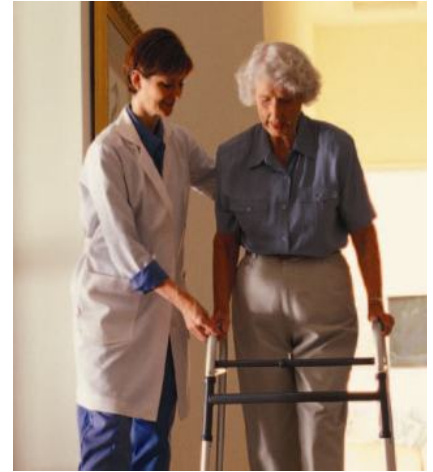
\* The estimate is statistically unstable (relative standard error  $\geq 23\%$ ) and therefore may not be appropriate to use for planning or policy purposes.  
 Los Angeles County Public Health, Office of Health Assessment and Epidemiology



### Activity Level and Health Claims (4 Year Study, n=8,000)



Source: Preventing Chronic Disease October 2005.





# Physical Activity Promotion in Los Angeles County

## LA County Department of Public Health



The Los Angeles County Department of Public Health protects health, prevents disease, and promotes the health and well-being for all persons in Los Angeles County. Our focus is on the population as a whole, and we conduct our activities through a network of public health professionals throughout the community. This means providing you and your family with protection from health threats such as food-borne illnesses, natural and man-made disasters, toxic exposures, and preventable injury. Public Health also works to prevent chronic diseases, such as heart disease, cancer, and diabetes and their risk factors: poor nutrition, inadequate physical activity, and tobacco use.

Website: [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)



## LA County Department of Parks and Recreation

The Los Angeles Department of Parks and Recreation creates community through people, parks and programs. The Department provides the residents and visitors of Los Angeles County with quality recreational opportunities that promote a healthy lifestyle and strengthen the community through diverse physical, educational, and cultural programming, and enhances the community environment by acquiring, developing, and maintaining County Parks, gardens, golf courses, trails, and open space areas.

Website: [www.laparks.org](http://www.laparks.org)

## Los Angeles Collaborative for Healthy Active Children

The Los Angeles Collaborative for Healthy Active Children is a dynamic partnership of over 150 organizations in the Los Angeles area who are dedicated to improving the health of children and families in Los Angeles County. The Collaborative strives to promote healthy eating, physical activity and communities that promote healthy lifestyles. With quarterly meetings and various trainings throughout the year, the Collaborative brings together and mobilizes diverse interests including low-income consumers, government agencies, non-profit and charitable organizations, advocates, community leaders, businesses, social service offices, and others with expertise in nutrition and physical activity who work directly or indirectly with children and families in Los Angeles. Members of the Collaborative also coordinate, implement and evaluate countywide campaigns and initiatives that increase access to and availability of fruits and vegetables, safe physical activity and food security.

Website: [www.lacollaborative.org](http://www.lacollaborative.org)

# Acknowledgements

Lauren Neel, MPH, CHES  
Coordinator, Los Angeles Collaborative for Healthy Active Children  
Nutrition Program, LA County Department of Public Health

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LA County Department of Public Health

For more information about the  
*Get Active, Get Healthy LA!* Initiative  
please visit our website:

<http://championsforchange.lacounty.gov/>

The Gallery Guide is sponsored by *Anthem Blue Cross*.

