



COUNTY OF LOS ANGELES

Public Health

SOUTH SPA

Chronicle



A publication for friends and neighbors of the South Service Planning Area

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Fall 2006



Public Health Brings Services to Florence Firestone

According to the County Office of Health Assessment and Epidemiology, from 2000-2002, the unincorporated community in south-east Los Angeles County had one of the highest rates of heart disease and stroke. In addition, Florence Firestone had other problems, ranging from illegal dumping to gang violence.

Four years ago, things began to change. In 2002, The Florence Firestone Community Enhancement Team (FFCET) was developed to improve services and accountability to the residents of the area. Their primary goal was to identify and address the needs of the community. Staff from various County department and Board offices are members of the team. Since 2002, many improvements have been made.

For instance, new street signs were installed that include the Florence Firestone community name,

creating a sense of identity and ownership. Graffiti has been more aggressively removed from the community as well.

One key development has been the involvement of the LA County Community Development Commission (CDC). Staff from the CDC identified leaders from community groups that were brought into the revitalization process. Public Health asked to work with the community leaders to determine what health concerns were most urgent in their community. Of the many issues and concerns identified, Nutrition/Obesity Prevention and Emergency Preparedness were pinpointed.

The community leaders and Public Health staff quickly settled into two workgroups to begin work. Staff from the SPA 6 Area Health Office focused on Nutrition/Obesity, while Health Educators from the

Public Health, Health Education Administration Office took the lead on the Emergency Preparedness issue. The Nutrition workgroup, along with staff from other Public Health Pro-

grams, got to work right away on a nutrition workshop that will eventually be presented to the community. The team met each week to discuss the topics that should be included in the workshop. One of the most important things that the community leaders wanted to see was discussion about the cost of eating healthier. The group ventured out one afternoon to a local market and was shown how to shop and prepare foods that were healthier for the entire family.

[See *Nutrition*, page 5]



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"Esperanza" Means Hope to Local Residents

Great things are happening in the Maple/Hoover-Adams neighborhoods.

The Esperanza Community Housing Corporation (EHC) has been working in the community for 17 years to improve the health and economic well being of the residents of the area. The largely

Latino community faces many troubles that many would consider insurmountable: poverty, chronic health problems, low educational attainment, and sub-standard housing.

Prevalent health problems among residents include asthma, heart disease, diabe-

tes, tuberculosis, domestic violence, teenage pregnancy, depression, violence and homicide, substance abuse, and lead poisoning. [See *Esperanza*, page 4]



SPA 6 NEWS & NOTES

November is American Diabetes Month! Did you know that diabetes and heart disease are linked? To find out more, visit www.diabetes.org/makethelink.

Concerned about your child's weight?

We invite you and your child to attend

a special 8-week session entitled:

P.H.I.T.

(Physical Activity, Healthy Eating, & Initiating Family Togetherness)

Learn how to help your family lose weight through healthy food preparation and exercise. Snacks will be served.

Watts Health Center

10300 Compton Ave., L.A. 90002

Pre-register by calling 323-357-6628

For more information, contact Audrey L. Smith, MA, RD, CHES
@ (323) 357-6628

If you'd like an event featured in this column or have news to share, please contact Nicole Vick at nvick@ladhs.org or 323 235 6711

SPA 6 Holds Community Baby Shower

On June 1, 60 soon to be moms were treated to a baby shower hosted by the SPA 6 Area Health Office. These moms are not just ordinary moms, they are teen mothers that attend Riley High School, right next door to South Health Center in South Los Angeles.



Deanna Bressler-Montgomery, a Public Health Nurse for SPA 6, was key in making this event a success. "When I started working

for Public Health in 1988, I was assigned to work on the community task force spearheaded by Dr. Alvin Nelson (then District Health Officer) and Mrs. Bishop (from Riley). Both were concerned with the problems our teens were having with increased pregnancy and STDs. We used this forum to communicate the seriousness of the problem amongst this group...I've noticed over the years that the girls were becoming younger and younger. Riley started off with a class of 30 girls and today has about tripled. I wanted to get back to doing the baby showers to get the largest forum for discussion and education."

