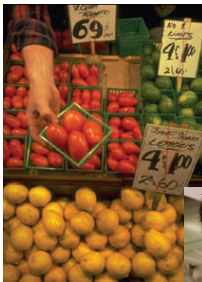




Getting Healthy, Staying Fit at the Farmer's Market!

The Santa Monica Farmer's Market is making it easy to enjoy delicious healthy foods at inexpensive prices. Every first Wednesday of the month, you can enjoy hundreds of different types of foods, including fresh fruit and vegetables and homemade goodies between 8:30am and 1:30pm. The Farmer's Market, located on 3rd Street and Arizona Ave on the Santa Monica Promenade, even provides services to keep you healthy. Join Service Planning Area (SPA) 5 Public Health Nurses as they work with Donna Richwine, a dietician from Santa Monica College,

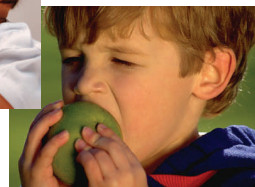
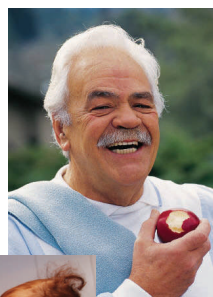


and volunteers from local colleges to answer your nutrition related questions. Do you want to know how to cook a healthy but tasty meal that your entire family will love or do you just want to know how to



eat better for a healthy lifestyle? This dynamic team can help you create nutritious recipes for all lifestyles and help you to main-

tain necessary dietary habits for chronic conditions like hypertension (high blood pressure) and diabetes. You can also stop by their booth between 9:45am and 1pm to sample some of the healthy recipes they prepare using fresh produce generously donated by the farmers. Come on out and see what all the excitement is about and keep that New Year's resolution to be healthy.



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January is Cervical Cancer Awareness Month

Worldwide, cervical cancer is the third most common cause of cancer in women. In 2007, the American Cancer Society estimated that 11,000 women between the ages of 35 and 55 will be diagnosed with invasive cervical cancer and about 3,600 will die from cervical cancer in the United States.

Cervical cancer is a cancer that starts in the cervix (the lower part of the uterus that opens at the top of the vagina). Cervical cancer is normally a very slow growing cancer. The primary cause of cervical cancer is human papillomavirus (HPV), a sexually transmitted virus.

Risk Factors

The American Cancer Society identifies several potential risk factors in the development of

cervical cancer. One or more risk factors may increase a woman's likelihood of getting cervical cancer but does not mean the disease will develop. A woman with the following risk factors should seek early screening:

- Human papillomavirus infection (HPV)
- Cigarette smoking
- Human immunodeficiency virus (HIV) infection
- Other STD infections
- Unhealthy diets
- Oral contraceptives use (birth control pill)
- Multiple pregnancies
- Income/ socioeconomic status
- Family history of cervical cancer

Symptoms of cervical cancer include:

Abnormal cervical cell changes rarely cause symptoms. But you may have symptoms if those cell changes grow into cervical cancer. Symptoms of cervical cancer may include:

- Abnormal vaginal bleeding or a change in your menstrual cycle that you can't explain.
- Bleeding when something comes in contact with your cervix, such as during sexual intercourse or placement of a diaphragm.
- Blood tinged vaginal discharge.
- Pelvic or back pain.

[See *Cancer*, on page 3]

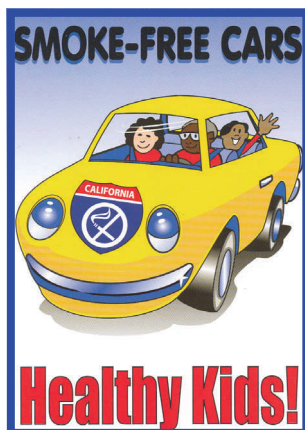
Making it a Little Easier for Your Kids to Breathe: A Smoke-Free Ride

A new law hopes to make it a little easier for your children to breathe. Effective January 1, 2008 H&S code 118947 bans the smoking of any cigarette, pipe, or cigar in a moving or parked vehicle while any child 18 years or younger is present. California's "Smoke-free Cars with Minors" law, authored by Senator Jenny Oropeza, D-Long Beach aims to ensure that children and youth traveling in cars are not exposed to second-hand smoke.

