Public Health

Working for you every day.

By the end of this presentation, we will...

- Define what Public Health is
- Identify DPH key activities and services
- Describe how DPH has improved health outcomes in LA County
- Describe how you can access DPH services

Defining public health

What is Public Health?

"The practice of **preventing** disease and promoting good health in **groups** of people, from small communities to entire countries."
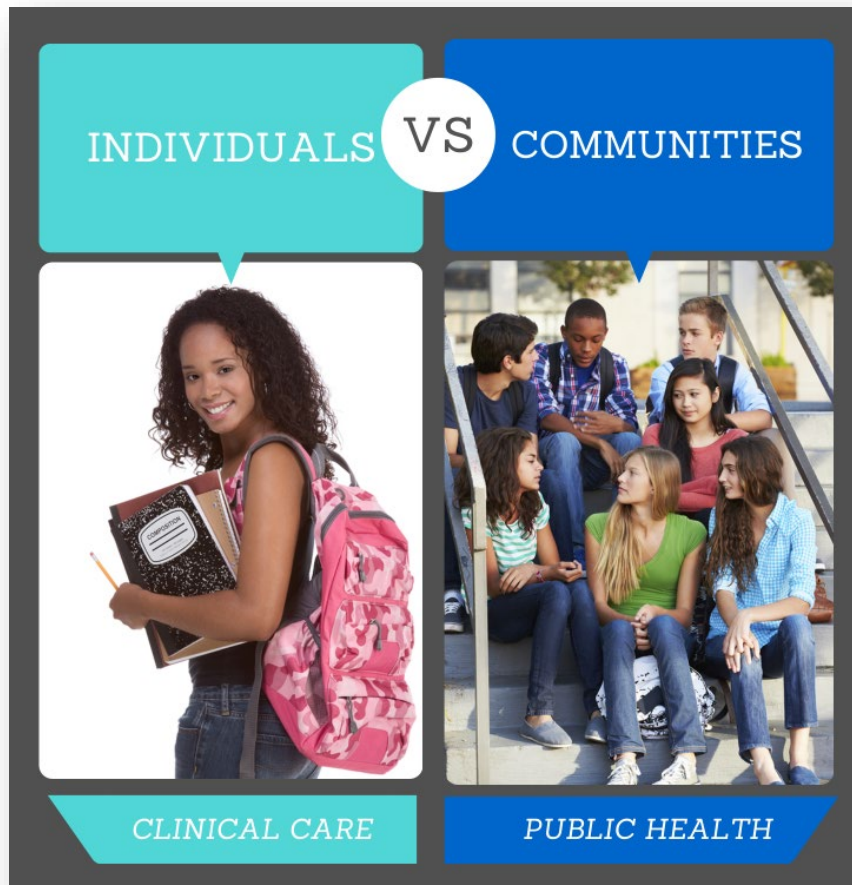
What does it mean to "prevent disease?"

It means we…

- Stop health problems from ever starting
- Catch health problems early so they don't get worse
- Manage health problems so they don't cause death or disability

What does it mean to "promote health in groups?"

