2011-2012 ANNUAL REPORT



IMPROVING HEALTH IN LA COUNTY



LA COUNTY DEPARTMENT OF PUBLIC HEALTH

OUR MISSION

To protect health,
prevent disease,
and promote the
health and well-being
of all persons in
Los Angeles County

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Los Angeles County Department of Public Health

This report covers the 2011-2012 fiscal year, or the period July 1, 2011 through June 30, 2012

MESSAGE FROM THE DIRECTOR

Dear Fellow Angelenos,

I would like to share with you a few of the achievements of the Los Angeles County Department of Public Health over the past year. As always, we remained true to our first job—to protect the public's health and identify, reduce, control, and eliminate health threats for every person in LA County.

We accomplished this in a number of ways: We investigated outbreaks and examined hundreds of thousands of potentially infectious samples in our state-of-the-art Public Health lab. We participated in emergency exercises to keep our staff prepared to respond quickly in the event of a disaster, plus we educated and empowered local communities to strengthen their own ability to respond to emergencies. We created a Food Recall webpage that provides consumers and retailers with the latest information about contaminated foods. We worked with community partners to develop the LA County Bicycle Master Plan to add over 800 miles of new bikeways. We created the sugar-loaded drinks awareness campaign to educate the public about the connection between sugary drinks and obesity, diabetes, heart disease, and some cancers. Working with cities and other partners, I am pleased to report that in 2011-2012, 17 cities adopted policies to increase the number of smoke-free or tobacco-free environments and to enforce laws that prevent youth from illegally buying tobacco products.

We completed all of this while performing our day-to-day, core public health functions. I am confident that these achievements, in addition to the many others you will read about in this annual report, will continue to have a great impact on all of our lives. While there is still much work to be done, including addressing health disparities and reducing chronic diseases in our county, we continue to make progress in these areas and create a healthier LA County for all through collaboration with our partners in the community.

Thank you so much for putting your trust in us. Our 39 programs will continue to work on your behalf to protect the public's health and make Los Angeles County a healthier place to live, work, study, and play.

Jonathan E. Fielding, MD, MPH Director and Health Officer

Jona Man & Fielding

AT A GLANCE

Public health services have been provided in the County of Los Angeles since the 1800s. The department was founded in 1903 when the Board of Supervisors passed an ordinance for the provision of a county health department. In 2006, the Los Angeles County Department of Public Health separated from the Department of Health Services and became its own freestanding department.

\$858 MILLION BUDGET



39 PROGRAMS

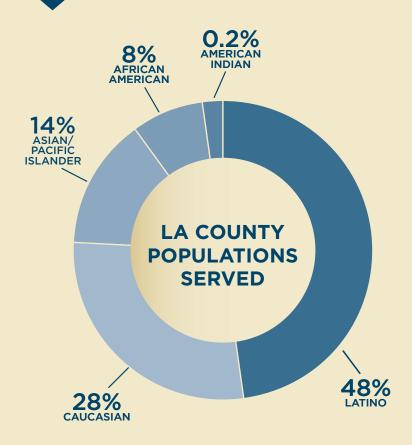


14
HEALTH CENTERS









ADDITIONAL FACTS ABOUT LA COUNTY

Area served 4,000+ Square Miles

Comprising 88 Incorporated Cities

About 140 Unincorporated Areas

2 Islands

(Santa Catalina and San Clemente)



10 KEY PUBLIC HEALTH ACTIONS

The Los Angeles County Department of Public Health protects and improves the health of our community by performing these key actions:

1. MONITOR

Find health problems in the community.

2. DIAGNOSE

Find what causes health problems.

3. INFORM, EDUCATE, AND EMPOWER

Teach people about health problems.

4. MOBILIZE

Work with the community to find and solve health problems.

5. DEVELOP

Make rules and plans that help individual and community health.

6. ENFORCE

Make sure rules are followed so that people are safe and their health is protected.

7. LINK

Make sure there are enough medical services for people who need them.

8. ASSURE

Make sure our employees are prepared to do their job well.

9. EVALUATE

Make sure our programs are working and doing a good job.

10. RESEARCH

Study new ways to solve health problems.

PROGRAMS & SERVICES

The Department of Public Health improves the lives of LA County residents through its 39 programs, 14 public health centers, and four Area Health Offices.

The department's activities include direct medical services for immunizations and specific communicable diseases, disease surveillance and outbreak control, health inspections, and policy development. Among the programs that provide the department's most-utilized services are the following:

CHILDREN'S MEDICAL SERVICES

Children's Medical Services provides medical case management and physical and occupational therapy services to special health care needs children under 21 years of age, preventive screenings and well-child checkups to low-income children throughout LA County, and care coordination to children detained in the LA County foster care system.

CHRONIC DISEASE AND INJURY PREVENTION

The goal of this division is to prevent the occurrence and reduce the severity and consequences of chronic diseases and injuries. To accomplish this, the division works with government and community partners to address the underlying causes of chronic diseases and injuries, including those related to the physical and social environments.

COMMUNICABLE DISEASE CONTROL AND PREVENTION

Communicable Disease Control and Prevention seeks to reduce the risk factors and disease burdens of preventable communicable diseases by promoting healthy behavior, conducting surveillance of diseases and risk factors, providing screening and enabling early detection, performing laboratory analysis, and conducting communicable disease investigation and control measures.

COMMUNITY HEALTH SERVICES

Community Health Services provides clinical services, surveillance, and case management through fieldwork. Public health nurses, investigators, community workers, and other field staff follow up on communicable diseases and other health-related concerns, educate the community, and conduct outreach activities. In addition, the division operates 14 public health clinics, which provide immunizations

and medical treatment for tuberculosis and sexually transmitted diseases, with a focus on preventing the transmission of communicable diseases that can endanger the health of the community.

EMERGENCY PREPAREDNESS AND RESPONSE

The Emergency Preparedness and Response Program's purpose is to prepare for emergencies and minimize adverse health effects caused by all hazards, such as pandemics, earthquakes, infectious disease, and other public health threats through the development and exercise of a comprehensive public health emergency preparedness response plan. This includes building community disaster resilience to strengthen response and recovery.

ENVIRONMENTAL HEALTH

The Environmental Health Division promotes health and quality of life by identifying, preventing, and controlling harmful environmental factors. Among its responsibilities, it conducts hygiene inspections of retail food facilities and residential housing units and monitors ocean water quality.

HEALTH ASSESSMENT AND EPIDEMIOLOGY

The Office of Health Assessment and Epidemiology ensures the availability of comprehensive health data on the Los Angeles County population for public health assessment, policy development, and program planning and evaluation. It oversees the development and implementation of the LA County Health Survey, a periodic, population-based telephone survey that collects data from a representative sample of LA County residents on health conditions, health behaviors, and health care access and utilization of services. It is also responsible for the collection and processing of birth and death data.

HEALTH FACILITIES INSPECTION

Health Facilities Inspection is responsible for the licensing and certification of the nearly 2,000 hospitals, long-term care facilities, and other health care facilities and ancillary health care services in LA County. Inspections evaluate compliance and document findings, and respond to citizen complaints regarding health facilities or providers.

HIV AND SEXUALLY TRANSMITTED DISEASE PROGRAMS

The Division of HIV and STD Programs is responsible for coordinating the department's response to STD and HIV infections in Los Angeles County. As part of its charge, the division manages federal, state, and local funds designed to support epidemiologic and disease surveillance systems, prevention and disease control efforts, coordinated care and treatment services, field investigation, program monitoring, and evaluation. The division's coordinated response relies heavily on partnerships with public partners, including a network of public health clinics and school districts, as well as with a diverse array of private-sector, community-based organizations.

MATERNAL, CHILD, AND ADOLESCENT HEALTH

Maternal, Child, and Adolescent Health is responsible for planning, implementing, and evaluating services that address the health priorities and primary needs of infants, children and adolescents, mothers, and their families in LA County through ongoing assessment, policy development, and quality assurance. Its staff is composed of a multidisciplinary team of physicians, public health nurses, policy analysts, administrators, nutritionists, health educators, social workers, epidemiologists, and support staff.

SUBSTANCE ABUSE PREVENTION AND CONTROL

The Substance Abuse Prevention and Control Program strives to reduce the community and individual effects of alcohol and drug abuse through evidence-based programs and policy advocacy. It administers contracts with more than 300 community-based agencies and directly operates the Antelope Valley Rehabilitation Center, which offers a wide array of prevention, intervention, treatment, and recovery services for LA County residents.

WOMEN'S HEALTH

The Office of Women's Health works to promote health equity and improve the health, well-being, and access to culturally responsive, comprehensive health services for women in Los Angeles County through community and county collaborations, education on key women's health issues, and the promotion of evidence-based programs and policies. Through its multilingual Women's Health Hotline, the Office of Women's Health assists uninsured and low-income women with appointments, information, and referrals.



STRATEGIC PRIORITIES

Following its Strategic Plan for 2008-2011, the Department of Public Health is guided by the following priorities:

HEALTH PROTECTION

Protect the public's health by minimizing the impact of communicable diseases and foodborne and environment-related illnesses.

HEALTH IMPROVEMENT

Improve the quality of life in the cities and communities of Los Angeles County and increase years of healthy life among residents while reducing health disparities.

PREPAREDNESS

Improve preparedness and readiness for the identification of and response to emergencies.

ORGANIZATIONAL EFFECTIVENESS

Improve organizational effectiveness.

WORKFORCE EXCELLENCE

Enhance the quality and productivity of the workforce.

FISCAL ACCOUNTABILITY

Develop fiscal strategies to support program commitments within financial targets.

