

Creating System Change: A Vital Strategy for Our Environments and Our Health



Federal Reserve Convening

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Jonathan E. Fielding, MD, MPH, MBA

Director and Health Officer, Los Angeles County Department of Public Health

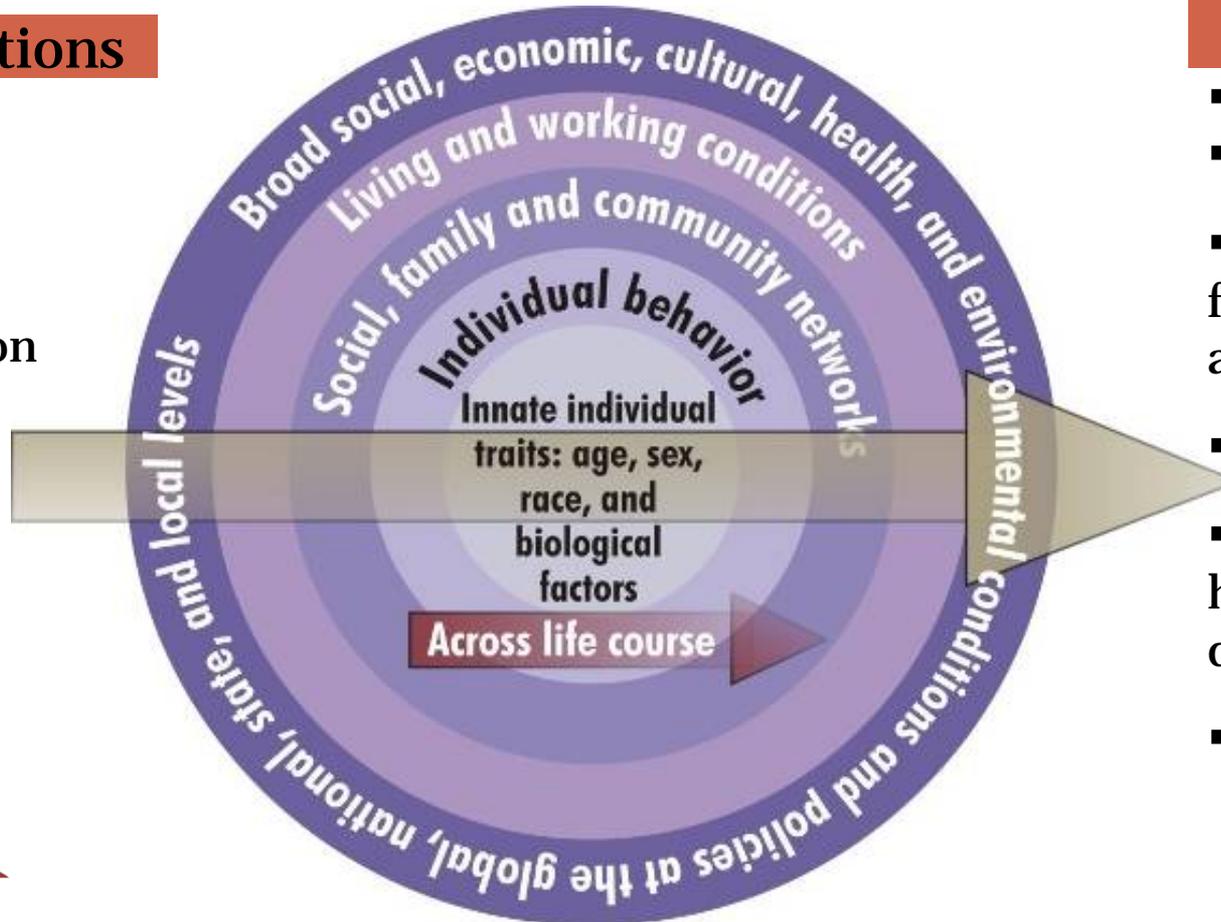
Distinguished Professor of Health Services and Pediatrics

