



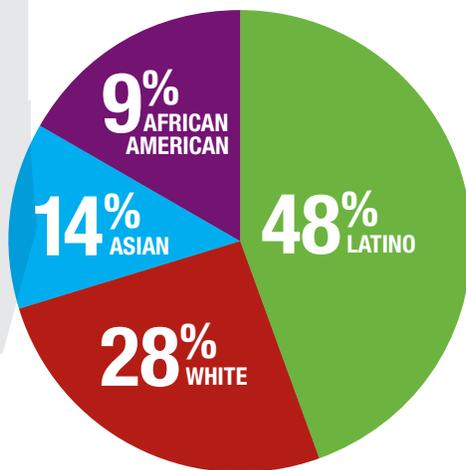
# CHAMPIONS FOR CHANGE

HEALTHY COMMUNITIES INITIATIVE

## The Challenge: Food Insecurity and Chronic Disease

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

LOS ANGELES COUNTY IS DIVERSE.<sup>1</sup>



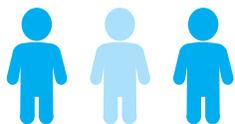
**1** OUT OF EVERY **2** ADULTS ARE **OBESE** OR **OVERWEIGHT.**<sup>1</sup>



**FOR 3.7 MILLION** LOW INCOME RESIDENTS, THE PROBLEM IS EVEN WORSE.<sup>2</sup>

### CHILDREN LIVING IN POVERTY<sup>3</sup>

**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.<sup>4</sup>

### 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.**<sup>5</sup>



# 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

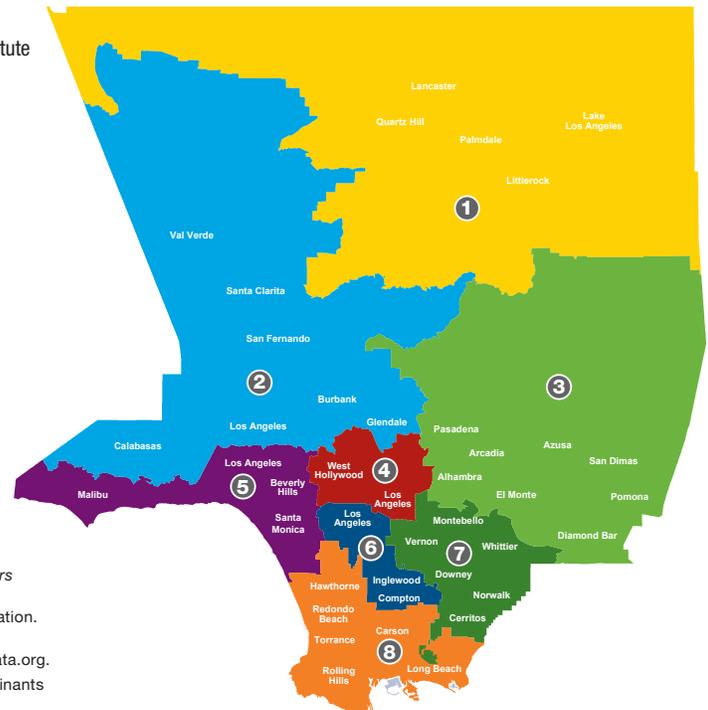
**SPA 5**  
Children's Hospital Los Angeles

**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



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

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

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

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

<sup>5</sup>Los 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.