PUBLIC HEALTH CENTERS

The Department of Public Health operates 14 health centers in LA County that provide free and low-cost services to those with no insurance or regular health care provider. Services provided focus on population-health interventions, such as immunizations and communicable disease testing and treatment.



ANTELOPE VALLEY
335-B East Avenue K-6
Lancaster, CA 93535
(661) 723-4526



NORTH HOLLYWOOD 5300 Tujunga Avenue North Hollywood, CA 91601 (818) 766-3982



CENTRAL 241 N. Figueroa Street Los Angeles, CA 90012 (213) 240-8204



PACOIMA 13300 Van Nuys Boulevard Pacoima, CA 91331 (818) 896-1903



CURTIS R. TUCKER 123 W. Manchester Boulevard Inglewood, CA 90301 (310) 419-5325



POMONA 750 S. Park Avenue Pomona, CA 91766 (909) 868-0235



GLENDALE 501 N. Glendale Avenue Glendale, CA 91206 (818) 500-5750



RUTH TEMPLE 3834 S. Western Avenue Los Angeles, CA 90062 (323) 730-3507



HOLLYWOOD/WILSHIRE 5205 Melrose Avenue Los Angeles, CA 90038 (323) 769-7800



SIMMS/MANN 2509 Pico Boulevard, Room 325 Santa Monica, CA 90405 (310) 998-3203



MARTIN LUTHER KING, JR. CENTER FOR PUBLIC HEALTH 11833 S. Wilmington Avenue Los Angeles, CA 90059 (323) 568-8100



TORRANCE711 Del Amo Boulevard
Torrance, CA 90502
(310) 354-2300



MONROVIA 330 W. Maple Avenue Monrovia, CA 91016 (626) 256-1600



WHITTIER7643 S. Painter Avenue
Whittier, CA 90602
(562) 464-5350

AREA HEALTH OFFICES

Los Angeles County spans more than 4,000 square miles. Due to its large size, it has been divided into four geographic regions known as Area Health Offices. These offices align with the county's eight Service Planning Areas (SPAs). Creating these distinct areas allows the Department of Public Health to develop and provide more targeted public health and clinical services according to the specific health needs of the residents in these local communities.

Area Health Offices

ANTELOPE VALLEY (SPA 1) SAN FERNANDO VALLEY (SPA 2)

Serving the communities of Antelope, Santa Clarita, San Fernando and Crescenta valleys

SAN GABRIEL VALLEY (SPA 3) METRO (SPA 4)

Serving the communities of Hollywood, Downtown Los Angeles, and San Gabriel Valley

WEST (SPA 5) SOUTH (SPA 6)

Serving the communities of South Central Los Angeles, West Los Angeles, and the Santa Monica Bay region

EAST (SPA 7) SOUTH BAY (SPA 8)

Serving the communities of the Gateway Cities, East Los Angeles, and the South Bay









EMERGENCY EXERCISES KEEP STAFF PREPARED

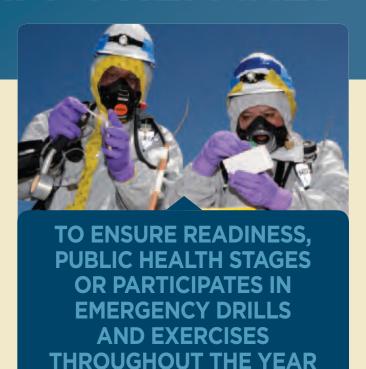
BIOTERRORISM EXERCISE

What would happen if toxic substances were released on a ship docked in a local port? To answer this question, nearly 100 Public Health staff from programs throughout the department recently participated in a large-scale emergency preparedness and response exercise.

This annual event, organized by the California National Guard, included participants from Public Health, the Fire Department, the U.S. Coast Guard, the U.S. Environmental Protection Agency, and law enforcement.

In response to a fictitious scenario, Public Health staff joined participants from multiple agencies to collaborate in the exercise. In addition to hazardous materials training, doctors and nurses interviewed the "victims" (volunteers) to determine their exposure risk and "treat" them. At the same time, Environmental Health's Strike Team donned special protective gear to search for the toxin's dissemination device. Lab staff were present to determine what type of patient samples needed to be tested, and Emergency Preparedness and Response staff helped guide participants.

In addition, the Department Operations Center, or command center, was activated. Personnel were assigned to specific responsibilities and roles following the federal Incident Command System. As part of this exercise, a simulation cell (sim cell) was used. A sim cell is a group of people who play the roles of various organizations involved in emergency response and support. This provides a more realistic experience for the participants.



Whether a drill, tabletop exercise, functional exercise, or full-scale exercise, emergency exercises are crucial to validating existing emergency plans and roles and responsibilities. They allow the department to test the capabilities of the team; identify deficiencies or problems in a plan; prepare for coordination with local, state, and federal agencies; and increase the team's confidence during emergencies.

Collaboration is vital in any emergency exercise, and it's much better for collaborating agencies to meet during a low-stress exercise than during a true high-stress crisis.



POINT OF DISPENSING VACCINATION EXERCISES

The Los Angeles County Department of Public Health plays a crucial role in the community by addressing the changing patterns of infectious disease that impact the public's health. Being prepared for a threat to the community's health is of national concern in this era of bioterrorism, pandemic influenza, and new, emerging diseases. To protect residents from such threats, the department has developed a broad range of emergency preparedness and response plans that include routine training, exercises, evaluations, and plan enhancement.

Crucial to these plans is the Point of Dispensing, or POD, model. The purpose of a POD is to quickly distribute preventive medicine or vaccinations to large numbers of people during a public health emergency.

Each year, during flu season, the department has the opportunity to test, evaluate, and improve upon its POD model. This year, during two mass vaccination clinics, staffmembers provided the community with hundreds of influenza vaccinations while simultaneously refining the department's mass vaccination methods.

The LA County Department of Public Health's Emergency Preparedness and Response Program worked closely with other programs in the department, organizing PODs that tested new concepts and helped build first-time collaborations with external partners. The first POD was conducted in partnership with all health departments within a specific region of LA County (Metropolitan Statistical Area [MSA]). The second POD was staffed with all volunteers, except for key positions, which were filled by Public Health staff. Both POD models were evaluated for efficacy and long-term feasibility.

In November, the LA County Department of Public Health worked closely with the Long Beach Department of Health and Human Services, City of Pasadena Health Department, and Orange County Health Care Agency to stage an MSA-wide POD at Veteran's Memorial Park, Long Beach. This was notable in that it was the first time that a mixed staffing model was used. It was composed of staff from all four health departments as well as volunteer staff from local Medical Reserve Corps and student nurses.

A week later, the department worked with California Polytechnic State University, Pomona, and the City of Pomona Community Emergency Response Team to organize a POD. This outreach, which was held on the university campus, was staffed entirely by volunteers from these agencies as well as the Los Angeles Medical Reserve Corps and the Public Health Emergency Volunteer Network.

Not only did these exercises provide a prime opportunity for volunteers and Public Health staff to deliver an important service to the community, but they also assisted in improving coordination and collaboration in preparation for a public health emergency. As this POD event showed, LA County stands ready and able to serve.

HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

Participating in emergency exercises and drills year-round ensures your County Department of Public Health is well-trained and ready to respond to protect the community's health in the event of an actual disaster or emergency.

For more information on emergency preparedness and response, go to www.publichealth.lacounty.gov/eprp.



FOOD RECALL SYSTEM PROVIDES ALERTS OF FOOD DANGERS

The Department of Public Health has launched a Food Recall webpage to provide consumers with the latest information about foods that have been recalled due to potential contamination. In addition to posting details about the recalls, the department's Environmental Health Division actively follows up on reports of recalled food, auditing retailers to help ensure that all contaminated products have been removed from store shelves and are not being sold to the public.

Food product recalls are crucial to protect the public's health and safety. This webpage is just one component of the department's overall Food Recall database, which is used for discovery, data collection, notification, evaluation, and reporting. The database was created to reduce the potential of exposure to foodborne illnesses associated with recalled foods by providing rapid notification to the food industry and the public. Further, the Food Recall database enables more streamlined communication within the department, which allows for quicker verification of food products removed from local distributors. It also provides a working database for analyses of food recall product trends.

The Food Recall webpage provides crucial information, such as the date of the recall, the name of the recalled product, the contaminant or agent, the health risk, distributors of the product, and a photo, if available. It also provides contact information for reporting a food-related illness.



HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

By creating the food recall webpage and database, your County Department of Public Health is focused on protecting our community against foodborne illnesses by warning consumers about contaminated foods and alerting retailers to remove these foods from their shelves.

For more information about food recalls, log on to www.publichealth.lacounty.gov/eh/recall/currentrecall.htm.



CHILDREN'S MEDICAL SERVICES HELPS PATIENTS LIVE BETTER LIVES

Since 1945, the Medical Therapy Program of Children's Medical Services has been assisting Los Angeles County residents lead better, more fulfilling lives. The program was created in partnership with the California Department of Education to serve children and young adults under the age of 21 with certain eligible physical disabilities.

Eligible patients may include those with chronic physical disabilities related to the nervous or musculoskeletal systems that require long-term occupational and physical therapy. The most common diagnoses are cerebral palsy, spina bifida, spinal cord injuries, and amputations. Causes of the conditions include congenital, cancer, and accidental or nonaccidental trauma.

There are 23 medical therapy units (MTUs) located throughout the county in public school settings, which provide accessible services in the community. This collaboration with individual school districts is crucial to meeting the needs of the patients.