INDIVIDUALS VS COMMUNITIES
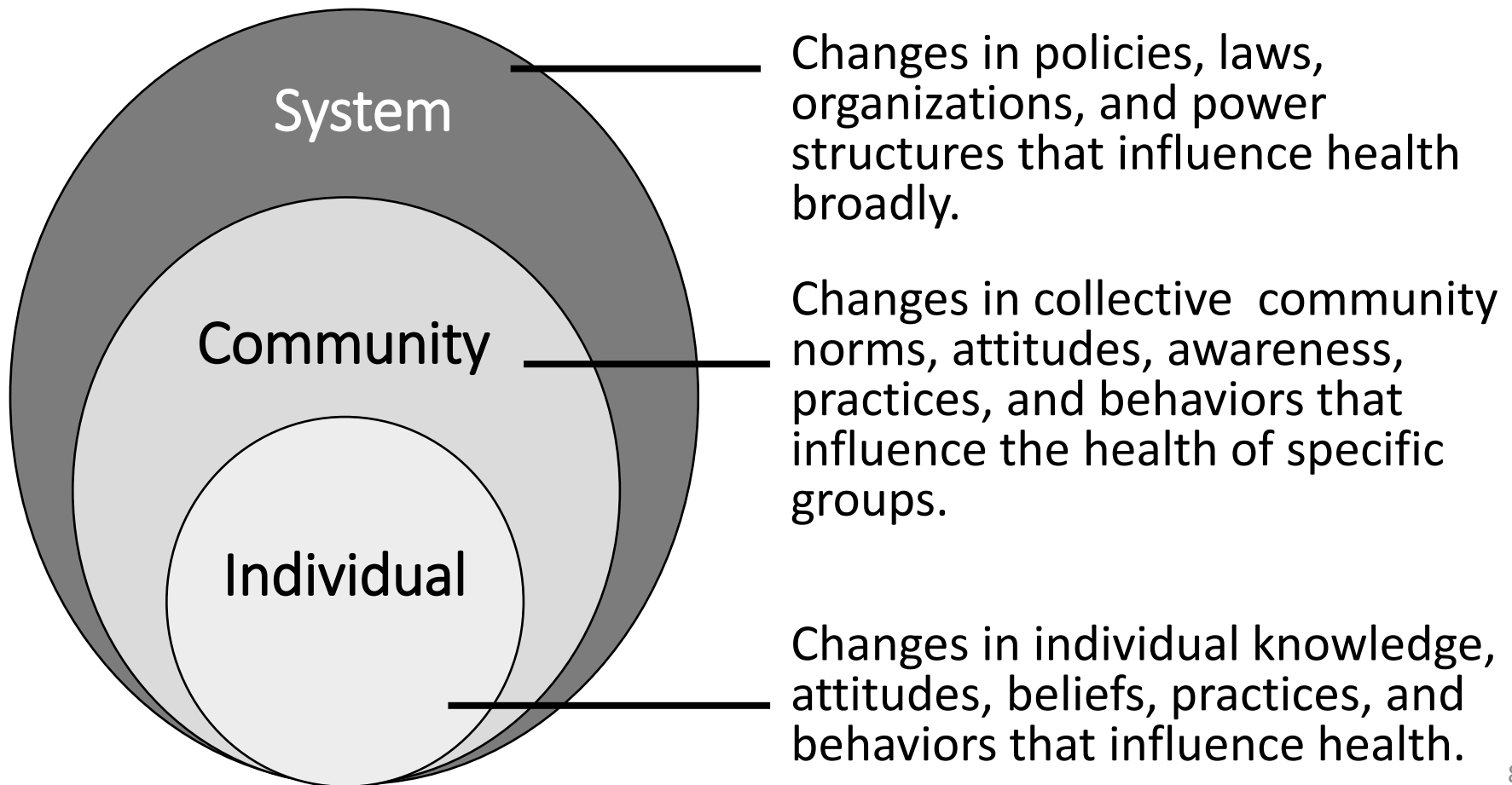
CLINICAL CARE   PUBLIC HEALTH

It means we…

- Lead and support actions that help individuals, groups, and communities be healthy
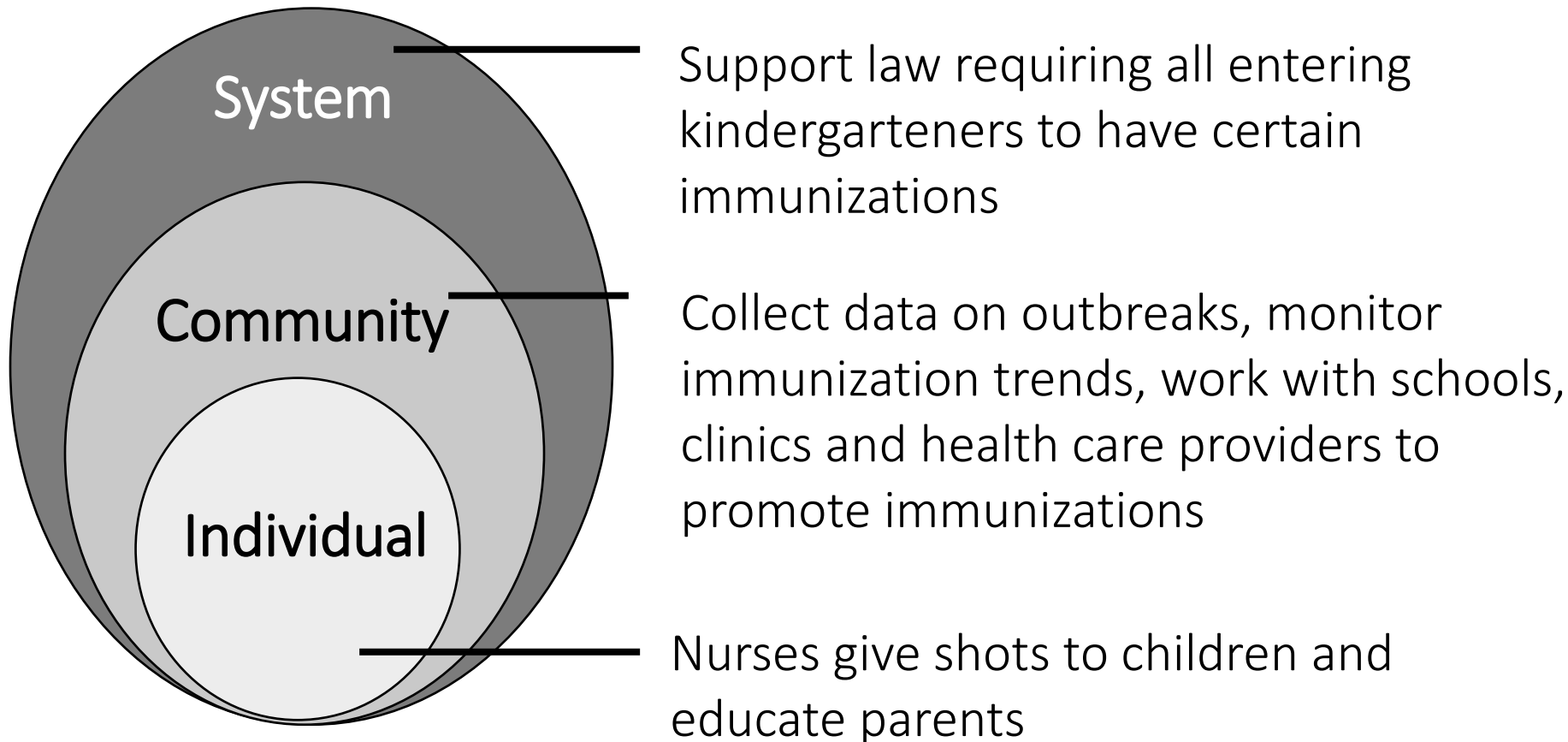
What is a community?

It's a group of people that have something in common…

Commonalities	Example
Geographic boundaries	Live in same neighborhood
Sense of membership	Belong to the same parent group or church
Culture and language	Speak the same language
Common norms, interests, or values	Like the same sports team
Common health risks or conditions	Have asthma
Live or work in the same place	Work for LA County
Social, economic, and physical risk factors where they live or work	Live or work near freeways

Source: The Future of the Public's Health in the 21st Century (2002),
The National Academy of Sciences http://www.nap.edu/openbook/030908704X/html/182.html

How does Public Health work with communities?

System

Changes in policies, laws, organizations, and power structures that influence health broadly.

Community

Changes in collective community norms, attitudes, awareness, practices, and behaviors that influence the health of specific groups.

Individual

Changes in individual knowledge, attitudes, beliefs, practices, and behaviors that influence health.