Agencies were invited to the event to do short presentations on Nutrition, Immunization, and Breastfeeding. Jameelah Harris, a Public Health Nurse from the Southwest Health District, talked to the women about Sudden Infant Death Syndrome and the importance of placing their babies on their backs to sleep.



Fundraisers were held throughout the year to raise money to purchase gifts for the mothers. Public Health staff also showed their support by donating clothes, balloons and other items. The mothers were given raffle tickets, and each received a gift when their name was called. Afterwards, the expectant moms were treated to a delicious lunch.

Some of the agencies that provided resources were Mission Hospital in Huntington Park, two WIC Programs in the area (at Watts Health Foundation, and South Los Angeles Health Projects), WLCAC, SCLARC, La Leche

League, Great Beginnings for Black Babies, First 5 LA, One Woman Can, the Harbor Corridor Best Babies Collaborative, and the US Food and Drug Administration.

Public Health Programs that participated or provided educational materials included the Nutrition Program, the Maternal, Child and Adolescent Health Program, the Childhood Lead Poisoning Prevention Program, and the Immunization Program.



"It was an emotional experience to see so many young girls pregnant", said Nicole Vick, Health Educator for SPA 5/6. "We often hear of how these women and their children will not have a chance. However, I was glad to hear that many of them had plans to continue their education. One girl has even received a full scholarship to Mt. Saint Mary's College. It reminded me of my own experience as a teen mother and how it is very possible to achieve great things."

The SPA 6 Area Health Office would like to thank all the agencies that took part in making this event a success.

Brotherhood Crusade

Currently, the Brotherhood Crusade and its supported agencies offer a number of programs that are of benefit to community members in SPA 6. Among them are the Traffic Safety Program offered by the African American Unity Center (AAUC). This program teaches young children to adults the rules for pedestrians and the road to help avoid accidents.

The AAUC also offers its "No Child left Behind" Tutoring Program that assists students from grades K-12 in overcoming



learning problems that are preventing them from achieving academically.

The Watts Willowbrook Senior Citizen

Center offers a wide array of services to seniors. Mothers In Action is preparing for its annual Back To School Health Fair that will offer a wide variety of preventative health screenings, free school supply distribution and even free eye

exams and glasses.

For information about these Brotherhood Crusade-supported programs and agencies, please call 323-846-1649 or visit www.brotherhoodcrusade.org.

The Brotherhood Crusade supports underserved communities by funding and assisting numerous vital agencies. The Brotherhood Crusade supports families and individuals through ongoing social programs, economic development, health services and education programs.

Office of Women's Health—Collaboration at it's Best !



The Plan....Collaborate!

The Board of Supervisors proclaims each May as Women's Health Month to focus awareness on women's health issues and the importance of prevention. The Office of Women's Health (OWH) takes this opportunity to collaborate with departments and clinics within the Department of Health Services, encouraging them to plan and organize activities during the month. For the first time, this past May we also reached out to other County departments, including the Office of Education, Public Libraries, the Probation department, and Human Resources as well as the L.A. County Secretarial Council and California State University, Los Angeles.

What happened...

To our pleasant surprise, directors and senior managers were very interested in what we had to offer. In total, 37 departments showed interest in increasing awareness of women's health issues through presentations, articles for newsletters, and free advertisement of their events on our website. This is what happened:

Educational materials: Numerous health clinics we contacted were excited when they discovered we provided free educational materials. This excitement

increased when they learned we had educational material in 6 different languages. A typical response: "Anything you have on women's health issues will be great for our patients, and it's fantastic you have the languages we need. I oversee 4 clinics and I've been out of material for a while."

The OWH provides educational materials on women's health issues in English, Spanish, Korean, Vietnamese, Armenian and Chinese.

Articles on women's health issues: Eleven departments requested articles for newsletters for staff, patients, and outreach activities. Articles were tailored to the type of audience. For example, clinical staff received articles with a medical slant while non-clinical staff received articles written for the lay person.



Articles were also sent to two DHS newsletters:

Connections, a monthly newsletter to all DHS employees, hospital, and administrative staff, and *The Public's Health*, a monthly newsletter distributed to 33,000 physicians, nurses, and other medical professionals in Los Angeles County. The article in *The Public's Health* newsletter fueled a wonderful response—both the Director of the Los Angeles Promotora Network and the Project Manager of the Rescatingo Salud Immunization Program requested the article and screening guidelines in Spanish so they could train the Promotoras who could then educate the communities they work and live in.