Currently, nearly 5,200 patients are being served, and about 900 new clients enroll in the program each year. The total caseload stays about the same, however, due to approximately the same number of clients exiting the program as enrolling.

The program's staff includes physical therapists, occupational therapists, physical and occupational therapy assistants, rehabilitation therapy technicians, and clerks.

The child, their family, and their therapists collaborate to develop a therapy plan that is approved by the child's physi-

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5,200

patients are being served, and approximately 900 new clients enroll in the program each year

cian. The therapy plan changes as the patient's needs change through time and circumstance. The program's therapists work with patients to improve their independence in areas such as mobility and daily activities, including eating, dressing, and bathing.

Unlike other programs in the Department of Public Health, the Medical Therapy Program has no financial requirements and accepts patients with a variety of insurance statuses, such as private insurance, Healthy Families, and Medi-Cal.

HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

For more than 60 years, your County Department of Public Health has worked with patients to strengthen their bodies and improve their mobility, enabling them to lead more independent, fulfilling lives. As seen in Natividad's story (page 17), patients who have been helped often have a desire to help others.

For more information about Children's Medical Services, log on to www.publichealth.lacounty.gov/cms.

Natividad's Story

ONE PATIENT WHO IS LEADING A BETTER LIFE BECAUSE OF CHILDREN'S MEDICAL SERVICES IS 18-YEAR-OLD NATIVIDAD, WHO HAS BEEN WORKING WITH THE PROGRAM'S THERAPISTS SINCE THE AGE OF 2. THIS IS HER STORY:



When I was 2 years old, the doctors at Los Angeles Orthopaedic Hospital discovered I had cerebral palsy. My mom says she took me to the doctor because she was worried. I couldn't sit up at the age when I should have been able to, or crawl, or stand by myself when I should have been doing those things.

My doctor there connected me with the Department of Public Health, and I have been a patient with the Medical Therapy Program for the past 16 years. When I was in school, a bus would pick me up and bring me to the Widney Medical Therapy Unit at Widney High School, near downtown LA. I would come to physical and occupational therapy sessions about two to three times a week. When I was younger, we didn't have a car so my mom would push me in my wheelchair and my baby brother in his stroller to the city bus so we could get to my appointments.

At each age and each stage of my life, my physical and occupational therapists have been there for me, working to make me stronger, have better mobility, and to live a better life

Because I've been coming to therapy for so long, I've had a lot of therapists. All of them have been great, and I've learned something from each one. When I was younger, I wasn't excited about coming to therapy. Then I was given a therapist named Jane, who always made the sessions fun. I loved playing with colored clay so she had me do that to build my hand strength. I just thought it was

playtime, but she included that into my therapy session. At the end of the day, I looked forward to getting a sticker from her. That made me happy and, after that, I loved coming to therapy.

Being diagnosed so early with cerebral palsy has made me realize that there are a lot of people out there who want to help others. And that's something I want to do. I just started my first year at a UC college so will figure out my life's direction. I just know I want to help others, especially kids.

A BETTER LIFE BECAUSE OF PUBLIC HEALTH

When I was little, I was in a wheelchair. Then I began using a walker. After my leg surgery at 6 years old, I started using my walker more often and my therapists began training me to use crutches. A few years ago, I decided to try walking just using one crutch and now I'm used to it. At each age and each stage of my life, my physical and occupational therapists have been there for me, working to make me stronger, have better mobility, and to live a better life. All of this has helped make me more independent and confident in my abilities. I couldn't get around as well as I have and do everything that I've done without the therapy I've had all these years, and I will always be grateful for that.

Ever since I was little, I always loved ice skaters and ballerinas. I've always wanted to ice skate or do ballet. Well, I can't do those things, but I can sing. I'm in a jazz band called the "Baked Potatoes." We just had a performance at MacArthur Park and I chose a song by Pink called "Bridge of Light." I especially like the words, "When you think hope is lost and giving up is all you got, and blue turns to black, your confidence is cracked...that's when you can build a bridge of light, that's what turns the wrong so right, that's when you can't give up the fight...."



VITAL RECORDS PROVIDE CRUCIAL DATA TO IMPROVE POPULATION HEALTH



It's Wednesday morning, 7:50 am, and a crowd has already gathered in the lobby of the 313 N. Figueroa Building in downtown Los Angeles. Some people are sitting at tables, completing the forms necessary to obtain a birth or death certificate. Others are standing, and a few are walking around toting infants. They are all waiting for the clock to strike 8 am, when the Vital Records Office will swing open its doors. At that time, the crowd will hurriedly queue up in either the Birth Certificates line or Death Certificates line to await their turn at the service counter.

Throughout the year, the Department of Public Health's Vital Records Office—part of the Office of Health Assessment and Epidemiology, Data Collection and Analysis Unit—is a busy place. Since there are always births as well as deaths to register, slow time is not in this office's lexicon. The Vital Records staff registers hundreds of thousands of vital records each year; specifically, around 160,000 births, 56,000 deaths, and 700 fetal deaths (defined as deaths in utero over 20+ weeks of gestation). Staff members are located in three different facilities in LA County, two of which are open to the public.

As a state-mandated program, the Vital Records Office's primary responsibility is to register all births and deaths that occur in LA County (excluding the cities of Pasadena and Long Beach, which maintain their own public health departments). As a result, the office interacts with patients, hospitals, funeral directors, physicians, and the LA County Coroner to properly and legally register birth and death certificates. It also issues permits for the disposition of bodies.

At the service counter in downtown LA, families and authorized persons can obtain certified copies of birth certificates (1964-present) and death certificates (1995-present); families and funeral directors can file amendments to correct errors or include additional information on the certificates; unmarried couples may add the father's name to the birth certificate by filing the Acknowledgement of Paternity form; and out-of-hospital or home births can be registered by appointment.

IMPORTANCE OF VITAL RECORDS

Although LA County vital records may also be obtained from the LA County Registrar-Recorder/County Clerk, in Norwalk, the registration of these records has been the duty of the Department of Public Health for decades. It is a logical fit, as vital records are crucial to the work of public health and population health.

Birth and death records provide the baseline data for health indicators in any community because this data is populationbased and continuous. The data collected is used for a variety of purposes, including to develop research protocols, generate



reports, prepare budgets, estimate population growth, prevent fraud, and identify potential child abuse. Almost every program in the department and county relies on birth and/or death data in some way.

IMPROVING THE PROCESS

The processing of death certificates was improved through the launch of the California Electronic Death Registration System, which made paper-based registrations obsolete. It allowed faster registration through electronic filing, enabled physicians to remotely certify the cause of death, and provided for faster approval of disposition of remains permits to funeral directors. In 2011, working with an online payment processing vendor, the office now offers online payment processing of vital records, thereby streamlining the process for both staff and the public.

HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

Registering births and deaths provides your County Department of Public Health with a global perspective of the health of our Los Angeles County population. Sharing this data enables researchers, policymakers, and others to track trends and create policies that lead to a healthier, more vibrant community.

For more information, log on to www.publichealth. lacounty.gov/dca.



SURVEYS ARE KEY TO IMPROVING HEALTH

Ongoing assessment of the health status of a population is a core function of the Los Angeles County Department of Public Health, and improving the availability of high-quality health information remains a top priority.

After all, how can Public Health work toward improving the health of our county population unless we know what needs improving? The department relies on data from many sources to keep up-to-date on the health of LA County residents, and conducting surveys is among them.

In any given year, the department develops a number of surveys, conducts them, and compiles the responses. Assessing the health of our community provides crucial information, such as baseline data and trends. This data is then used to inform public health policy and strategies to improve community health. Recent surveys conducted by the LA County Department of Public Health include the following:

LOS ANGELES COUNTY HEALTH SURVEY

The Los Angeles County Health Survey is a population-based telephone survey that collects data on health conditions, health behaviors, and health care access and use of services from a representative sample of LA County residents. It also enables the department to track health issues over time.



How can Public Health
work toward
improving the health of
our county population
unless we know what
needs improving?

To properly address the root causes of poor health, the survey looks beyond risk factors for individual diseases to factors in the physical and social environment that influence health, such as land use, safety, poverty, and educational attainment. Questions asked include those related to food insecurity, tobacco use, television viewing, breastfeeding, mental health, immunizations, alcohol and drug use, fast food and sugary drink consumption, physical activity, and chronic and communicable diseases.

The findings from the survey are analyzed and presented in a report titled, "Key Indicators of Health." The results, which are stored in a database, can be shared with researchers, policymakers, and others interested in public health.

For more information, log on to www.publichealth.lacounty. gov/ha/hasurveyintro.htm.

LOS ANGELES COUNTY HEALTH AND NUTRITION EXAMINATION SURVEY

The goal of the Los Angeles County Health and Nutrition Examination Survey is to provide a practical framework to shape future policy efforts related to chronic disease prevention and control.

This project focuses on obtaining health data on adults who are at risk for tobacco- and obesity-related chronic diseases such as diabetes, heart disease, and stroke. Survey participants were recruited from five Public Health centers located largely in underserved, low-income areas.

The survey, which was conducted on the weekend at five Public Health centers, involved two parts: a health exam that gathered biometric measurements, such as weight, height, and blood pressure, and a written survey that focused on health-related behaviors, such as heart disease risk factors, levels of tobacco smoke exposure, and social support for healthy eating and exercise.

Based on the high levels of adult obesity in LA County, this survey is a timely effort that can help guide present and future planning for addressing the obesity epidemic among adults.

LOS ANGELES MOMMY AND BABY PROJECT

The Los Angeles Mommy and Baby Project collects countywide, population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy. The project was first launched in 2004 in Antelope Valley to address the high infant mortality rate in that region.