Studies have shown that children and infants are especially susceptible to the harmful effects of secondhand smoke, which can lead to asthma, ear infections, bronchitis and pneumonia. Officials state that smoking a cigarette in a car makes the air inside the vehicle 10 to 30 times more toxic than the level the U.S Environmental Protection Agency say is hazardous for breathing.

On Thursday, January 3, 2008, the California Department of Public Health held a news conference at Hollywood United Methodist Church Parking Lot in Los Angeles to demonstrate the harmful environment smoking creates while in a car. In the demonstration, sensors were attached to the dashboard of a Toyota Corolla

car, while a volunteer smoker sat in the driver's seat ready to light up a cigarette. Additional sensors were attached to a child safety seat in the back. The sensors measure the amount of fine particulate matter in the air of the car. This matter cannot be seen by the naked eye, but can be



found in all air but is especially concentrated in cigarette smoke. This matter can lodge deep into the lungs and cause long-term health problems.

The demonstration showed how rapidly the particles build up in the confinement of the car. Within seconds of lighting up the cigarette, computer monitors showed the air quality in the front and back seat beyond hazard-

ous, dangerous for anyone to breathe. In a repeat demonstration where the driver's window was open, the air in the car was still beyond hazardous within seconds. Even when the demonstration was over and the cigarette was extinguished, the smoke still lingered and took minutes to completely clear out and bring the air quality back down to normal.

The new law is no different than other measures taken to protect our children, like requiring children to be properly secured in car seats or with seat belts. Although police cannot pull over motorists for the smoking violation alone, if pulled over for another violation (such as running a red light) drivers can be fined up to \$100. Officials say they hope to continue to change social norms about smoking.



Area Health Officer Retires After 36 Years of Service

Martina Travis-Blount, Area Health Officer for the Department of Public Health, is retiring in March after 36 years of service to the County.

Ms. Travis-Blount began her County career with the Department of Health Services at Los Angeles County -USC Hospital in 1969 as a part-time staff nurse at LAC+USC Hospital.

Her tenure in Service Planning Area 6 began in 1972 at the brand new King/Drew Medical Center in Watts. She worked there as an OB-GYN clinic nurse and was eventually promoted to Supervising Nurse.

In 1981, Ms. Travis-Blount became District Nurse Manager of the Compton Health District.

In 1995, when Public Health and Personal health were separated (under the

Department of Health Services), she became Nurse Manager and worked in that capacity for twelve years.



She became Area Health Officer for Service Planning Area 5 and 6 in August 2007, after acting in that capacity for two years.

She and her family were long time residents of Compton before moving to their current residence in Cypress, California in 2007.

Ms. Travis-Blount has served the County with distinction and dedication, providing resources and support to various community projects, most recently those involving the Florence Firestone community, and the reduction of STD rates in South Los Angeles.

The SPA 5 and 6 staff wish to extend our appreciation to Martina for her dedicated service to the residents of SPA 5 and 6 and wish her a healthy, prosperous, and rewarding retirement.

[Cancer, from page 1]

How is Cervical Cancer Diagnosed?

The Papanicolaou (Pap) test is the most definitive diagnostic tool in the assessment for cervical cancer. The Pap test detects infection, abnormal (unhealthy) cervical cells, or cervical cancer.

How is cervical cancer treated?

When found and treated early, the outcome

prognosis is extremely high. The treatment for most stages of cervical cancer removes the cancer is a hysterectomy, radiation, and/or chemotherapy.

How you can reduce the risk of developing cervical cancer?

Besides getting an annual pap test, avoidance of the human papilloma virus (HPV) (the major known cause of cervical cancer), reduction of multiple sexual partners, and

safe sex practices can reduce the likelihood of you developing cervical cancer.

REMEMBER: CERVICAL CANCER IS PREVENTABLE! For additional information on cervical cancer visit www.cancer.org or contact your local American Cancer Society at (800) ACS-2345.