Speakers on women's health issues:

Twelve departments requested speakers from our active Speakers Bureau who gave presentations on a wide range of topics such as Menopause, Healthy Lifestyle, Women and Heart Disease, Diet and Nutrition, Aging, STDs and Breast and Cervical Health.

Feedback from the presentations has been very positive. The speakers were such a success that several departments suggested having the project year round. Two of the departments have already requested speakers for future sessions. One department liked the idea so much, they asked the Office of Women's Health for speakers on men's health! So, our original month long project is now a year round project. Collaboration works!

The Future

We will continue to work with County departments to promote women's health issues by encouraging the utilization of our Speakers Bureau, and offering articles and multi-lingual women's health education materials, all a part of our *Prevention Matters!* campaign. Because prevention really does matter.

Anyone interested in collaborating with us, please contact Dr. Susan Nyanzi at the Office of Women's Health at (626)-569-3825 or email: snyanzi@ladhs.org.

Also visit our website where women's health education materials are available for downloading:
www.preventionmatters.org



SPA 6 Public Health Nurse Works Towards a Healthier Leimert Park

Barbara Soles, a public health nurse for 16 years for the County of Los Angeles Public Health Department, is "on a mission" to educate and enlighten the

African American community about healthy lifestyle choices.

Twice a month, Soles can be found at the Leimert Park Farmer's Market chatting with locals and handing out

literature on healthy eating and living.

"Our mission is to educate the community, which means that we try to promote healthy eating, sensible dieting and exercise to promote health," said Soles.

Soles said that since she has been handing out literature in March, many of the people who frequent the market have changed their eating. "They used to buy barbecue, but now they're buying vegetables and salads," said Soles.

Aside from emphasizing proper nutrition, Soles and the Public Health Department also educates the public on such topics as the West Nile Virus, bioterrorism, and communicable disease. For more information, call (323) 235 6725 or (323) 235 6730.

Reprinted with permission— Our Weekly, Volume 2, No. 24—Shirley Hawkins, author.

“Healthier Living” in SPA 6

The SPA 6 Area Health Office, in collaboration with Watts Healthcare Corporation, hosted a 6 week workshop designed to help people with chronic disease manage their illness more effectively. “It is widely known that if you educate people on how to best care for themselves, they save the health care industry enormous amounts of money. They may not need as much medication, and they don’t use the emergency room as often. Most importantly, they enjoy a higher quality of life”, said Nicole Vick, Health Educator for SPA 5/6 and facilitator of the first Healthier Living Workshop.

Each week, participants learned how to live healthier by hearing about topics such as healthy eating, better breathing, depression, preparing an advanced directive, and exercise. At the end of each session, participants set goals that they were to try and achieve during the next week.

The sessions were highly participative.

Attendees offered each other advice and encouragement about dealing with their health issues, as well as other personal struggles.



COUNTY OF LOS ANGELES
Public Health



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Eight people participated in the first run of the program. “We were happy to work with Watts Healthcare Corporation to bring this workshop to the community. Although our class was small, we had a wonderful group of people that truly benefited from the experience”, said Vick.

SPA 6 Area Health Office was able to provide the workshops through a grant

provided by Kaiser Permanente. The Healthier Living Workshop was developed by Stanford University as a result of a five year research grant from the federal Agency for Health Care Research and Policy and the State of CA Tobacco-Related Diseases office. The program was evaluated and was shown to be successful in lowering outpatient visits and hospitalizations.

Additional Public Health staff are currently being trained on the program so that it may be offered at additional sites. The next workshop is tentatively set to begin in late August at Ascension Lutheran Church, 5820 West Blvd. in Los Angeles.

If you are interested in hosting this workshop at your facility, please contact Teresa Level at 323 235 6709 or tlevel@ladhs.org.

Esperanza Community Housing Corporation

[*Esperanza*, from Page 1]

Over half of local residents have no health insurance or access to health care.

The ECHC has been working hard to address these issues with various health programs. According to Josie Barajas, Associate Director of Health Programs, ECHC has 5 very successful health programs currently in operation in the community: *Esperanza Salud*, *Healthy Homes*, *Rescatando Salud*, *Esperanza Smiles*, and the *Community Health Promoters Program*.