Assessing the health of our community provides crucial information, such as baseline data and trends

Since then, the project has been expanded to cover all of Los Angeles County.

The purpose of the survey is to collect and share high-quality, useful data to improve the health of mothers and infants by reducing adverse birth outcomes and the risk factors that lead to high rates of low birth weight, pre-term births, and infant and maternal mortality and morbidity.

The data has been used by the department and community stakeholders to monitor and examine trends over time in maternal and child health indicators. These indicators include rates of unintended pregnancy, prenatal care, smoking and drinking during pregnancy, breastfeeding, well-baby checkups, infant illnesses, baby's sleep position, and exposure to secondhand smoke.

For more information about the Los Angeles Mommy and Baby Project, log on to www.lalamb.org.

HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

Continually assessing and surveying the health of our community allows your County Department of Public Health to better meet the specific and evolving health needs of everyone in Los Angeles County. Also, sharing this data with researchers, policymakers, and others enables more informed health planning and the creation of evidence-based health policies that will benefit the community.



COMMUNITY OUTREACHES PROVIDE OPPORTUNITY TO PROMOTE HEALTH

During the year, the Department of Public Health stages and participates in a variety of public events, such as health fairs, to provide the community with health education information and resources, provide screening services, and promote good health. Here are a few of the community outreaches in which we were involved:

CARENOW!

For four days in October 2011, Public Health staff provided immunizations and HIV screenings and promoted the department's prevention messages to attendees at the CareNow! event, held at the L.A. Sports Arena.



More than 90
department employees
assisted at CareNow!,
which helped
nearly 4,000
needy residents

More than 90 department employees assisted at this large outreach clinic, which helped nearly 4,000 needy residents from throughout LA County. This event provided our department with a prime opportunity to do what we normally do—serve those in need and promote our prevention messages—but in a different location, in a shortened time period, and with a greater volume of clients.

By the end of the event, the department had provided 1,788 adult immunizations for flu, pertussis, and pneumonia; 973 Rapid HIV tests; 1,000 boxes of nicotine patches for smoking cessation; and 2,000 personal care and emergency preparedness kits. Plus, staff educated attendees on foodborne illnesses, good nutrition, bed bugs, how to prepare for an emergency, and other important public health topics.

BINATIONAL HEALTH: MES DE LA SALUD

For more than a decade, Public Health has been able to spread its messages to protect health, prevent disease, and promote health and well-being by partnering with the Consulate General of Mexico and other Latin American Consulates.

In October, during "Mes de la Salud" or Month of Health, the department's community outreach kicks into high gear. This special month is an extension of Binational Health Week, a larger mobilization effort of federal and state government agencies, community-based organizations, and volunteers in the Americas to improve the health and well-being of the underserved Latino population in the United States and Canada.

Mes de la Salud 2011 provided an opportunity for Public Health to promote a culture of prevention in the Latino community plus link attendees with resources, such as how to access free and low-cost health care services. In addition, brochures and flyers on a variety of health education topics were handed out, such as healthy eating and active lifestyles, childhood lead poisoning prevention, cervical and breast cancer, food handling safety information, and dog bite prevention and rabies control.

HEALTH EXPO 2012

In celebration of National Public Health Week, the Department of Public Health staged Health EXPO on April 5 at the historic El Pueblo de Los Angeles (Olvera Street). This event, which was coordinated in partnership with the City of Los Angeles, featured free health screenings and information booths. There were mariachis on stage playing festive music for the crowd, a self-defense demonstration, a puppet show on earthquake safety, a kids' cook-off, a bloodmobile, child fingerprinting, and handouts of free recipe books.

Forty-two exhibitors were on hand to provide educational materials and discuss important public health topics, such as STDs, tuberculosis, immunization, tobacco cessation, healthy eating, physical activity, emergency preparedness, injury and violence prevention, and reptile-associated salmonellosis.

The event drew close to 1,000 community members, the best turnout yet for this annual celebration, which demonstrated the wide range of services and information available to the residents of Los Angeles County. It also provided an opportunity for attendees to meet the public health experts who could address their concerns or refer them for services.

Connect with us on Facebook or Twitter to learn about our next Health EXPO in April. Go to www.facebook.com/lapublichealth or www.twitter.com/lapublichealth.

HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

Participating in health fairs and other community events allows your County Department of Public Health to communicate important health messages to hundreds and thousands of people all at once. Meeting our community face to face and listening to their concerns allows us to personally address their health needs and point them to appropriate resources. The events also provide us with the opportunity to offer important health services, such as health screenings, and educational information on topics such as chronic diseases, healthy eating, physical activity, tobacco cessation, and emergency preparedness.





PUBLIC HEALTH STAYS FOCUSED ON OBESITY AND TOBACCO PREVENTION



Working with community partners has resulted in innovative strategies to enhance tobacco control, reduce exposure to secondhand smoke, improve nutrition, and increase physical activity

The Department of Public Health's work to address obesity and tobacco prevention activities in Los Angeles County received a shot in the arm in 2011, thanks to a \$9.8 million grant award from the Centers for Disease Control and Prevention (CDC) as part of the U.S. Department of Health and Human Services' Community Transformation Grants initiative. The funding supports the first year of a planned five-year initiative to prevent chronic disease and reduce health disparities in the county population through interventions that create healthy and safe environments and improve access to evidence-based clinical preventive services.

It also allows the department and its community partners to build upon the successful efforts already underway in the areas of chronic disease prevention and control. Through the RENEW and TRUST projects, previously funded by the CDC's Communities Putting Prevention to Work initiative, the department has worked with numerous community partners to develop innovative strategies aimed at enhancing tobacco control, reducing exposure to secondhand smoke, improving nutrition, and increasing physical activity. This additional funding from the Community Transformation Grant will help Los Angeles County continue this broad, innovative, and comprehensive prevention strategy in our diverse communities.

The funding is focused on five areas: tobacco-free living; active living and healthy eating; clinical and other preventive services; social and emotional wellness; and healthy and safe environments.

Over the past fiscal year, the department's achievements have included the following:

HEALTHY FOOD PROCUREMENT STRATEGY

In March 2011, the Los Angeles County Board of Supervisors adopted a motion requiring all county food service contracts that involve meals purchased, distributed, or sold by county departments to meet recommended nutritional guidelines. The Department of Public Health worked closely with three



17 citywide

policies were adopted to increase the number of smoke-free or tobacco-free environments

large county departments to adopt healthy food procurement strategies and change food offerings at hospital and workplace cafeterias, juvenile halls, and probation camps. Key elements of these efforts also included nutrition menu labeling, gradual sodium reduction, and portion-size limits.

Excess weight is among the leading causes of chronic disease, including heart disease, stroke, high blood pressure, type 2 diabetes, arthritis, and cancer. This motion strives to improve the nutritional quality of all foods served in county cafeterias, in county-sponsored programs, and by contracted food vendors. These practices will provide consumers and employees with greater access to healthy food and beverages while limiting foods that are high in sodium, calorie, fat, and sugar contents.

TOBACCO-FREE LIVING OUTREACH

The department and its partners conducted an educational effort to provide information to the community about the dangers of tobacco use and secondhand smoke exposure and strategies to live tobacco-free. In 2011-2012, 17 citywide policies were adopted to increase the number of smoke-free or tobacco-free environments and to enforce laws that prevent youth from illegally buying tobacco products.

Tobacco use remains the single most preventable cause of disease, disability, and death in the nation, and is directly linked to the top five causes of death in LA County. Further, exposure to secondhand smoke causes serious disease and death, including heart disease and lung cancer in nonsmoking adults and sudden infant death syndrome, respiratory infections, and more frequent and severe asthma attacks in children. As more cities within Los Angeles County take steps to protect their communities from dangers caused by tobacco use, residents can look forward to an increasing number of smoke-free and tobacco-free environments. Additionally, policies that regulate access to tobacco products or advertising to minors can help postpone or prevent youth smoking.

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BABY-FRIENDLY HOSPITALS AND WORKSITE LACTATION ACCOMMODATIONS

The department provided three county-run hospitals (LAC+USC, Harbor-UCLA, and Olive View-UCLA medical centers) with information about the "Baby-Friendly" hospital designation, guiding all three successfully through the accrediting process and implementing protocols that support breastfeeding. This laid the groundwork for an expanded Baby-Friendly hospital program and future collaboration with the Centers for Disease Control and Prevention and community partners, such as First 5 LA. Additionally, the department worked with the county and city human resource departments to develop policies that promote breastfeeding and increase employee access to lactation rooms. As a result, more than 18,500 employees in county departments and the City of Los Angeles now have worksite lactation accommodation policies that support breastfeeding mothers.

Babies born in these three Los Angeles County hospitals will now have the opportunity to grow up healthier with a reduced risk for childhood obesity and other chronic diseases. Breastfeeding can benefit both mother and baby. Besides the nutritional value, breast milk has been shown to enhance an infant's immunity against a variety of illnesses and infections and reduce risks for chronic diseases, including childhood obesity. Mothers who breastfeed may also benefit from reduced risks of postpartum depression, certain cancers, osteoporosis, and obesity. Baby-friendly hospitals and worksite lactation accommodation policies promote and support breastfeeding practices that can lead to better health outcomes for mothers and babies.