Schools of Public Health and Medicine, UCLA

Healthy People 2020 Ecologic Model of Health

Interventions

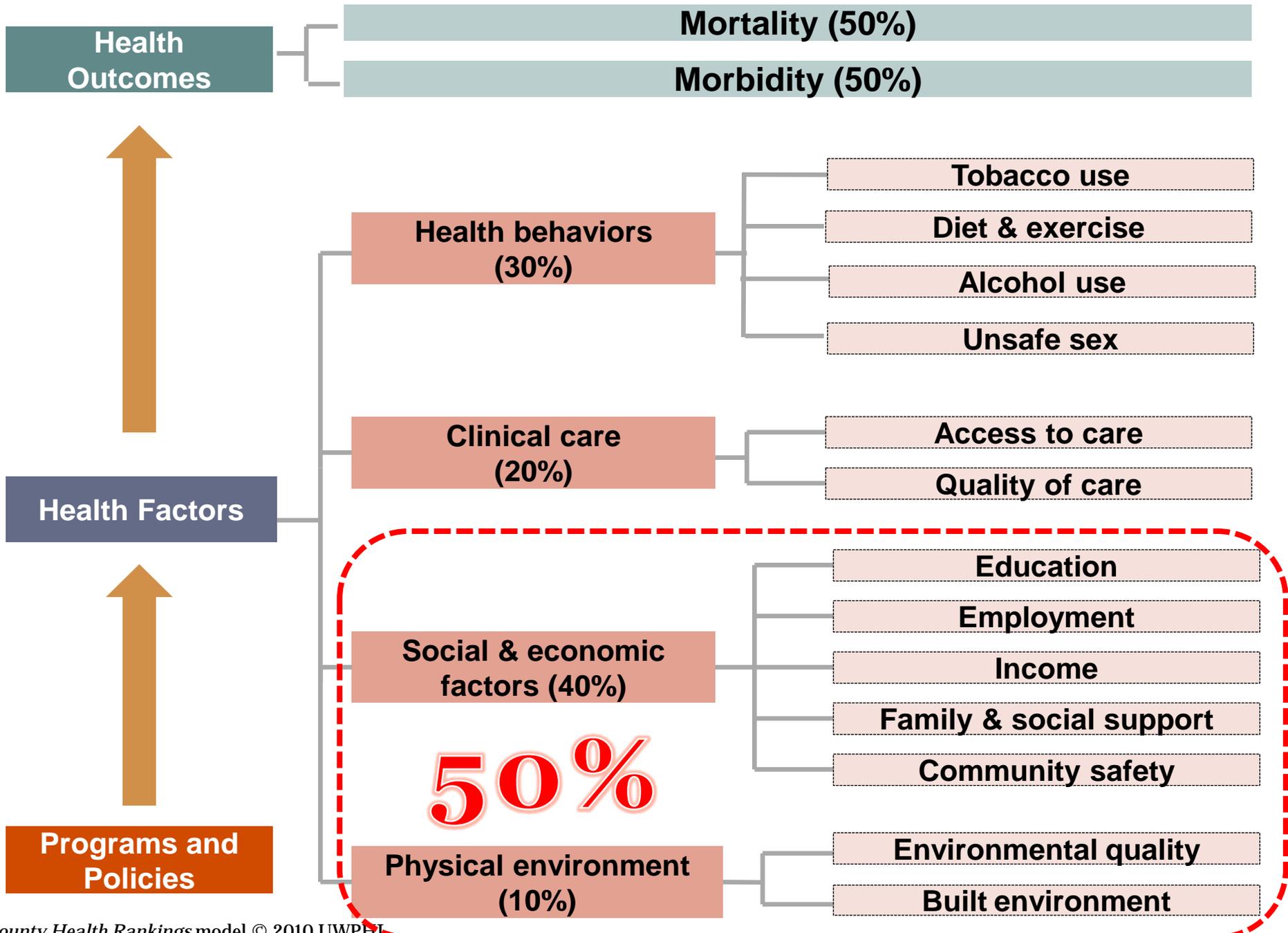
- Policies
- Programs
- Information



Outcomes

- Behavioral outcomes
- Specific risk factors, diseases and conditions
- Injuries
- Well-being and health-related quality of life
- Health equity