Esperanza Salud is a health resource booth set up at nearby Mercado de Paloma. Visitors to the facility can pick up information on various health topics, find a local health clinic, or get help with getting low cost or free health insurance.

Healthy Homes is a program that helps residents learn about the dangers of lead found in the home. Educators go out into the community and talk to residents about the importance of preventing childhood lead poisoning prevention

Rescatando Salud is a program implemented in conjunction with the Public



Health Immunization Program to increase immunization coverage of two year olds in the community. The program is aimed specifically at the Latino population, whose immunization rates are generally low. One unique aspect of the program is the use of promotoras (see below for more information about promotoras) to share this information with community members.

Esperanza Smiles provides dental education and resources to parents of young children.

The Community Health Promoters Program trains residents (mostly women) to become promotoras. Promotoras work as liaisons between their community and health, human and social service organizations. As liaisons they are the advocates, educators, mentors, role models, and more for the

community they serve. As such, they are valuable in promoting health and bringing information to the people. The Community Health Promoters Program is a year long program. The first six months is spent in training. Participants meet three times a week to learn about different health topics that they will take into the community. The second half of training focuses on practicing their skills and learning how to work in an office. Almost 300 promotoras have been trained at ECHC and have gone to serve their community, with some promotoras developing their own health programs focused on improving the health of the community.



For more information about Esperanza Community Housing Corporation, visit their website at www.esperanzachc.org or call 213 748 7285.

Does Your Kitchen Make the Grade?

Building on the popularity of its ABC restaurant grading system, the Los Angeles County Department of Health Services (DHS) invites County residents to display the coveted "A" placard in their home kitchens following completion of an online inspection. A score of 90% or higher is required to receive the placard.

The "A" rating signifies that a restaurant or food market is performing at a high level with regard to food safety and sanitation standards



established by state and local agencies. A recent study suggests that the grading system, administered by the Office of Environmental Health and introduced in LA County in 1998, has contributed to a decrease in the number of reported food-borne illnesses and become a model for other jurisdictions nationwide.

"Residents now have an easy way to inspect the cleanliness of their kitchens and apply the same standards as a health inspector," says Jonathan Fielding, MD, MPH, Director of Public Health and Health Officer. "The "A" rating has become

part of our local culture and it's also a unique and fun incentive to make food safety a priority at home."

Online Inspection

To receive a placard, residents must complete an online kitchen self-inspection questionnaire available at <http://lapublichealth.org/eh>. Questions cover topics including food temperatures, food handling and handwashing. The placards are free of charge and delivery may take up to 6 weeks.

September is Food Safety Month, make it a goal to take the questionnaire and get your kitchen in tip top shape!



October – Breast Cancer Awareness Month

In an effort to address the increasingly high mortality

rates of African American women who have breast cancer, the American Cancer Society has joined forces with The Denise Roberts Breast Cancer Foundation to introduce the Styling For Life breast cancer health education program. The Styling For Life program is a meeting of the health and beauty worlds, utilizing the candid relationship between hair stylists and their clients to spread the word about breast health and breast cancer. The Styling for Life program allows hair stylists with



a predominantly African American clientele to serve as educational resources and empower their clients to get their yearly mammograms and clinical breast exams.

The Styling For Life program has the potential to reach thousands of women in the Los Angeles area. "If five clients per week participate in the Styling for Life program, 10,000 women a month and 120,000 women a year can be reached with life-saving messages," states Jessica Marshall, Health Programs Manager at the American Cancer Society. Hair stylists who participate in the program attend a training session where they learn the information and

skills to reach their clients. The stylists meet with the program coordinator every month to share client information and provide updates on their progress.

As a new program in the Los Angeles area, the Styling For Life program is in need of stylists and volunteers to become part of the Styling For Life team, as well as community support to help spread the word about the program and why it is needed. If you would like more information about the program, or would like to be part of the team, please contact Jessica Marshall at the American Cancer Society, 310-348-0356 (option 3) ext. 235, or at jessica.marshall@cancer.org. Together, we can fight breast cancer and save thousands of lives

Florence Firestone

[Nutrition, from Page 1]

The first part of the presentation was developed and presented to a group of community leaders that were invited by the workgroup on May 31. These leaders will be trained to give the presentation at churches, schools, community groups and other locations as necessary. A subsequent workshop held June 26, focused on reading food labels and making smart food choices. A third workshop, scheduled for August 3, will focus on the importance of physical activity in maintaining optimal health.