EXAMPLE: Three Levels Example

System — Support law requiring all entering kindergarteners to have certain immunizations

Community — Collect data on outbreaks, monitor immunization trends, work with schools, clinics and health care providers to promote immunizations

Individual — Nurses give shots to children and educate parents

How is public health different from clinical care?

A Public health focuses on prevention not treatment.

B Public health works with communities not just individuals.

C Public health only works at a community-level.

D A and B

What is Public Health work?

- Public health work falls into these three areas:

Assessment   **Policy Development**   **Assurance**

DEFINITION: **Assessment**

Protecting health by...

- *Tracking* community health

- *Investigating* health problems and hazards

DEFINITION: **Policy Development**

Helping communities make healthy decisions by...

- *Teaching* about health issues

- Working with *partners* to identify and solve problems

- Writing *policies and plans* that make healthy choices the easiest choices

DEFINITION: **Assurance**

Protecting health by making sure that…

- Health *laws are followed*
- People can *access* services
- *Public health workers* can do their job well
- Our *public health activities* are working
- We find *new solutions* to health problems

Public Health's Top Accomplishments during the 20th Century

Today, Americans live about <u>30 years longer</u> than in the year 1900 mostly due to Public Health efforts

1. Developing immunizations
2. Ensuring safer workplaces
3. Controlling infectious diseases
4. Decreasing deaths from heart disease/stroke
5. Ensuring safer and healthier foods
6. Increasing family planning options
7. Adding fluoride to drinking water
8. Supporting measures to reduce tobacco use
9. Developing motor-vehicle safety policies
10. Improving health for mothers and babies

Source: Centers for Disease Control and Prevention

Departmental activities

Los Angeles County Department of Public Health (DPH)
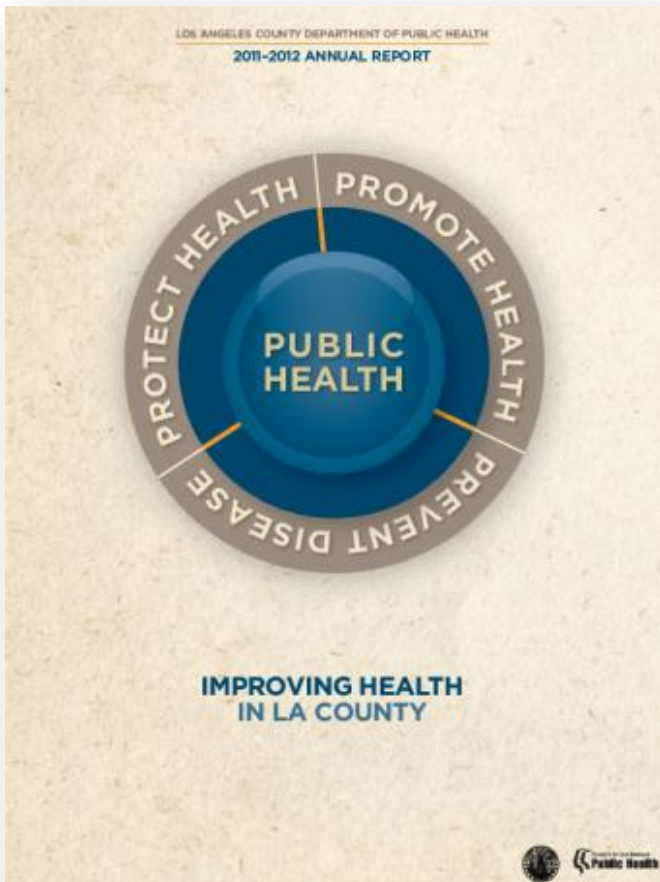
- **Vision**
  - Healthy People in Healthy Communities

- **Mission**
  - To protect health, prevent disease, and promote health and well-being

Where does DPH work?

We work all over Los Angeles County.

- Over 4,000 square miles
- 88 cities
- Over 100 unincorporated areas
- Over 10 million residents
- 1 of every 4 Californians lives in LA County (26%)

Where does DPH work?