BICYCLE MASTER PLANS AND BIKE-FRIENDLY DISTRICTS

In March 2012, the Los Angeles County Board of Supervisors adopted a progressive LA County Bicycle Master Plan. This plan will add more than 800 miles of new bikeways to the unincorporated areas of the county. Additionally, the cities of El Segundo, Gardena, Hermosa Beach, Lawndale, Manhattan Beach, Redondo Beach, and Torrance adopted a South Bay

800 MILES OF NEW BIKEWAYS

THE DEPARTMENT OF PUBLIC HEALTH PROMOTES BIKE-FRIENDLY DISTRICTS

These bicycle master plans will provide more than 1,140,000 LA County residents with improved opportunities to walk or bike in a safe and welcoming environment.

Bicycle Master Plan, which will add more than 200 miles of new bikeways over the next 20 years. The City of Long Beach also designed and created four Bike-Friendly Business Districts.

These bicycle master plans will provide more than 1,140,000 LA County residents with improved opportunities to walk or bike in a safe and welcoming environment. Bicycle-friendly environments in city business districts will also connect physically active customers with local businesses by encouraging bicycling to local shops, restaurants, and cafes. Numerous studies provide evidence that becoming bicycle-friendly can help alleviate problems related to inactivity and obesity. Supporting bicyclists also offers additional benefits for communities by reducing the number of cars on the road and improving local air quality.

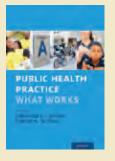
HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

Focused on obesity and tobacco prevention, your County Department of Public Health has achieved its goal of creating healthier and safer environments in partnership with cities and community agencies and organizations throughout LA County. Healthier foods in county facilities, nutrition menu labeling, gradual sodium reduction, smoke-free or tobacco-free city policies, breastfeeding promotion, and hundreds of miles of new bikeways are some of the successes achieved during this fiscal year. LA County residents can look forward to many more innovative strategies that lead to healthier outcomes in the years ahead.

For more information on the department's work on obesity and tobacco prevention, go to www.choosehealthla.org.



NEW BOOK SHARES BEST PRACTICES AND LESSONS LEARNED



For those who have ever wondered what exactly public health is, "Public Health Practice: What Works" is a must-read. This 400-page hardcover, authored by LA County Department of Public Health staff, explains the many facets of public health through case studies and shares best practices in public health as well as lessons the department has learned.

It details both successes and challenges, providing the real-life public health experience in Los Angeles County, the most populous county in the United States. The book, which is segmented into five categories (core capacities, health promotion, health protection, emergency response, and service delivery), covers dozens of topics, including measuring population health, promoting active living, infection control and outreach to hospitals, food product recalls, employees as first responders, preventing opiate overdose deaths, preconception health, and reducing cases of HIV.

The book, which was released in October 2012, was coedited by Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer, and Steven M. Teutsch, MD, MPH, Chief Science Officer, Los Angeles County Department of Public Health.

"Our department has a lot of good stories to tell and I wanted to share them," says Dr. Fielding. "This book offers other departments as well as policymakers, practitioners, students, and anyone interested in public health with tools for crosscutting interventions to improve population health. I am very

Tools for cross-cutting interventions to improve population health

proud of our department's excellent work—what better way to share our knowledge than in the form of a book that has enduring value and can be used widely."

To maximize distribution and allow more people to purchase the book at a lower price, the contract with the book's publisher, Oxford University Press, was negotiated so that no royalties would be paid. With 37 chapters, the book covers a wide range of the department's projects, which are representative of the department's work.

This book was a model of successful collaboration with dozens of authors throughout the department, as it required the knowledge of Public Health's many subject experts and department leaders—the people who are actually doing the work—to tell the stories.

HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

Sharing your County Department of Public Health's best practices and challenges in "Public Health Practice: What Works" allows policymakers, public health practitioners, students, and others to learn from our real-life experiences and use this knowledge to then create healthier environments in their own cities and communities.

The book is available from Oxford University Press (www.oup.com/us) and Amazon (www.amazon.com).



A MODEL OF CONSERVATION: RAINWATER HARVESTING

An innovative rainwater harvesting system was recently unveiled, along with guidelines on collecting and using rain, storm, and urban runoff waters. The system at Penmar Park, in Venice, has the capacity to capture and treat up to 3 million gallons of such water, to be reused for irrigation. As a result, this system is being touted as a model for water conservation.

Typically, each person in Los Angeles uses about 130 gallons of water per day. With nearly 10 million people living in Los Angeles County, this equals about 1.3 billion gallons of water used every day. The ability to retain and effectively use rainwater will lessen the county's dependence on imported water from Northern California and the Colorado River. This is especially important since current projections predict the county's population will reach 14 million by the year 2020.

Rain, storm, and urban runoff waters need to be treated before they can be used. Public Health, in conjunction with the City of Los Angeles Bureau of Sanitation and Department of Recreation and Parks, the City of Santa Monica, Heal the Bay, and TreePeople, has developed rainwater harvesting matrix guidelines to ensure that such waters are correctly utilized and tested. System guidelines have been developed and divided into four categories (tiers), ranging from least polluted to most polluted.

Projects similar to the Penmar Park project are planned throughout Los Angeles County and will increase as cities and water management agencies continue to work to meet the growing water needs of the communities they serve.

HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

Collecting rainwater and reusing it for irrigation can save millions of gallons of water, which lessens the county's dependence on imported water and creates a more cost-effective,



self-sustaining society. By developing guidelines for rainwater harvesting, your County Department of Public Health has played an important role in ensuring that this water conservation model can be duplicated around LA County, thus saving both our natural resources and funds.

For more information on the rainwater harvesting guidelines, visit www.publichealth.lacounty.gov/eh.



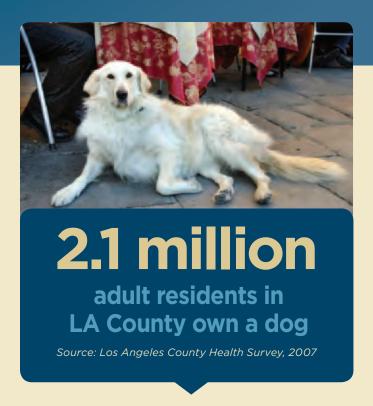
RESTAURANTS WITH OUTDOOR DINING MAY ADMIT DOGS

A new policy by the Department of Public Health gives restaurants with outdoor dining spaces the option to allow dogs into these areas if they so choose. This policy change was developed at the request of both dog and restaurant owners and is a benefit to both small businesses and the community. Prior to the policy taking effect in December 2011, the department carefully reviewed possible risk factors that could be associated with allowing pet dogs in outdoor dining areas and determined that revisions to the policy were possible.

The new policy leaves the decision of whether to allow pet dogs on outdoor patio dining areas to restaurant operators or owners, giving them an opportunity to attract new business and better serve their two-legged and four-legged patrons. Previously, any live animal, bird, or fowl was not allowed into a full-service outdoor dining area that was enclosed by fencing, planters, shrubs, or other means to limit pedestrian traffic, as this was considered to be "in" the facility.

The guidelines have been established to protect food from potential contamination and ensure safety for all patrons. According to the guidelines, developed by the department's Environmental Health Division, pet dogs may be allowed in outdoor dining areas if certain requirements are met, including the following:

- A separate entrance is present where pets do not enter through the food establishment to reach the outdoor dining area.
- No food preparation can occur within the outdoor dining area, including the dispensing/mixing of drinks and ice.
- Employees may not have direct contact with pets while on duty.



HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

By now allowing restaurant owners with outdoor dining areas to open up these spaces to customers with dogs and by developing new guidelines to protect both food and patron safety, your County Department of Public Health has paved the way for increased physical activity and improved social and emotional wellness for dog-owning patrons and increased opportunities for business owners.

More information on this policy can be found at www.publichealth.lacounty.gov/eh.



HOPE FOR TEEN MOMS AND THEIR BABIES

Stephanie was 15 and pregnant. Deserted by the baby's father, her future appeared bleak. Adolescence is difficult enough; being an adolescent expecting a child is exponentially difficult. Stephanie did not know who or where to turn when her school recommended that she contact the LA County Department of Public Health's Nurse-Family Partnership (NFP) program.

Today, Stephanie, 19 years old, is the proud mother of healthy 3½-year-old Desteney. After graduating from the NFP program, Stephanie graduated from a local charter high school, enrolled in a local community college, and has set a goal of becoming a registered nurse. This is but one of many heartwarming stories the program has to tell.

The NFP program, part of the department's Maternal, Child and Adolescent Health Programs, is a multidisciplinary and evidence-based home visitation program that uses public health nurses (PHNs) to provide intensive services to young females in Los Angeles County who are living in poverty.

ABOUT THE PROGRAM

The Nurse-Family Partnership program began as a pilot program in LA in 1997. Back then, it was staffed by four nurses and a part-time supervisor. Through the years, the program's staff has expanded and contracted, based on funding. Today, the program has 43 PHNs to serve 1,075 clients.



"The program taught me good prenatal care.... I am a more responsible parent because of everything I have learned"

The Nurse-Family Partnership, which was designed for firsttime parents, strives to foster healthier pregnancies, improve the health and development of children, and encourage family self sufficiency.

Home visits are initiated by PHNs before the mother's 28th week of pregnancy and continue until the child reaches his or her second birthday. Then, the NFP's evaluation staff monitors data related to the clients' health habits during pregnancy, birth outcomes, breastfeeding, child safety, enrollment in



educational programs, workforce participation, subsequent pregnancies, and more. The program prefers that women who participate be under the age of 26, but it will take older expectant mothers with special circumstances.

Program objectives include reducing behavioral problems among the mothers due to substance abuse, increasing workforce participation, reducing the number of maltreatment cases, and reducing the number of children's health care encounters for injuries and ingestion of poisons.