"I really enjoyed working with this outstanding group from the Florence Firestone area. It is refreshing to see Angelenos that are so enthusiastic about

changing the health of their community!" says Orville Bigelow, of the LA County Nutrition Program. "It was also wonderful to witness different county entities and the CDC come together to support the efforts of the group. I believe what we have witnessed with this collaboration is the start of a community-based effort to improve not only the health of the Florence Firestone residents, but to change its overall environment as well."



Talking to Your Kids about Junk Food and Fast Food

Kids are bombarded by advertising messages and images for junk food and fast food everywhere they turn. In fact, kids see one food commercial every five minutes during Saturday morning cartoons, most of them for foods high in fat, sugar, and calories.



Older kids with cell phones are even more exposed. When they buy candy or chips, they get offers for text-based messages, free music downloads, ring tones, and whimsical wallpaper for their phone screens. They're usually routed to a

Web site, where they're hit with even more junk food advertising.

To help kids understand that the intent of junk food and fast food advertising is to sell them something, here are some questions you can ask.

“Why do you think the advertiser put a commercial on this particular program?” This gets to the heart of an important media literacy concept: all messages are designed for a particular audience

“Why do you think advertisers use slogans or catchy music?” You may even ask them to recall other songs or slogans they remember from ads. Many of us can remember a particular

phrase or jingle that we heard 10-20 years ago.

“What is appealing in this commercial? Is it the way the food looks; the happy family seen eating the food?” Remember that commercials are constructions, and that techniques are used to make the product seem more attractive. Also chat with kids about the true purpose behind promotions, downloads, and links from games, websites, and cell phones. Kids need to know that no matter how clever the gimmick or game, they're all ads.

“What might the advertiser be leaving out of the commercial and why?” Most food ads are not designed to tell us the nutritional values. Encourage your kids to look elsewhere for the missing information

“Does it make a difference to you that a celebrity was in the commercial?” Teach your children about the popular techniques ad-makers use, such as testimonials from celebrities— or everyday people. This will help

your kids know how they're being influenced.

Here's another idea: Consider muting the sound during commercials and asking your kids to provide dialogue. Ask, “What are they saying?”, “What music is playing?”. You can also ask your kids to find subtle sponsorships and product placement in the games they play and Websites they visit. This is a fun way to help them become more aware about popular techniques.



Vegetable Quesadillas

Recipe from CA 5 a Day

These quesadillas make a great meatless entrée or a healthy snack! Serve with red or green salsa and fat free sour cream or plain yogurt.

Nonstick cooking spray	2 tablespoons chopped fresh cilantro
1/2 cup cooked green bell pepper	4 (6-inch flour tortillas
1/2 cup frozen corn, thawed	1/2 cup shredded reduced-fat Cheddar or Monterey Jack Cheese
1/2 cup sliced green onion	
1/2 cup chopped tomato	



Spray a medium skillet with nonstick cooking spray; sauté bell pepper and corn over MEDIUM heat until softened, about 5 minutes. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro. Heat tortillas in a large skillet over HIGH heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned.

**Makes 4 servings
1 quesadilla per serving**

Nutrition Information Per Serving: Calories 131, Carbohydrate 20g, Protein 7g, Total Fat 3g, Saturated Fat 1g, Cholesterol 3mg, Sodium 253mg, Dietary Fiber 2g

Operation Splash Makes Waves in LA County

Operation Splash is a public/private partnership between Kaiser Permanente and the City of Los Angeles Department of Recreation and Parks Aquatics Division. The goals of the City of Los Angeles blend well with the mission of Kaiser Permanente's Community Benefit Program, and the outcomes sought in the Community Health Initiative's Healthy Eating Active Living (HEAL) strategies.