We work all over Los Angeles County.

Service Planning Areas (SPAs)

1: **Antelope Valley**

2: **San Fernando**

3: **San Gabriel**

4: **Metro**

5: **West**

6: **South**

7: **East**

8: **South Bay**

Some of our staff

- Public Health Nurses
- Health Educators
- Epidemiologists
- Physicians
- Microbiologists
- Public Health Investigators

- Community Workers
- Nutritionists
- Dentists
- Environmental Health Specialists
- Researchers
- Veterinarians

POP QUIZ:
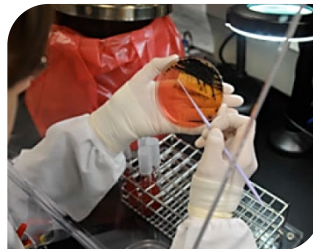
What are the three areas of Public Health work?

Assessment   **Policy Development**   **Assurance**

These are the three areas of Public Health work:

| AREA	DEFINITION
Assessment	**Protecting health by…** • Tracking community health • Investigating health problems and hazards
Policy Development	**Helping communities make healthy decisions by…** • Teaching about health issues • Working with partners to identify and solve problems • Writing policies and plans that make healthy choices the easiest choices
Assurance	**Protecting health by making sure that…** • Health laws are followed • People can access services • Public health workers can do their job well • Our public health activities are working • We find new solutions to health problems

Assessment

- Track births and deaths
- Track prescriptions
- Conduct disease surveillance 24 hours a day seven days a week
- Provide services at our public health lab
- Investigate disease outbreaks
- Let people know if they've come into contact with a disease
- Let the public know about product recalls

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Assessment continued

- Check ocean water and swimming pools to make sure swim areas are safe

- Test animals and insects known to cause disease like birds, mosquitos, and squirrels

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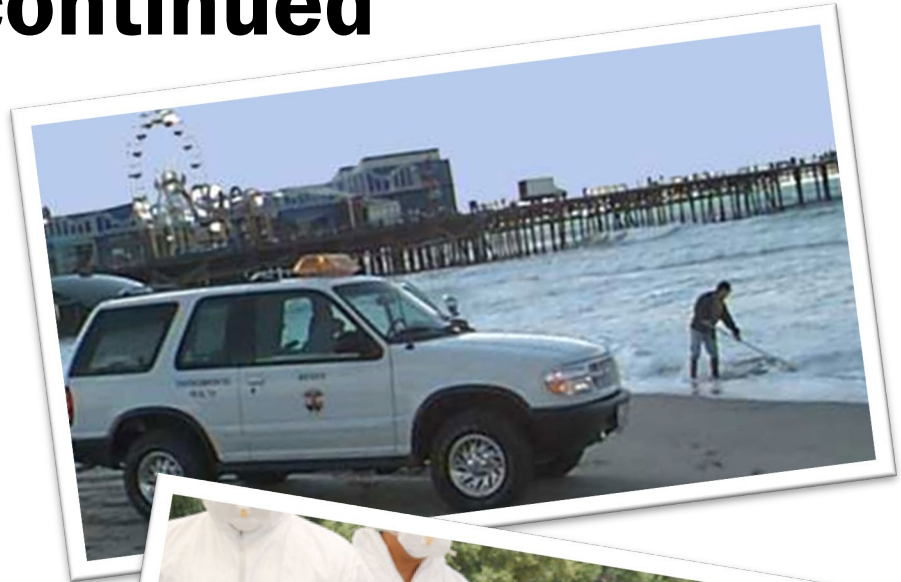
Policy Development

- Inform people at public events and presentations

- Make home visits to young moms

- Share public health messages through media campaigns

Policy Development continued

- Write and practice plans with cities, businesses, and schools to prepare for disasters and terrorism

- Work with partners to advocate for healthy communities that are safe and have bike lanes, farmers markets, and smoke-free public areas

- Bring groups together that care about the same issues

Assurance

- Inspect and grade restaurants, markets, and food trucks to prevent food-related illness