Assessment, Monitoring,
Evaluation & Dissemination



Underlying Determinants of Health



“Conditions in the social, physical, and economic environment in which people are born, live, work, and age. They consist of policies, programs, and institutions and other aspects of the social structure, including the government and private sectors, as well as community factors.”



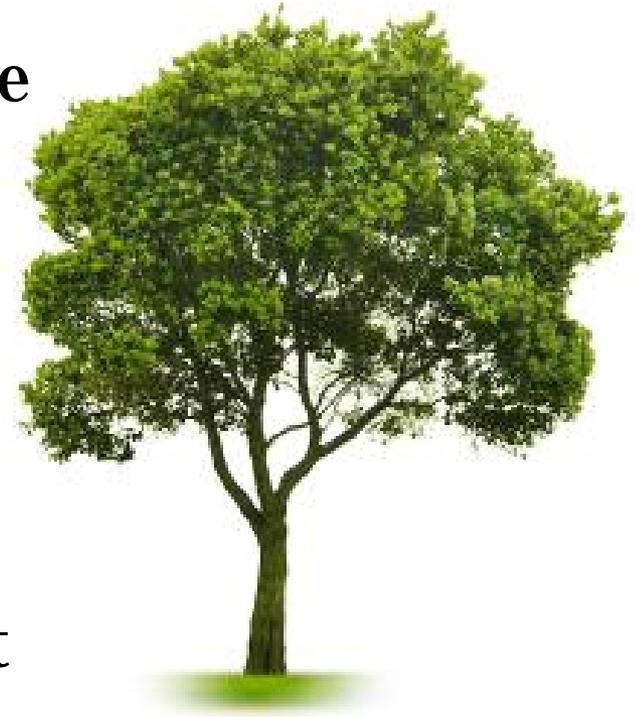
Beatrice de Géa for The New York Times



What is a Healthy Community?



- 1. Meets basic needs of all**
- 2. Provides quality and sustainable environment**
- 3. Maintains adequate levels of economic and social development**
- 4. Promotes health**
- 5. Fosters social relationships that are supportive and respectful**



PHYSICAL ENVIRONMENTS MATTER



Adverse Health Impacts From Poor Community Design



- ↓ traffic safety
- ↓ water quality & quantity
- ↓ social capital
- ↓ elder health & mobility
- ↓ mental health
- ↓ physical activity
- ↑ air pollution
- ↑ crime & violence
- ↑ health disparities
- ↑ obesity & chronic disease

Epidemic of Overweight

- Diabetes affects about 650,000 adults in LA County
- Rates of diabetes has increased from 6.6% in 1997 to 9.1% in 2007¹
 - Adults living in households below the FPL were twice as likely to have diabetes compared to those living at or above 200% FPL¹
- In 2007, 7.7% of adults reported ever being diagnosed with heart disease in LA County (≈578,000 people)



1) LA Health Brief. *Trends in Diabetes: A Reversible Public Health Crisis*. LAC DPH, Nov 2010.

2) 2007 Los Angeles County Health Survey. Office of Health Assessment and Epidemiology, Los Angeles County Department of Public Health.