HEAL seeks to improve the health of communities by addressing factors that help people to eat better and become more active. The HEAL effort focuses on:

- Environmental and social conditions having long-term effects on community health
- Partnerships with public health agencies, schools and community based organizations
- Definitions of health that reach

beyond traditional notions of disease and illness

- Approaches that focus on defined geographic areas

Operation Splash was developed in accordance with Kaiser Permanente's HEAL focus on reducing obesity in the community by increasing opportunities for safe physical activity. \$1.2 million has been committed to the City of Los Angeles Recreation and Parks to support aquatic facilities and swim programs that will help improve access to swim lessons and pool activities.

A n event to officially kick of Operation Splash took place on June 23 at the North Hollywood Pool.

Program components include:

Swim Lesson Scholarships –Children and their families will receive free registration for 10 lessons. Children will receive necessary swim gear to participate, including swimsuits, towels, goggles and sunscreen. 1,800 lessons will be provided this summer.

Extended Summer Pool Season— Selected locations will have its summer pool season extended for two weeks after Labor Day, September 5-17, 2006.

Capital Improvement Projects— The pool at Harvard Recreation Center, currently closed for construction, will be provided with waterslides by Operation Splash.

Family Fun Days— All costs associated with entry fees and rentals were waived at one pool in each council district on July 2. Kaiser will provide donations for raffles and giveaways.

Citywide Culminating Events—Junior Olympics type events will celebrate the culmination of Operation Splash. Events include diving at Venice on August 6, as well as other events at different locations throughout the city.

Pool locations in SPA 6 are located in the table below.

For more information, call Debby Roland, Dept. of Recreation and Parks, at 818 246 1699.

Swimming Pool Location	Council Dist.	Swim Lessons	Extended Season	Family Fun Days	Culminating Event
109th Street (1464 E. 109th St.,)	15	✓			
Algin Sutton (8800 S. Hoover St.)	8	✓	✓	✓	
Celes King III (5001 Rodeo Rd.)	10	✓			
Central (1357 E. 22nd St.)	9	✓			
Green Meadows (431 E. 89th St.)	9	✓			
Harvard (6120 Denker Ave.) *	8				
Ross Snyder (1501 E. 41st St.)	9	✓			
South Park (345 E. 51st St.)	9	✓	✓	✓	
Van Ness (5720 2nd Ave.)	8	✓	✓		

* Waterslides only

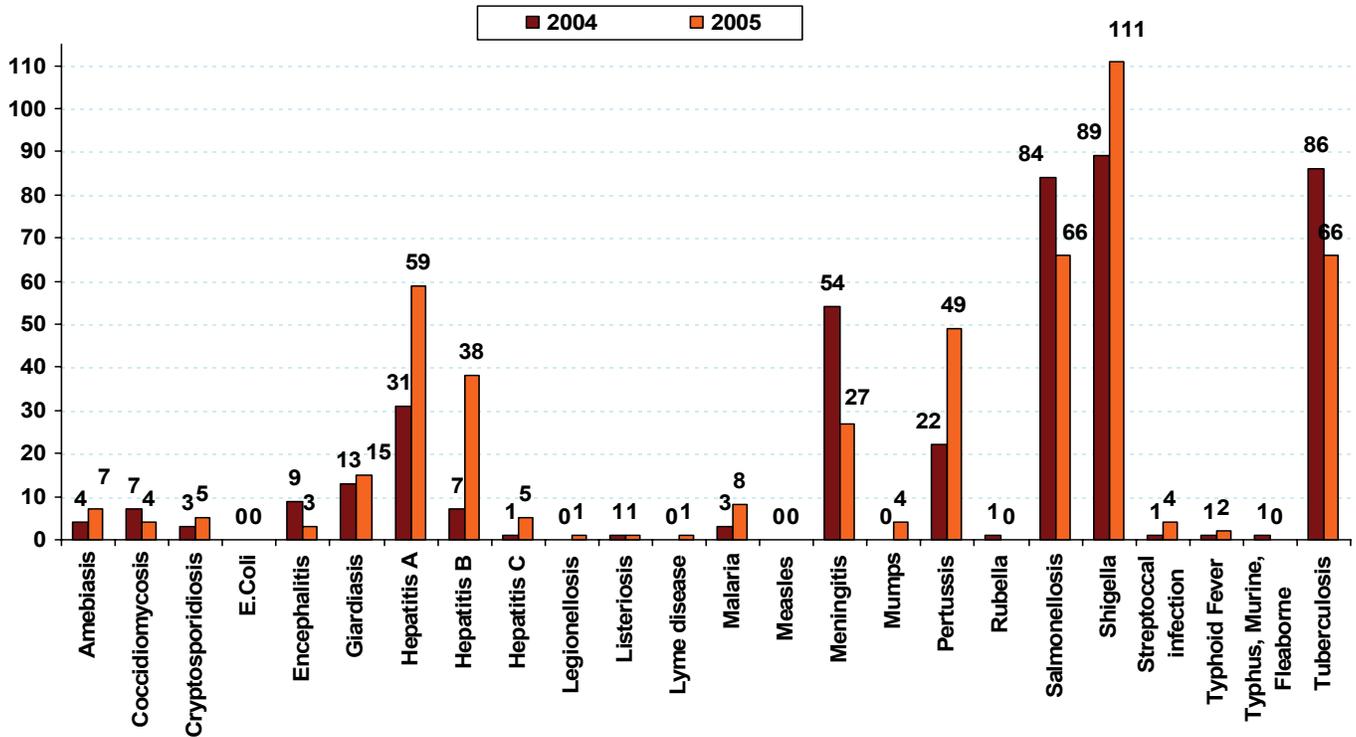
West Nile Virus season has arrived! To reduce exposure to the virus, follow the precautions recommended for all mosquito-borne diseases:

- Avoid mosquito infested areas at dawn and dusk
- Wear long-sleeved shirts and long pants when you are outdoors
- Repellants containing DEET, picaridin, or oil of lemon eucalyptus are effective defenses
- Make sure you window screens don't have holes

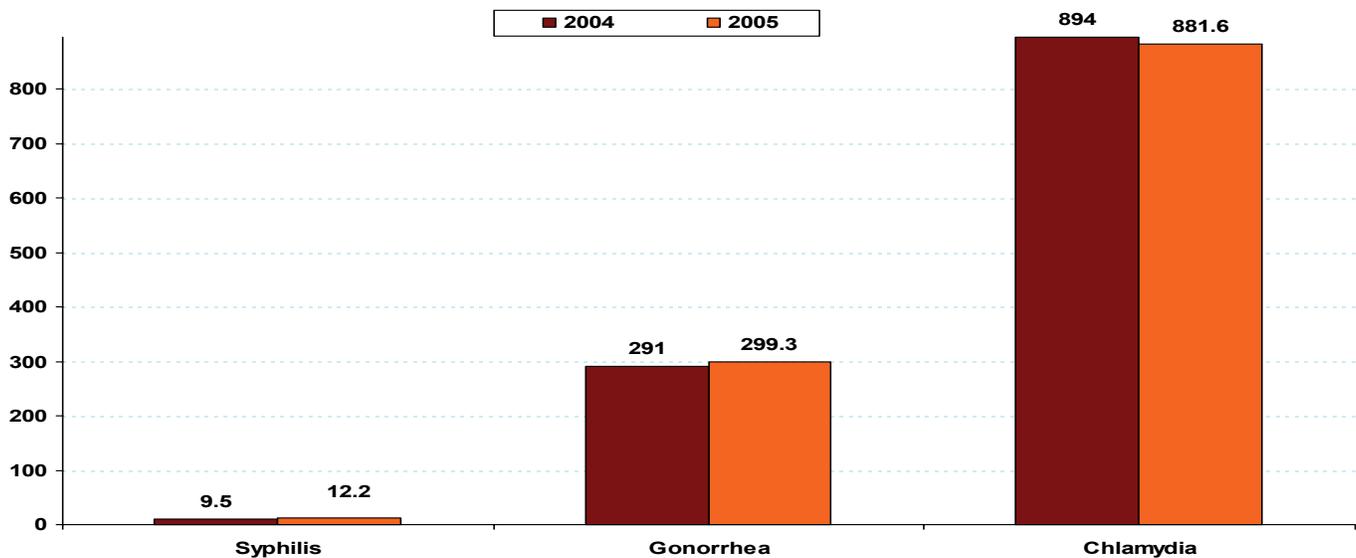
- Don't allow water to stagnate in old tires, flowerpots, trash, swimming pools, birdbaths, pet bowls, etc.
- Clean and chlorinate swimming pools; drain water from pool covers
- Stock garden ponds with goldfish or mosquito fish
- Empty and wash birdbaths and wading pools weekly.