- Inspect and license hospitals and nursing homes

- Inspect homes to prevent lead poisoning and other dangers

- Control animals, rodents, and insects that may cause disease

Assurance continued

- Give free or low cost vaccinations
- Provide medical care for people that have sexually transmitted diseases, or tuberculosis
- Provide substance abuse prevention, treatment, and recovery services
- Coordinate free health care for people that have HIV/AIDS
- Help coordinate health services for children in foster care and probation

Assurance continued

- Help agencies learn how to enroll people into health insurance programs
- Refer people to other agencies for health services DPH doesn't provide
- Train DPH staff to respond to terrorism threats, emerging infections, and natural disasters
- Write reports that show our activities and progress

Let's play a game!

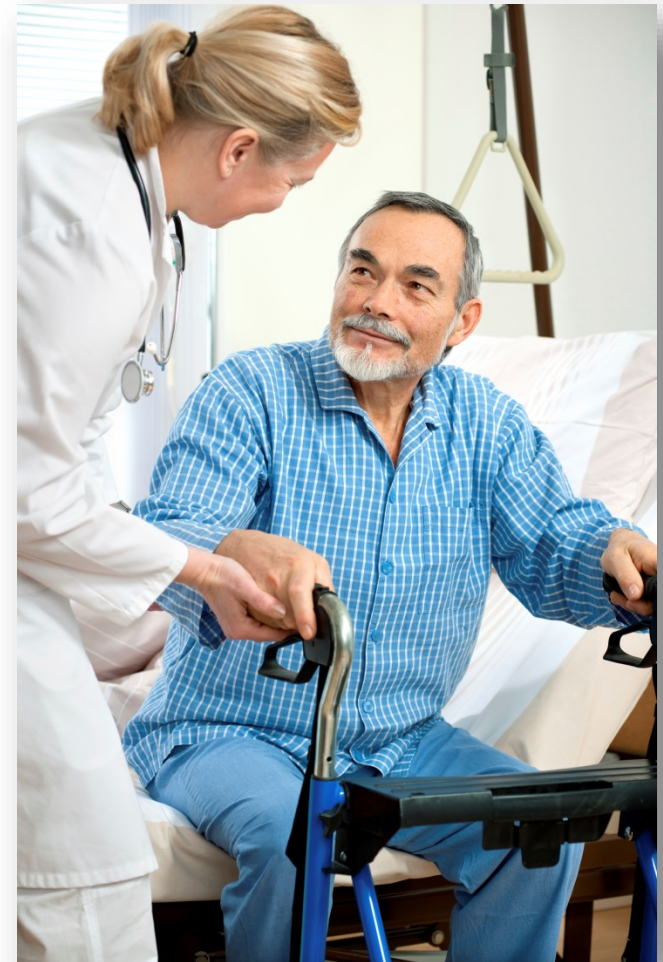**DPH inspectors check to see if a skilled nursing facility is following state health and safety rules. This is an example of…**

Assessment

Policy Development

Assurance

DPH writes a countywide policy. It requires staff that have contact with patients at certain health care facilities to get a yearly flu shot or wear a mask. This is an example of...

Assessment

Policy Development

Assurance

Why do we wear masks?

FOR EVERYONE

Wearing a mask keeps us from catching or spreading germs. Keeping everyone healthy during flu season means...

- Our team gets a flu shot or wears a mask
- You ask us for a mask if you feel sick, like when you have a fever, chills, cough, sore throat, body aches, runny or stuffy nose

WE HELP EACH OTHER STAY HEALTHY!