The nurses who staff the program work toward these objectives by first building a good relationship with their clients, then providing education about prenatal care, reviewing literature on pregnancy and parenting, making doctors' appointments, and striving to get the father involved (although many fathers want no part of the pregnancy or raising the child).

Succinctly, the program deals with children having children. The PHNs work with the moms through pregnancy and birth, and prepare them for being on their own afterward. This program is all about relationships, which is why it follows families for more than two years; it's impossible to create necessary changes in these homes in a short period of time.

The relationship and bond that develops is important because the PHN plays many roles: mentor, confidante, sister, mother, and adviser in addition to health care professional. Expectant mothers become clients through various means, but often it is through the relationships PHNs have developed with clinics, physicians, schools, and mental health facilities. Another primary referral source are clients who have graduated from the program. They are the program's real-life success stories. Many are pursuing careers in health care, while others have found success in the business world.

Successful results are the cornerstone of the NFP program. Nationally, this program is in 20 states, and annually serves 20,000 of the nation's 2.5 million low-income children under the age of 2. The program's results speak for themselves: there

are significantly fewer doctor and hospital visits due to child-hood injuries through age 2, there is a significant reduction in cigarette smoking by mothers during pregnancy, and there is a major increase in workforce participation by low-income, unmarried mothers by the time their child is 4 years old.

A SUCCESSFUL RELATIONSHIP

Staffing the NFP program requires the commitment of special nurses. In addition to finding nurses who are willing to travel, the potential applicants must also make a three-year commitment to stay with a client through her pregnancy and the initial two years of the child's life.

One of these special nurses is Socorro, who has been with the program for six years. She has mentored dozens of clients and says that even when the program ends for a particular client, the relationships don't. She tells all her clients to consider her a lifelong resource.

Stephanie is one of Socorro's recent success stories. Stephanie, who was a student at an LA school for pregnant teens, learned about the program through her school. She was enthusiastic about the program and decided to sign up.

"The program has helped Desteney and me so much," says Stephanie. "The program taught me good prenatal care—what to eat and how to take good care of my body. I am a more responsible parent because of everything I have learned. I have been helped in so many ways, both physically and emotionally. The program is not judgmental at all. Socorro is genuinely interested in Desteney's well-being and mine. I recommend the program to anyone who finds herself in the same situation I was in." Today Stephanie, who graduated from the NFP program in 2011, is attending a local community college. She is pursuing a bachelor's degree and hopes to become a registered nurse. "My goal," she says, "is to work in the NFP program. It changed my life, and I want to do the same for others."

HOW PUBLIC HEALTH IS IMPROVING HEALTH IN LA COUNTY

Through the Nurse-Family Partnership program, your County Department of Public Health is creating healthier outcomes for pregnant teens and their babies, providing hope and a brighter future for many in the generations to come.

For more information on the Nurse-Family Partnership program, visit www.publichealth.lacounty.gov/mch/nfp/nfp.htm.

CAMPAIGNS

"HEALTHY SUMMER" CAMPAIGN

Summer is the peak season for sun-related and outdoor injuries. To remind LA County residents and visitors about important summer health and safety tips, the department has created a "Healthy Summer" cam-



paign that addresses a variety of summer-related activities. The campaign, filled with short, easy-to-read tips, features six information sheets: Recreational Water Safety, Backyard Pool and Spa Safety, Grilling Safety, Fireworks Safety, Healthy Summertime Beverages, and Avoiding Foodborne Illness. In addition to the main text, sidebar boxes include additional information, such as summer recipes and information on obtaining the latest pool and beach inspection reports.

To view the "Healthy Summer" information sheets, log on to www.publichealth.lacounty.gov/summer.

"SUGAR-LOADED DRINKS AWARENESS" CAMPAIGN



Eating too much sugar can have serious health consequences.
Fueled by the release of local data on obesity and sugar-loaded drink consumption, the campaign focuses on the amount of sugar in popular drinks, such as sodas, sports drinks, and energy drinks, and the direct impact that excessive consumption of sugar-loaded drinks has on obesity, especially for the county's children.

Obesity rates have increased in tandem with consumption of sugar-loaded drinks, which has doubled over the past 30 years. Sugar-loaded beverages are the largest single source of added sugar in the American diet. The health consequences related to excessive consumption of sugar-loaded beverages are serious: the extra calories in sugar-loaded drinks may lead to obesity, diabetes, heart disease, and some cancers.

As part of its Choose Health LA Initiative, the department launched a "Sugar-Loaded Drinks Awareness" public education campaign in October 2011. The campaign focuses on educating the public on the amount of sugar in popular beverages and features a Sugar Calculator. After keying in the number of sugary beverages consumed per week, this interactive online tool shows the user how many packs of sugar and how many pounds of sugar is being consumed each week, month, year, and 5 years. It also calculates how much money is being spent on these beverages during the same time periods.

Videos and information about sugar-loaded drinks can be viewed at www.choosehealthla.com/eat-healthy/ sugar-loaded-beverages.

PROMOTING THE CALIFORNIA SMOKERS' HELPLINE

Tobacco use can cause serious health problems, but quitting smoking can significantly reduce the risk of suffering from smoking-related diseases. To help smokers quit, the California Smokers' Helpline



provides free telephone counseling, self-help materials, and referrals to local resources.

To motivate smokers to try and quit, the department launched a public education campaign to promote the California Smokers' Helpline. The "Suffering Every Minute" ads, which were broadcast from January 2012 to March 2012, focused on people suffering from smoking-related illnesses. A second series of ads called "Tips from Former Smokers" were also placed on television and cable spots from May 2012 to June 2012. These ads featured stories of real people suffering as a result of exposure to secondhand smoke, sending a powerful message to smokers: Quit smoking now. Or better yet, don't start.

For more information about the department's tobacco control and prevention activities, log on to www.publichealth. lacounty.gov/tob.

ADDITIONAL ACCOMPLISHMENTS

In addition to the activities highlighted in the feature articles, the Department of Public Health achieved many other significant accomplishments, such as the following...

EMERGENCY PREPAREDNESS AND RESPONSE

- Received a 100% score on the Centers for Disease Control and Prevention's annual assessment for the Strategic National Stockpile/Cities Readiness Initiative. This reflects the Department of Public Health's readiness to receive and distribute lifesaving medicine and medical supplies in LA County in the event of a disaster or emergency.
- Developed a regionwide hazard, vulnerability, and asset assessment for LA County and parts of Orange County in collaboration with Orange County public health officials. This allows the Department of Public Health to measure vulnerability and assets at the community level for a wide range of disasters and emergencies.

COMMUNICABLE DISEASE CONTROL AND PREVENTION

- Ensured that cases or outbreaks of vaccine-preventable diseases are investigated in a timely and effective manner to reduce the spread of communicable diseases. The story of a 2011 measles outbreak is just one example of how the day-to-day work of the department prevents one case of a vaccine-preventable disease from becoming hundreds. When a refugee with measles arrived in LA County from Southeast Asia, Public Health's swift outbreak investigation, interviews with nearly 300 people who may have been exposed, and coordinated diagnosis and treatment of cases prevented further spread of this highly contagious disease. Through Public Health's quick response and tireless hours, what could have been a large outbreak affecting hundreds of people was limited to only 3 additional measles cases.
- Expanded QuantiFERON testing in the Public Health Lab has resulted in rapid and accurate test results for exposure to tuberculosis. This reduces patient wait times and the need for multiple clinic visits as well as additional chest X-rays for those with specific immunizations.
- Changed the policy regarding tuberculosis (TB) testing of school-aged children. As of July 1, 2012, universal

- testing for TB is no longer required for children entering grades K-12 in Los Angeles County. It has been replaced with a universal screening and targeted testing approach instead. Universal TB screening, in contrast to TB testing, is a risk-based assessment that has been incorporated into the existing California physical examination requirement for children entering first grade. This change offers many benefits, including the following: Children at lower risk will avoid the potential for false positive tests, exposure to unnecessary chest X-rays, and lengthy preventive treatment regimens. It also promotes efficiency and allows the Department of Public Health to shift its attention to populations at higher risk for TB, such as the homeless and HIV positive, and to interventions better-suited to finding TB cases, such as contact investigations.
- Partnered with the Centers for Disease Control and Prevention Quarantine Station and other federal agencies to oversee animal importation at Los Angeles International Airport. Veterinary Public Health inspects imported animals and ensures importer compliance with federal animal import regulations. These actions reduce the risk that these animals will introduce new or serious diseases into LA County.
- Created the "Norovirus Outbreak Prevention Toolkit"
 for skilled nursing facilities. These facilities are the most
 frequently reported settings for norovirus outbreaks in
 LA County. In 2011, theses outbreaks affected 543 patients
 and 144 staff. This toolkit was developed to educate skilled
 nursing facility staff on what they can do to reduce the
 risk of norovirus outbreaks and protect patients as well
 as themselves.

CHRONIC DISEASE AND INJURY PREVENTION

 Worked with Los Angeles Universal Preschool to implement strategies to incorporate healthy nutrition and physical activity into preschool classrooms.

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More than 2,600 children in 87 preschools now have access to improved nutrition and increased physical activity.