Los Angeles County Health Status Profile

Los Angeles County met the *Healthy People 2010* objectives for reducing the death rates due to all cancers, lung cancer, prostate cancer, and cerebrovascular disease. Los Angeles County also met the national health objectives related to breastfeeding initiation, late or no prenatal care, and infant mortality (Asian/PI and White).

Los Angeles County has not achieved the *Healthy People 2010* objectives for reducing death rates due to colorectal (colon) cancer, female breast cancer, coronary heart disease, chronic liver disease and cirrhosis, unintentional injuries, motor vehicle crashes, suicide, homicide, firearm-related, and drug-induced deaths. Nor has the county met the objectives related to AIDS incidence (in the population aged 13 and older), gonorrhea incidence, tuberculosis incidence, low birthweight infants, adequate/adequate plus prenatal care, and infant mortality (All Races, Black, and Hispanic).

The data presented were extracted from the *County Health Status Profiles 2007* report. All rates are per 1000,000 population unless indicated.

Healthy People 2010 Objective	2000-2002	2003-2005	Change (%)	Healthy People 2010 Objective	2000-2002	2003-2005	Change (%)
Adequacy of Prenatal Care	80.3	83.1	+ 3.5	Female Breast Cancer age-adjusted death rate	23.2	22.6	-2.6
Births to Adolescent Mothers 15-19 yrs. (per 1,000 female population) age-specific birth rate	47.5	40.7	-14.3	Prostate Cancer age-adjusted death rate	24.8	22.1	-10.9
Breastfeeding (per 100 births) percent of breastfed infants	80.3	82.8	+ 3.1	Diabetes age-adjusted death rate	24.8	25.4	+2.4
Infant Mortality all Races (per 1,000 births) three year average infant death rate	5.4 (1999-2001)	5.4 (2002-2004)	0	Alzheimer's Disease age-adjusted death rate	11.9	16.3	37.0
Low Birthweight Infants (per 100 live births) percent of low birthweight infants	6.6	7.2	+ 9.1	Coronary Heart Disease age-adjusted death rate	214.9	179.5	-16.5
Reported Incidence of AIDS (age 13 years and older) case rate	22.7	16.7	-26.4	Cerebrovascular Disease age-adjusted death rate	55.1	46.8	-15.1
Reported Incidence of Chlamydia case rate	364.0	402.6	+10.6	Influenza/Pneumonia age-adjusted death rate	32.1	27.3	-15.0
Reported Incidence of Gonorrhea case rate	84.8	99.9	+ 17.8	Chronic Lower Respiratory Disease age-adjusted death rate	36.8	33.8	-8.2
Reported Incidence of Tuberculosis case rate	11.5	9.8	-14.8	Chronic Liver Disease and Cirrhosis age-adjusted death rate	12.5	11.1	-11.2
All Causes of Death age-adjusted death rate	742.6	679.3	-8.5	Motor Vehicle Crashes age-adjusted death rate	8.8	9.7	+10.2
All Cancers age-adjusted death rate	168.0	154.8	-7.9	Suicide age-adjusted death rate	8.0	7.2	-10.0
Colorectal (Colon) Cancer age-adjusted death rate	17.3	16.2	-6.4	Homicide age-adjusted death rate	10.8	10.6	-1.9
Lung Cancer age-adjusted death rate	39.9	35.4	-11.3	Firearm-Related age-adjusted death rate	12.5	11.9	-4.8
				Drug-Induced age-adjusted death rate	7.7	8.2	6.5
				Unintentional Injuries age-adjusted death rate	22.6	23.5	4.0

SPA 5 EXECUTIVE TEAM

Area Health Officer:	Martina Travis, MPH, BSN
Area Medical Director:	Maxine Liggins, MD, MPH
Director of Operations:	Willie Mae Howard, MPA
Nurse Manager:	Dee Warren, MSN, MPH, BSN
Nurse Supervisor:	Mei Lien Chu
Community Liaison:	Jameelah Harris-Mims, MSN, MPH, PHN
Epidemiology Analyst:	Vacant
Health Educator:	Nicole D. Vick, MPH, CHES

MANAGING EDITOR

Nicole D. Vick

The **SPA 5 CHRONICLE** is published quarterly by the West Service Planning Area. You are welcome to make copies of this newsletter.

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Chronicle 5

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