[Insert your logo here]

For more information, contact:
[Insert contact name]
[Insert contact number or email]

Rev: 12/12/2013

DPH keeps hens at different places to track disease. Staff tests the hens' blood every two weeks to see if they've gotten a disease that spreads by mosquito bites. This is an example of…

Assessment

Policy Development

Assurance

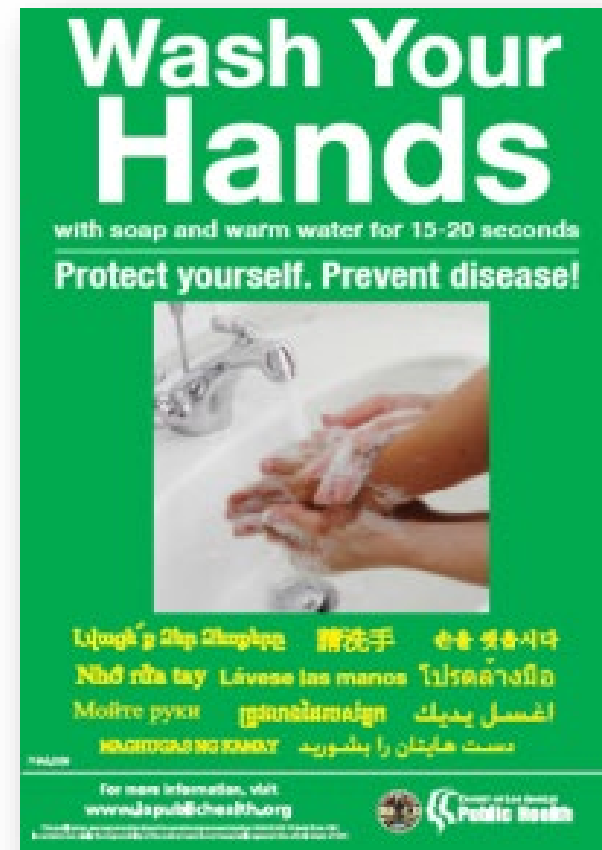# DPH inspectors check to see if restaurant staff are washing their hands correctly. This is an example of...

Assessment

Policy Development

Assurance

DPH works with a group of agencies that want to stop homelessness in LA County. This is an example of...

Assessment

Policy Development

Assurance

A client comes to a DPH health center to get a flu shot. This is an example of…
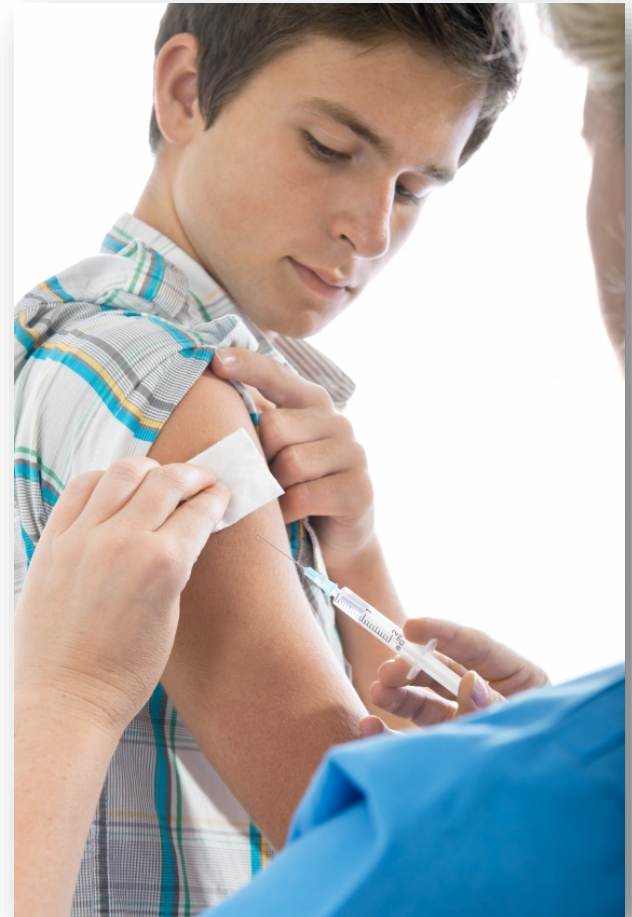

Assessment

Policy Development

Assurance

Hospitals report they have patients coming in with severe stomachaches and diarrhea. Some patients said they ate a specific brand of ground beef. DPH investigates whether these cases are related. This activity is an example of...