Cities/Communities with Lowest and Highest Childhood Obesity Prevalence, 2008



Bottom 10*

City/Community Name	Obesity Prevalence (%)	Rank of Economic Hardship (1 - 128)
West Athens	30.6	94
South Gate	30.7	110
Florence-Graham	31.0	128
West Whittier-Los Nietos	31.1	81
West Carson	31.4	56
Vincent	32.2	69
East Los Angeles	32.9	117
Hawaiian Gardens	33.4	107
South El Monte	34.5	111
Walnut Park	38.7	113

Average 10 highest 32.7%

Ave Median Household Income

\$37,747

Top 10*

City/Community Name	Obesity Prevalence (%)	Rank of Economic Hardship (1 - 128)
Manhattan Beach	3.4	2
Calabasas	5.0	8
Hermosa Beach	5.1	1
Agoura Hills	5.3	10
Beverly Hills	5.4	19
Malibu	5.9	4
Palos Verdes Estates	7.3	5
San Marino	7.8	15
Rolling Hills Estate	8.4	9
La Canada Flintridge	8.5	18

Average 10 lowest 6.2%

Ave Median Household Income

\$99,555

*Table excludes cities/communities where number of students with BMI data < 500.

Source: CA Physical Fitness Testing Program, CA Department of Education. Includes 5th, 7th, and 9th graders enrolled in LAC public schools; 2000 Census

A FEW EXAMPLES OF DPH ACTIVITIES



YOU WOULDN'T EAT 22 PACKS OF SUGAR. WHY ARE YOU DRINKING THEM?

920 CALORIES

460 CALORIES

CHOOSE LESS. WEIGH LESS.

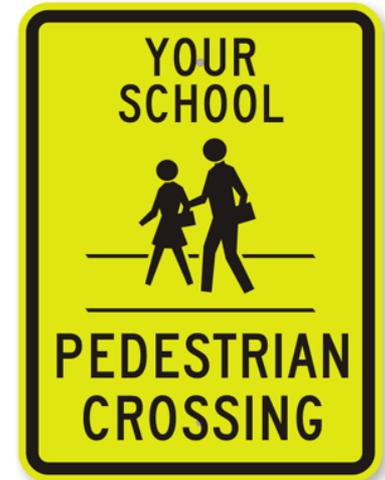
PORTION SIZE MATTERS. 2000 calories a day is all most adults need.
For more information and tips on healthy eating visit: CHOOSEHEALTHLA.com

PLACE Program

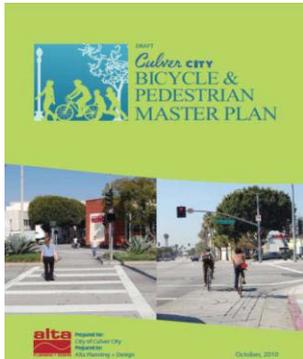
Policies for Livable Active Communities and Environments



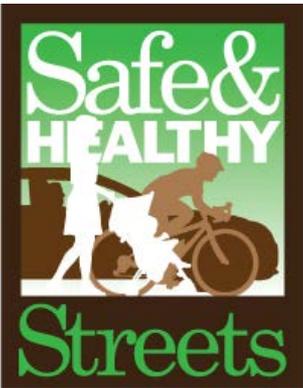
- Created to foster policy and environmental change to support safe, healthy and active communities
- Key strategies for infusing PH into land use and community design:
 - ✦ **Grants to cities & non-profits** to create safe routes to school plans, bicycle/pedestrian master plans, complete streets etc.
 - ✦ **Provide technical assistance** to cities with high rates of childhood obesity for policy change
 - ✦ **Influence regional transportation policies** to support PH goals



Examples of PLACE Efforts



- **Bicycle & Pedestrian Master Plans:**
Culver City, Long Beach, Pomona, Lynwood, South Bay Cities



- **Complete Streets Policies:**
Baldwin Park, Azusa, Huntington Park



- **Health and Wellness Element (in General Plan):**
City of Los Angeles, El Monte

Walking Club Sites:		
Bevy Acres Park	3125 N. Tyler Ave.	Mon. and Wed. @ 9:30 a.m.
Columbia Elementary	3400 N. California St.	Tues. and Thurs. @ 9:00 a.m.
Baker Elementary	12543 Exline St.	Mon. and Wed. @ 9:30 a.m.
Edison Mariposa Park	4140 Gibson Rd.	Tues. and Thurs. @ 9:30 a.m.
Miramonte Elementary	10620 Schmidt Rd.	Tues. and Thurs. @ 9:30 a.m.
Darbin Elementary	12233 Star St.	Mon. and Wed. @ 9:00 p.m.