- Assisted in the development of school district joint-use policies and school-site-specific joint-use agreements regarding increased access to safe places for physical activity. As a result of these policies, 4.6 million community members in Compton, El Monte, Los Angeles, Mountain View, and Pasadena now have access to school recreational facilities during afterschool hours.
- Provided educational leaders with information to prevent youth tobacco initiation and/or age-appropriate smokingcessation programs for students in 69 schools in Los Angeles County. Also worked with 63 social service agencies and 26 homeless shelters and transitional housing facilities by providing information and support to create smoke-free environments and integrate smoking-cessation services into their organizations.
- Provided on-site technical support on how to integrate physical education into the school day across seven school districts with high childhood obesity rates. Over 240 elementary, middle, and high-school teachers received assistance, which resulted in an increased amount of physical education instruction for more than 4,000 students.
- Helped sponsor the October 2011 CicLAvia event in the
 City of Los Angeles. This twice-yearly citywide event
 closes down more than 10 miles of streets to cars for a day,
 encouraging an estimated 100,000 people to experience
 bicycling, walking, and skating in their communities in a
 physically active way.
- Led by two nonprofit organizations (Los Angeles County Bicycle Coalition and Cyclists Inviting Change through Live Exchange), the County Cycling Collaborative conducted over 60 workshops on bicycle maintenance and safe bicycling skills, collected over 300 underused bicycles for refurbishment and redistribution, and led 19 group rides to encourage physical activity and create a safe environment for community members to learn how to bicycle in urban road conditions.

COMMUNITY HEALTH SERVICES

- Continued to operate 14 public health clinics throughout LA County. In 2011, the clinics logged nearly 273,000 client visits for immunization, tuberculosis, and sexually transmitted diseases treatment and services.
- Established the department's Employee Health Services
 Unit to perform health assessments of Public Health staff.
 Medical staff provide appropriate services (such as vaccinations, tuberculosis testing, and respirator fit testing) related to occupational exposures. Developing this in-house unit

When a refugee with measles arrived in LA County, Public Health's swift outbreak investigation and interviews with nearly

300 people

who may have been exposed prevented further spread of this highly contagious disease

will allow for more direct monitoring and protection of Public Health employees and the public with whom they interact.

 Maintained oversight of the Public Health Pharmacy, which fills prescriptions and requests from the department's 14 clinics and various programs. The pharmacy also fills prescriptions for the county's tuberculosis patients and processes more than 120,000 directly observed therapy packets each year. Each packet contains multiple medications designed to simplify therapy and increase compliance rates with TB treatment. The packets are administered under the watchful eye of a public health nurse.

ENVIRONMENTAL HEALTH

• Conducted more than 55,800 restaurant inspections and 13,250 food market inspections, and nearly 47,500 licensed housing inspections of apartments and condominiums. These inspections, which include the restaurant letter grading program, are crucial to protecting the public's health from food-related illness caused by infectious agents, and environmental-related housing issues, such as pests and mold. Also, the division conducted more than 6,500 mobile food facility inspections since instituting the letter-grading system in January 2011.

- Collected and analyzed more than 2,200 beach water samples from the LA County coastline. These samples check for acceptable levels of bacteria to ensure the safety of swimmers, surfers, and other beachgoers. Warning signs are posted when a portion of the beach is found to have exceeded these levels.
- Developed partnerships with key community partners to support the Concessions Redevelopment Program at Los Angeles International Airport. By providing coordinated plan check and inspection services for all tenant-constructed facilities, the department helps reduce health risks to airline passengers and others at the airport.

HIV AND STD PROGRAMS

- Collaborated with the LA County Department of Health Services in preparation for the Affordable Care Act to develop a transition plan for HIV-positive patients who are newly eligible for a low-income health plan (Healthy Way LA). This ensured the continuity of care and medication coverage for these patients during this transition.
- Surveyed more than 150 community-based reproductive health care providers on their practices with adolescent patients, then created an adolescent reproductive health referral guide for school nurses in 15 high schools in areas with high teen birth and STD rates. These guides provide easy-to-access health care resources information for school nurses and students.
- Created New Directions, an HIV testing services model in collaboration with more than 22 contractors. This program improved HIV data collection and reporting, counselor training and recertification, testing technology, and partner services, plus integrated HIV/STD testing, laboratory services, and reimbursement. This model has increased the number of HIV tests conducted in LA County as well as the linkage to medical care rate for the HIV-positive.

MATERNAL, CHILD, AND ADOLESCENT HEALTH & CHILDREN'S MEDICAL SERVICES

- Developed an agreement with the Department of Children and Family Services for the assignment of a nurse case manager to each detained child in the foster care case management system. Social workers consulting with nurse managers for all health-related issues helps ensure the children receive appropriate and needed medical services, including preventive care.
- Convened, developed, and mentored a learning collaborative of 11 public and private hospitals to improve patient care through the use of the California Maternal Quality Care Collaborative Hemorrhage Toolkit. This resource assists hospitals in implementing a response to obstetric hemorrhage, a leading cause of maternal death.

- Implemented the Pediatric Palliative Care Pilot Program, which allows eligible children and their families to receive palliative care during the course of the child's illness while concurrently pursuing curative treatment for the child's life-limiting or life-threatening medical condition. This allows the Department of Public Health to offer a package of benefits that includes community-level care coordination, family education, in-home and out-of-home respite, expressive therapies (e.g., art and music), pain and symptom management, and family counseling or bereavement.
- Submitted nearly 31,000 applications for individuals through contracted agencies to increase health access and care for children and their families in Los Angeles County. Applications were submitted to Medi-Cal, Healthy Families, Healthy Kids, and other no-cost or low-cost health programs. Of the applications submitted, 28% were for women aged 15-44; 33% were for children aged 0-5; and 33% were for children aged 6-18.

SUBSTANCE ABUSE PREVENTION AND CONTROL

- Conducted a competitive selection process to identify providers who could deliver evidence-based prevention services intended to reduce the use of marijuana, methamphetamine, ecstasy, prescription drugs, over-the-counter medication, inhalants, and underage and binge drinking among youth and young adults within at-risk communities. As a result, 44 contracts were awarded to 35 agencies. Providers surveyed 7,697 community members, interviewed 180 key informants, conducted 180 focus groups, completed environmental scans of 94 cities/communities, and submitted archival data reviews for 114 cities and communities. This process enables Public Health to document alcohol and other drug use rates among youth and young adults in the county through data analysis, identify community resources and features of prevention programming that are associated with successful efforts, and implement data-driven services that reflect the actual needs of specific communities.
- Implemented an electronic referral and tracking system for state parolees in response to a state bill (AB 109), which mandates that individuals sentenced to non-serious, non-violent or non-sex offenses will serve their sentences in county jails instead of state prison (realignment). The system, developed in partnership with the LA County Departments of Mental Health, Probation, and Information Services, allows the Probation and Information Services departments to track addiction treatment status and progress of state parolees eligible for AB 109 services as part of the realignment of services to counties.

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This benefits the public by providing sensitive and timely information on parolees transferred to LAC to program partners. This allows partners, including Probation, to make programmatic adjustments and communicate to the public progress on this much-debated program.

WOMEN'S HEALTH

Conducted a research project focused on increasing human papillomavirus (HPV) vaccine acceptance in a low-income, ethnic minority population. The goal of this study is to test an intervention that increases HPV vaccination rates in girls from this population. This vaccine protects against cervical cancer, a condition that disproportionately affects low-income, uninsured minorities. Certain communities in LA County have among the highest rates of cervical cancer in the nation. Promoting vaccination should decrease the rate of cervical cancer and save millions of dollars in diagnosis and treatment costs.

OTHER NOTABLE ACHIEVEMENTS INCLUDED THE FOLLOWING...

• Consolidated computer servers from the department's core administrative, regulatory, and disease control program into one data center. This increases the department's ability to recover operations in the event of a disaster and provides reliable hosting for applications and data. It also drives efficiencies: Data backup systems were reduced from 12 to 5, physical servers were decreased from 253 to 155, and server operating system licenses were reduced from 438 to 380.

- Convened the first annual Prevention Symposium on the topic of "How the New Health Care Paradigm Supports Healthy Aging." Participants from public health, health care organizations, and community partners discussed opportunities to work together to more effectively and efficiently meet the health needs of our aging population in LA County.
- Audited 75% of all community clinics delivering dental care in LA County. Dental audits enhance patient safety by ensuring the clinics are performing at a level consistent with community standards. The site visits also improve worker safety by confirming that state regulations and other guidelines are being met.
- Mentored 524 nursing students, who completed their public health nursing student clinical rotations at the Department of Public Health. This supports efforts to build the competencies and skills of public health nurses of the future.
- Provided nearly 40 educational events and 13 online courses to 75% of the department's staff to enhance their knowledge and skills. These opportunities focused on emergency preparedness, leadership, and the mission of public health. More than 90% of participants said the training objectives were met, and there was a 40% increase in knowledge of the content.