For more information, call the LA County West Vector Control District at 310 915 7370 or visit www.ladhs.org

Acute Communicable Diseases (Provisional) South Service Planning Area (SPA 6) 7/1/2004-12/31/2004 versus 7/1/2005-12/31/2005



Sexually Transmitted Disease Rates* (*Cases per 100,000 Persons) South Service Planning Area (SPA 6) 2004 and 2005** (**provisional)



Public Health Officially Separates from the Dept. of Health Services

On May 30, 2006, the Board of Supervisors approved the separation of Public Health from the Department of Health Services. The new Department of Public Health officially took effect on July 6, 2006, with full separation expected to be complete in October. "The separation is a positive move for us because it will allow Public Health to more effectively accomplish our goals", said Martina Travis, Acting Area Health Officer for SPA 5/6. "We will now



have direct access to the decision makers to assure that the most important issues of public health receive full consideration. Public Health can now become more visible in the community"

The new Department will be composed of all Public Health Programs (e.g Environmental Health, STD Program, and Child, Health, and Disability Prevention Program), the eight Area Health Of-

fices, the Office of AIDS Programs and Policy, the Alcohol and Drug Program Administration, Children's Medical Services, and the Antelope Valley Rehabilitation Centers.

Separation will not directly affect Public Health employees or the general public. Both the Department of Health Services and the Department of Public Health will continue to work together to provide health care services and protect the health of the residents of LA County.

SPA 6 Public Health Nurses form Speaker's Bureau

SPA 6 nurses are getting organized!

SPA 6 Public Health Nurses (PHN) have an exhaustive list of presentations and are trying a new way to get organized. As a result, they have formed the Speaker's Bureau. The group was created to bring conformity to the presentations that PHN's are often asked to do. "Previously, the nurses were fragmented, everybody was doing their own thing. We realized that we needed to be in synch and bring a consistent message to the public", said Dee Warren, Acting Nurse Manager, SPA 6. "In this way, we can effectively reach our community to further our efforts in decreasing health disparities." Speaker's Bureau members are trained on how to use each presentation with topics ranging from Avian Flu to Intimate Partner Abuse to West Nile Virus. Upon

completing the training for each presentation, the members continue to practice and share helpful feedback so that they can anticipate certain questions and be prepared to answer them.



In addition the members have created a general letter explaining Public Health Nursing and introducing their services along with the list of presentations

provided. Organizations can select topics or subjects they would like based

on their agency's needs. Once contact has been initiated, the Speaker's Bureau plans to do one presentation every month and continue involvement with the agency. This has allowed the Speaker's Bureau to become visible to the community and create awareness about Public Health Nursing and all they have to offer. The Speaker's Bureau has first chosen to work with two churches from each district within SPA 6 and will branch out into the community through other agencies and organizations.

If you are interested in having a Public Health Nurse come to your agency and give a presentation, please contact Jameelah Harris, Public Health Nurse at 323 235 6720 or jharris@ph.lacounty.gov

September is National Fruit and Vegetable month. The public is encouraged to consume between 5 and 9 servings of fruits and vegetables each day. Not sure how all that adds up? Take a look at the chart to get an idea. It's not as difficult as you might think!

For more information, visit www.5aday.gov.



SPA 6 EXECUTIVE TEAM

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Area Medical Director: Maxine Liggins, MD
Director of Operations: Willie Mae Howard, MPA
Nurse Manager (Acting): Dee Warren, MSN, MPH, BSN
Nurse Supervisors: Yesenia Eras, PHNS (Acting)
Irlene Terrell, PHNS
Patricia Bautiste, PHNS
Ann Nelson, PHNS
Community Liaison: Emily Moore, PHN
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The **SPA 6 CHRONICLE** is published three times a year by the South Service Planning Area. You are welcome to make copies of this newsletter.

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PUBLIC HEALTH MISSION : TO SAFEGUARD AND IMPROVE THE HEALTH OF ALL LOS ANGELES COUNTY RESIDENTS