Examples of PLACE Efforts *(continued)*



- **Joint Use Agreements with Schools:**
4 district-wide and 13 site-specific policies/programs

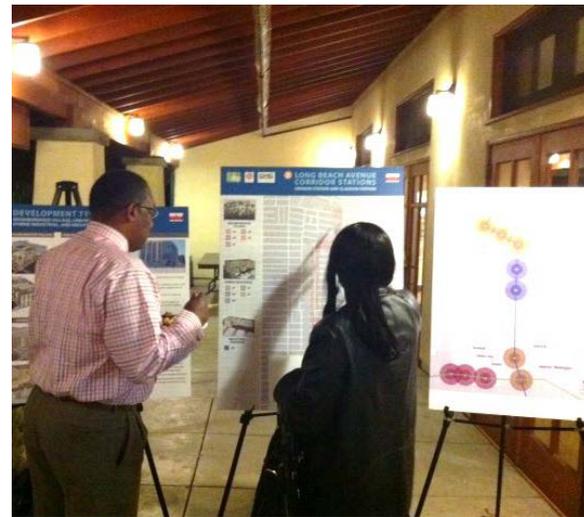
- **Safe Routes to Schools:**
Huntington Park, South Gate, Culver City, Azusa



Examples of PLACE Efforts: Planning and Design in Los Angeles County



- 2008: LA County voters passed Measure R which raised sales tax by a half-cent to fund a variety of public transportation projects over 30 years
 - Transit Oriented District (TOD) plans guide development around transit stations (~0.5 miles) and prioritize walking/biking
 - DPH funded development of TOD plans around 10 stations in South and Southeast Los Angeles.
- DPH collaborating with LAC Regional Planning Department to develop a county-wide Healthy Design Ordinance aimed at healthy community design in subdivisions



Healthy Eating, Active Living (HEAL) Grants

- DPH uses a portion of its Community Transformation Grant (CTG) to fund community health improvement activities
- The HEAL opportunity is just ONE very important component of CTG efforts
- These grants require **many partners** to create comprehensive strategy change
- DPH will fund 8 proposers up to \$125K/year for \approx 4 years to develop and implement strategies that create **environments** where it is **convenient**, **safe** and **easy** for community members to **eat healthfully** and participate in **physical activity every day**