PRIORITIES

The Department of Public Health has several activities planned for fiscal year 2012-2013 to improve health in Los Angeles County. Here are some of its priorities:

- Conduct the Community Resilience Pilot Study with 16 communities to improve their awareness and knowledge about actions they can take to recover from disasters and other emergencies.
- Revise the LA County public notification system in partnership with 2-1-1. This will result in a more user-friendly emergency notification system that will efficiently communicate important public health messages in the event of a disaster or emergency.
- Conduct a risk hazard vulnerability survey in all service planning areas in LA County. This will allow the department to identify the geographic regions with the highest levels of risk vulnerability and develop strategies to reduce these risks.
- Reduce secondhand smoke exposure in multi-unit housing environments. In collaboration with partners, educate the community about the dangers of secondhand smoke exposure and provide information and resources about strategies to live tobacco-free.
- Partner with the City of Los Angeles to include a Health and Wellness chapter into its General Plan. This plan represents a community's vision for the future and guides the community's growth and development. The addition of this chapter will help raise awareness among city leaders and residents about important public health issues and will pave the road for health-related policies addressing health outcomes and improving the quality of life for Los Angeles residents.
- Implement a new program (Testing, Linkage to Care, and Testing Plus) to immediately identify, engage, and retain HIV-positive individuals in medical care and prevent further transmission of the AIDS virus.
- Expand a new rapid HIV testing algorithm that allows confirmation of a positive rapid test result within 20 minutes.
 This will speed up the department's ability to link HIV-positive individuals with medical care.
- Create tuberculosis screening recommendations for homeless shelter clients and staff. These recommendations will help ensure early identification and referral of symp-

- tomatic clients for evaluation and educate homeless providers about the disease and prevention of transmission in communal settings.
- Increase outreach and educational efforts that promote teen and preteen immunizations, specifically the human papillomavirus. Increased rates of vaccination can significantly lower the rate of cervical cancer in young women and other sexually transmitted diseases.
- Develop a web-based route reporting utility that will allow mobile food facilities to report their route and information.
 This will allow public health inspectors to locate these vendors for inspection, which will help to ensure food safety.
- Implement EnvisionConnect, an online portal that includes a process inspection and permit system that is networked with several county departments. This paperless, real-time system will streamline the permit, inspection, violation, and payment processes for restaurants, markets, and other businesses, plus improve accuracy of data.
- Complete and fully implement the Pharmacy Inventory and Labeling System, a networked system that will be accessible by all 14 public health centers throughout the county. This will enhance workflow by automatically updating the medication inventory at each clinic, a process that is currently done manually. It will also produce medication labels. These new efficiencies will reduce medication waste, increase patient safety, and result in cost savings.
- Develop a toolkit as part of the Childhood and Maternal Obesity Prevention Project, a four-year project to reduce postpartum obesity. This toolkit will be targeted to community-based organizations and groups that serve postpartum women and will include resources to help women manage stress and their weight postpartum.
- Implement the BeHealthSMART consumer health campaign to educate and empower women on how to take charge of their health, in collaboration with the LA County Department of Consumer Affairs and the LA County Commission for Women. This will include multilingual media campaigns, train-the-trainer workshops, community dialogues, and education kits.

KEEPING LA INFORMED

The Department of Public Health uses a multipronged approach to effectively communicate its messages to a wide variety of audiences. Through print and electronic methods, public events, and educational presentations, the department works hard to ensure its messages are heard. During 2011-2012, it developed these new resources...

Publications



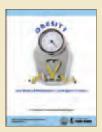
Women Transitioning Through Midlife: A Data Snapshot Released June 2011



Sexually Transmitted Disease Morbidity Report, 2010 Released July 2011



STD Clinic Morbidity Report, 2010 Released September 2011



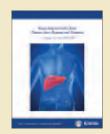
Obesity and Related Mortality in Los Angeles County Released September 2011



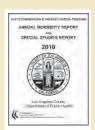
Consumption of Sugar-Sweetened Beverages in Los Angeles County Released November 2011



Mortality in Los Angeles County 2008: Leading Causes of Death and Premature Death with Trends for 1999-2008 Released December 2011



Disparities in Deaths from Chronic Liver Disease and Cirrhosis, Los Angeles County, 2000-2008 Released June 2012



Annual Morbidity Report and Special Studies Report, 2010 Released July 2012



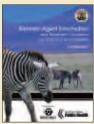
LA Health – Trends in Obesity: Adult Obesity Continues to Rise Released September 2012



Mortality in Los Angeles County 2009: Leading Causes of Death and Premature Death with Trends for 2000-2009 Released October 2012



Norovirus Outbreak Prevention Toolkit: A Guide for Preventing Norovirus Outbreaks in Skilled Nursing Facilities *Released October 2012*



Terrorism Agent Information and Treatment Guidelines for Clinicians and Hospitals Released October 2012



LA Health – Trends in Diabetes: Time for Action Released November 2012



LA Health: Adult Smoking on the Decline, But Disparities Remain *Released November 2012*

These reports may be viewed and downloaded at www.publichealth.lacounty.gov/yrhealth.

Public Health Resource Guide Available in 12 Languages

How does Public Health help the community? What programs and services does it offer? Where are the public health centers located? and What is a Service Planning Area? The answers to these questions and more are succinctly provided in the Department of Public Health's series of Resource Guides, which are available in 12 languages: English, Spanish, Arabic, Armenian, Chinese, Farsi, Khmer, Korean, Russian, Tagalog, Thai, and Vietnamese.

This colorful two-sided brochure offers an overview of the Los Angeles County Department of Public Health as well as practical information for the county's linguistically diverse residents. In addition to answering the questions above, the guide also includes contact information for often-requested services, such as birth and death certificates, immunizations, substance abuse, restaurant grades and closures, and reporting a public health issue.

The resource guides may be downloaded at www.publichealth.lacounty.gov.





DEPARTMENT AND EMPLOYEE AWARDS

The Department of Public Health is composed of dedicated and talented individuals, all working toward the common goal of improving the health of Los Angeles County's residents. During 2011-2012, many staff members and programs, including the following, were recognized for their outstanding achievements.

- Department of Public Health Excellence Awards, 2011-2012: Kathleen Smith, RN, MSN, MPH; Jan King, MD, MPH; Mario J. Pérez; Jonathan Freedman; David Dassey, MD, MPH; Angelo Bellomo; Holly McCravey, MA, RAS; Susie Baldwin, MD, MPH; Suzanne Bostwick.
- 25th Annual Productivity and Quality Awards, County of Los Angeles, 2011. Top Ten Award: Health Awareness Program High-School STD Testing; Commission Special Award: Best Teamwork, Los Angeles County Rave Task Force; Special Merit Plaque: New Test for TB within Refugee and Immigrant Health Program; Special Merit Plaque: Preventing Cervical Cancer in STD Clinic Patients.
- 1st Annual Public Health Investigation Employee Recognition Awards, 2011: Sally Chan (Leadership); Sergio Triana (Customer Service); Daniel LaPel (Professionalism); Lee Denmon (PHI of the Year).
- Health Educator of the Year, 2011, Department of Public Health: Rita Mozian, MPH, CHES.
- Safety Advocates Award Winners, Fiscal Year 2011-2012:
 First Quarter, Susan Maki and Marthell Mc Elroy (Substance Abuse Prevention and Control); Second Quarter,
 Lucille Rayford, Joda Weathersby, Lisa Crowder, and Diana
 Sosa (Nursing Administration, Education and Professional
 Development Unit); Third Quarter, Monica Munoz (Division of HIV and STD Programs); Fourth Quarter, Charlene
 Contreras, Michael Jordan, Raynor Mayshack, John Ferrer,
 and Richard Mejia (Environmental Health, Emergency
 Preparedness and Response Unit).
- Building Emergency Coordinators of the Year, 2011: Adriene Villa and Alexandra Swanson, DVM.
- Department of Public Health Innovation Awards, 2011: Presented to 24 recipients for five projects: CCS Rapid Eligibility Determination Unit (Children's Medical Services); New Approaches to Substance Use Disorder

- Treatment (Substance Abuse Prevention and Control); LA County Maternal Care Quality Improvement Project (Maternal, Child, and Adolescent Health Programs); Fee Adjustment (Environmental Health); and On-site Investigations and Inspections of Medical Facilities Performing Computerized Tomography Brain Perfusion Studies (Environmental Health).
- 28th Annual Department of Public Health Employee Recognition Awards, 2012: 36 honorees. Overall Outstanding Employees: Tearah Taylor (Medical Field); Sally Chan (Administrative Field).
- Commendation, 2012, Oral Health Committee, Valley Care Community Consortium, for its leadership and service on behalf of children and families in the San Fernando Valley (Service Planning Area 2).
- 29th Annual Department of Public Health Nursing Awards, 2012: Outstanding Public Health Nurse, Esther Valdovinos, RN, PHN; Outstanding Registered Nurse, Dora Patricia Klee, RN; Outstanding Nurse Supervisor/Manager/Specialist, Willie Watts-Troutman, RN, PHN, APS.
- 2012 Model Practice Awards, National Association of County and City Health Officials. Los Angeles County Health Survey (Office of Health Assessment and Epidemiology); Community Partner Assessment Toolkit (Emergency Preparedness and Response Program).
- 2012 Behavioral Healthcare Champion, Behavioral Healthcare Magazine: Holly McCravey, MA, RAS.
- California Association for Health, Physical Education, Recreation, and Dance, Presidential Citation, 2012: Eloisa Gonzalez, MD, MPH.



Safety Advocates Award Winners, Fourth Quarter, Fiscal Year 2011-2012: Environmental Health Emergency Preparedness and Response Unit



28th Annual Department of Public Health Employee Recognition Awards: Sally Chan



25th Annual Productivity and Quality Awards, County of Los Angeles, 2011. Top Ten Award: Health Awareness Program – High-School STD Testing



Building Emergency Coordinator of the Year, 2011: Adriene Villa

FINANCIALS

	FY 2011-2012 ACTUAL	FY 2010-2011 ACTUAL
Gross Total	\$756 million	\$730 million
Less Intrafund Transfer	\$54 million	\$47 million
Net Total	\$702 million	\$683 million
Revenue	\$535 million	\$510 million
Net County Cost	\$167 million	\$173 million

Fiscal Year (FY) covers the period July 1-June 30

LA COUNTY DEPARTMENT OF PUBLIC HEALTH

OUR VISION

Healthy people in healthy communities

LA COUNTY DEPARTMENT OF PUBLIC HEALTH

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Cynthia A. Harding, MPH

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