Assessment

Policy Development

Assurance

DPH places ads on buses that inform people about the dangers of smoking. This activity is an example of…

Assessment

Policy Development

Assurance

Dying from smoking is rarely quick... and never painless.

When smoking leads to emphysema, you can suffer every minute of every day.

QUIT SMOKING TODAY. For free help, go to

LAQUITS.COM

A DPH staffer answers the Women's Health hotline. The operator helps the caller make an appointment to get a mammogram. This activity is an example of…

Assessment

Policy Development

Assurance

Departmental accomplishments

Examples of how DPH helps improve health in LA County

We work with other County departments, elected officials, schools, businesses, and other partners to…

- Advocate for calories to be posted on menus

- Write bicycle master plans that have led to 800 miles of new bikeways

- Create smoke-free beaches, restaurants, and parks

- Respond to countywide emergencies like pandemic H1N1 flu and radiation after the Fukishima Daiichi nuclear disaster

- Hold makers of lead paint legally responsible for creating unhealthy environments, especially for infants and children

Examples of how DPH helps improve health in LA County

Carry out programs that have helped decrease the...

- Percent of kids who drank one or more sugary drinks from 43.3% in 2007 to 38.3% in 2011

- Number of adult smokers in LA County below one million for the first time since 1997

- LA County death rate by 19% during 2001-2010
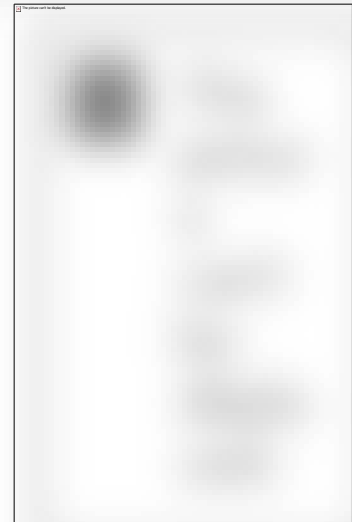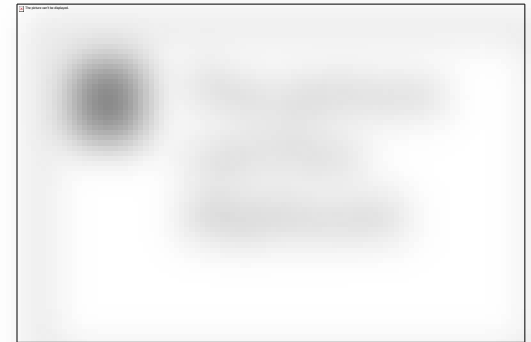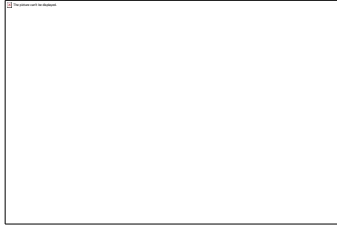
Departmental services

14 Public Health Clinics

Our health centers only provide basic public health services, like health care for TB and STDs, triage for communicable disease, and immunizations.

Antelope Valley

Glendale

Monrovia

Pomona

Torrance

Downtown LA

Hollywood/Wilshire

North Hollywood

Southwest LA

Whittier

Inglewood

Southeast LA

Pacoima

Santa Monica

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Where can you go for more DPH information?

- Dial 2-1-1
  - Links you to health and human services
  - 24 hours/day, 7 days/week
  - Different languages
- Visit our website http://www.publichealth.lacounty.gov/
- Send us an email phinfo@ph.lacounty.gov

- Follow us on social media:

 www.facebook.com/lapublichealth

 www.twitter.com/lapublichealth

 www.youtube.com/lapublichealth

In summary, today we discussed and reviewed…

- What Public Health is

- DPH's key activities and services

- How DPH has improved health outcomes in LA County

- How you can access DPH services

WORKING TO PROTECT AND IMPROVE HEALTH

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