Community Market Conversion Pilot

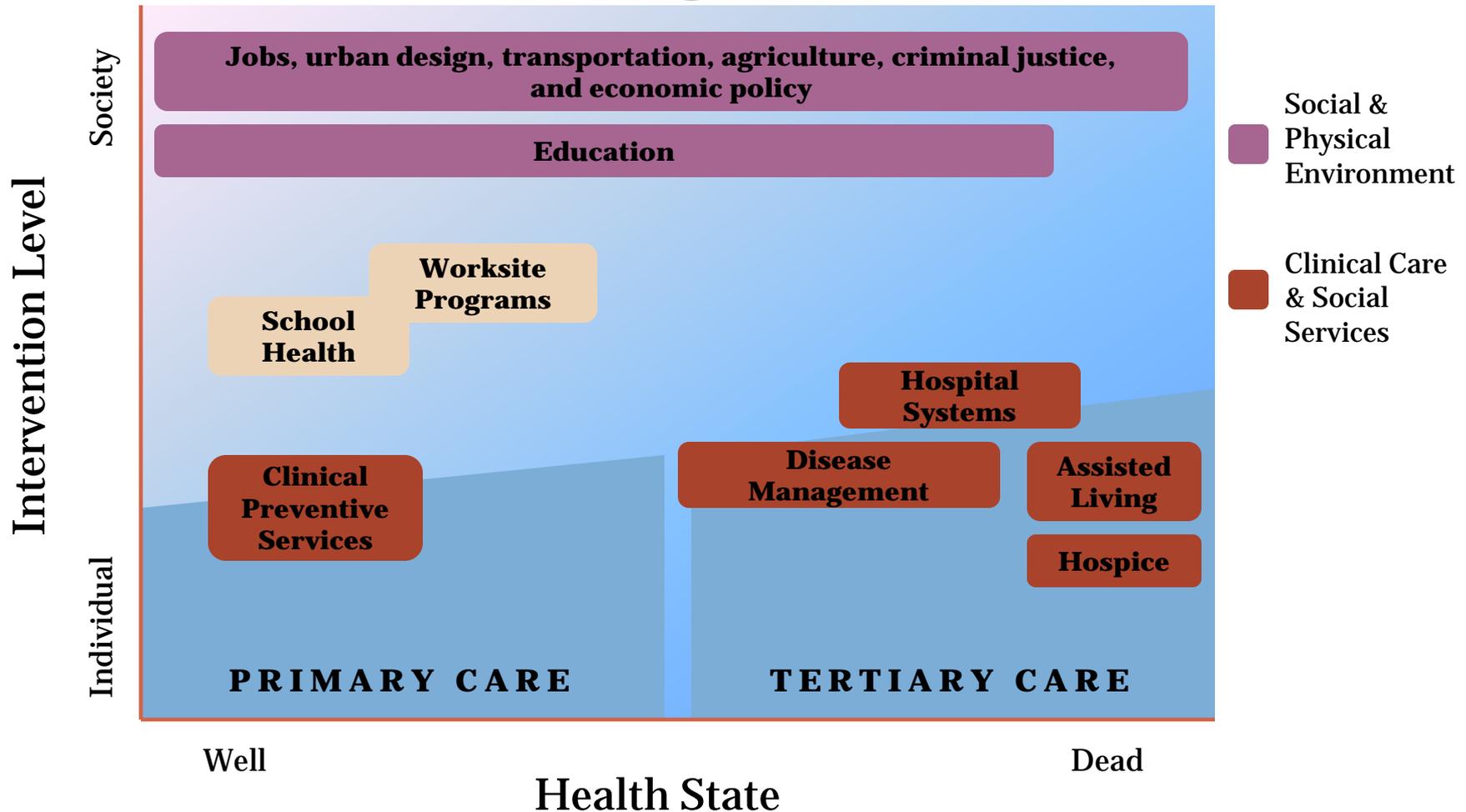
- DPH partnered with the City of LA Community Redevelopment Agency, California Endowment and Los Angeles Neighborhood Initiative on pilot program to transform 4 corner stores in South Los Angeles

Vision of the pilot:

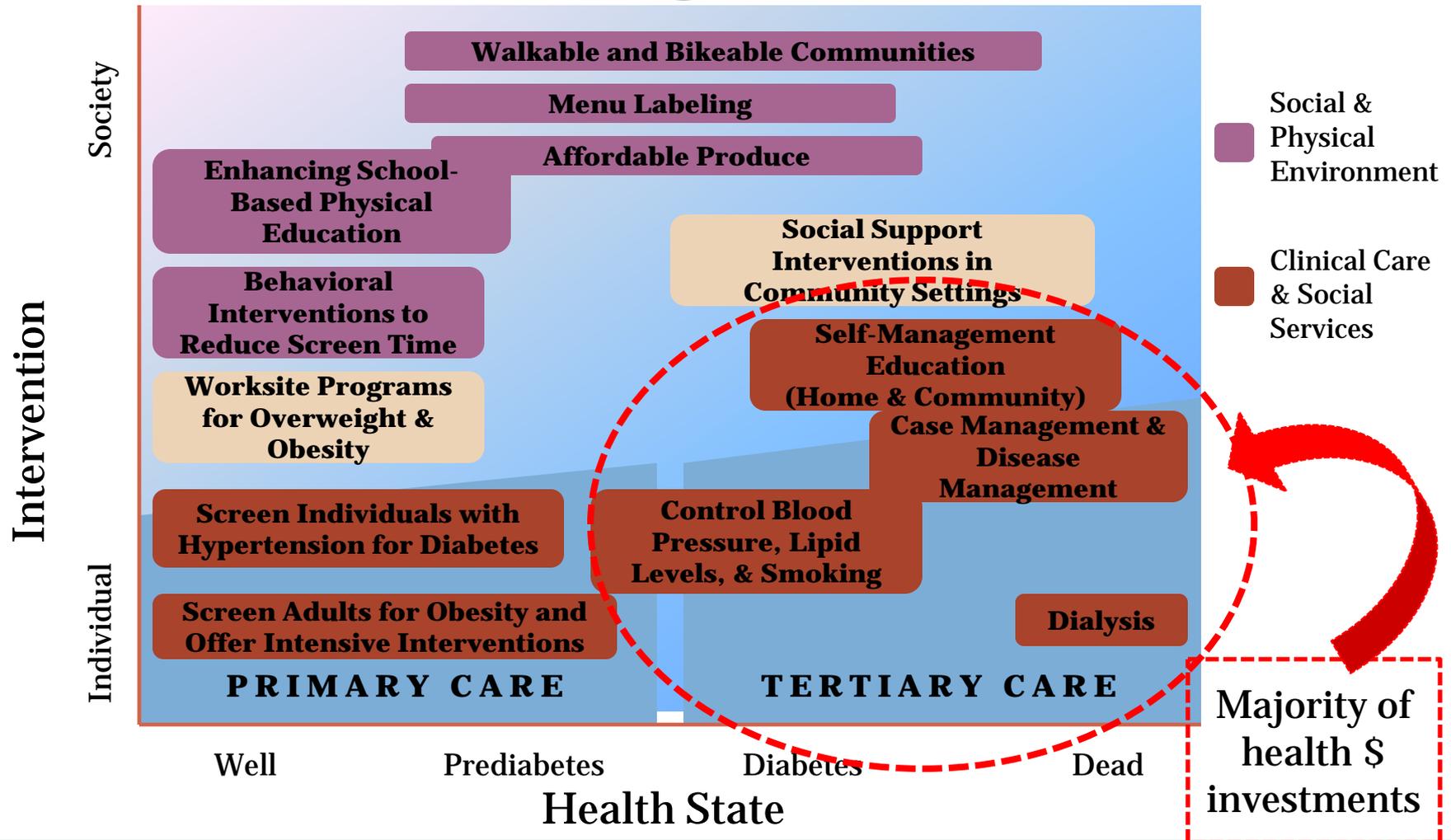
- Increase access to healthy food
- Improve public health through community education
- Improve food retail environment (physical design of stores to promote healthy options)
- Community driven process
- Affordability



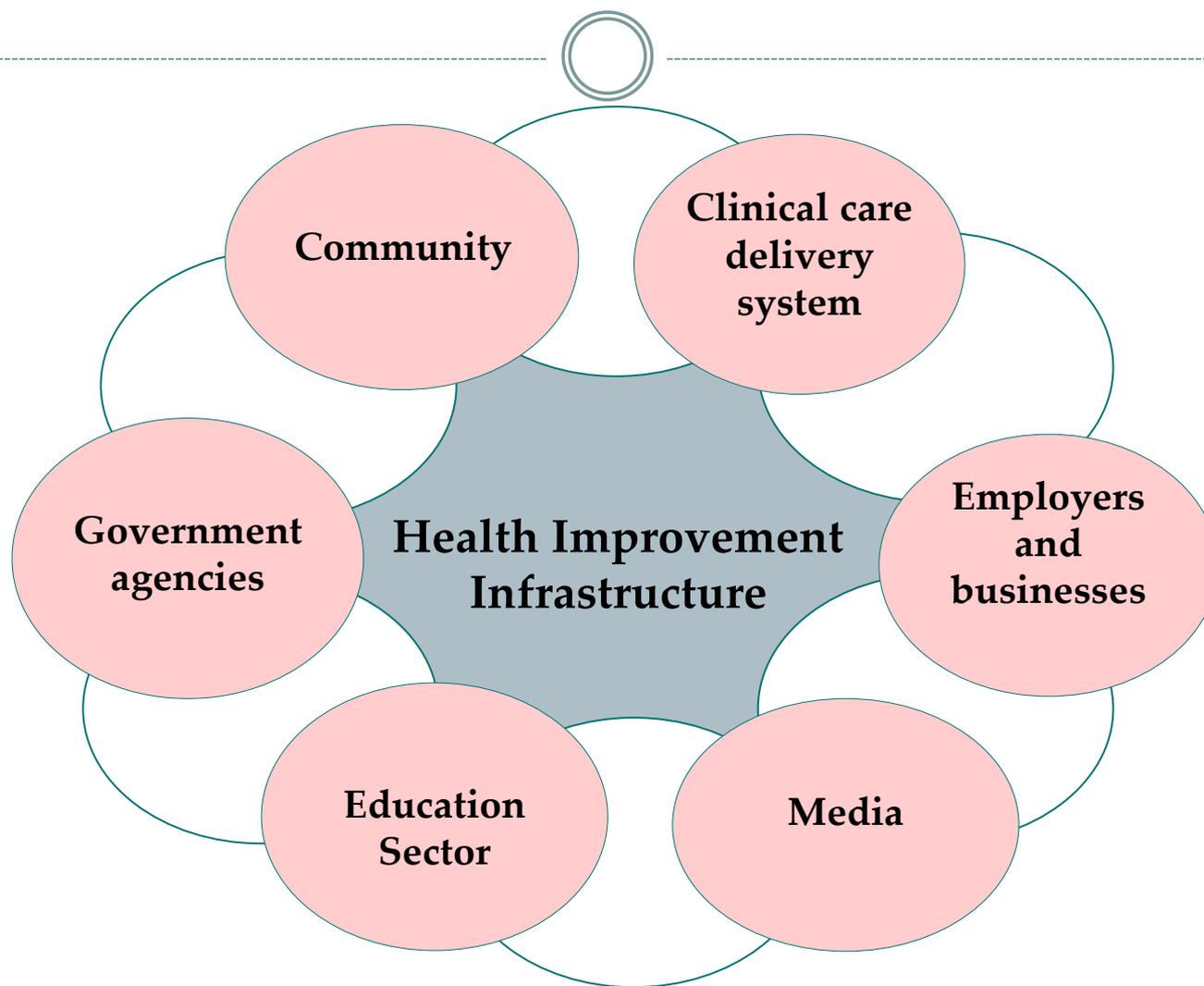
Framework for Action: General Model of Health & Improvement Strategies



Framework for Action: Applied to Type 2 Diabetes



Who Has a Role in Public Health?



Systems Change Requires a Strong & Vocal Constituency



- To effectively address health through community improvements, we need to bring **many sectors together**
- Those outside the traditional health sector must be engaged about the benefits they will receive by advocating for healthy changes (i.e. businesses advocating for improved street design may get increased foot traffic to their storefronts)



What We Can We All Do?



- Make **data driven decisions** on where to funnel resources (fiscal and personnel)
- Target improvement projects in **areas with greatest need**
- Facilitate and support **inter-sectoral action planning** to address ailing social and physical environments
 - Seek out win-wins that provide a range of beneficial outcomes
- Educate ourselves and inform colleagues of the underlying **determinants of health**
- Invest in analyses to show the **health benefits** of decisions (policies and programs) in **other sectors**
- Engage patients about their environments in order to offer resources **beyond the medical model** (i.e. local ESL courses, child care resource and referral services, local walking clubs)



THANK YOU!