

LA City Health Commission Healthy Living Recommendations

Goal: Reduce chronic diseases (ie. Cardiovascular, Stroke, Cancer, Diabetes (also Pre-Diabetes), Heart Disease) by adopting and implementing preventive policies and programs, and by creating an environment that encourages and supports healthy living. Overarching objectives are:

- Lessening the abuse of alcohol and tobacco; increasing healthy eating and physical activity
- Directly reducing diabetes and pre-diabetes, whose rates are growing and are more prevalent than other diseases
- Prevention of infectious disease transmission
- Ensuring health equity by reducing population-level economic, racial and social disparities

The Commission recommends that City and County leaders take three major actions and a dozen specific strategies to achieve this goal.

1) **Accelerate progress to achieve the objectives in the city's Plan for A Healthy LA and county's Community Health Improvement Plan.**

Short-term activities include:

- Determine the extent of progress toward these objectives. County Public Health plans to publish a status update in February 2017. City Planning is not actively tracking progress. LA City Council and Mayor Garcetti have adopted new laws to implement actions recommended in Plan for A Healthy LA, such as to increase farmers' markets availability to CalFresh (food stamp) participants, enacting the Clean Up Green Up ordinance to improve air quality near polluting businesses and to increase funding for new parks. One of the Plan's key actions is incomplete: *Annually track the Plan for a Healthy Los Angeles core indicators and objectives and prepare an updated Health Atlas Report in five and ten years from Plan adoption to evaluate community health and wellbeing.*
- Identify obstacles to Plan recommendations that have not moved forward.

- Health Commission to facilitate discussion with LAUSD about how the City of LA can support creation of Health Kids Zones around schools.

Discussion. The LA City Council adopted the Plan for A Healthy LA in 2015 as a Health and Wellness Element to the city's General Plan. The plan establishes seven goals:

1. Los Angeles, a Leader in Health and Equity.
2. A City Built for Health.
3. Bountiful Parks and Open Spaces.
4. Food that Nourishes the Body, Soul, and Environment.
5. An Environment Where Life Thrives.
6. Lifelong Opportunities for Learning and Prosperity.
7. Safe and Just Neighborhoods.

These goals were founded on a vision of health that was articulated with the assistance of residents, community leaders, and staff from various City and County departments, and other local government agencies. A vision of a healthy Los Angeles includes:

- Complete neighborhoods that meet residents' basic needs, including:
 - Access to health-promoting goods and services, which include affordable grocery stores, comprehensive medical services for both physical and mental health, park space, and childcare, among others.
- Community design that promotes healthy living for people of all ages, income levels, cultural backgrounds, and geographies.
- Access for individuals with disabilities and across the age spectrum.
- Use of community resources such as schools and underused assets to promote health and well-being.
- Access to affordable and safe opportunities for physical activity, particularly for park poor communities.

- Safe and just neighborhoods that are free of violence, where residents feel safe pursuing healthy activities, promote trust between law enforcement and local stakeholders, and where every resident has access to economic and educational opportunities that help support public safety in all neighborhoods.
- A balanced, multi-modal, and sustainable transportation system that offers safe and efficient options for all users.
- Access to affordable, healthy, and safe housing for residents of all ages and income levels.
- Access to healthy and sustainable environments with:
 - Clean air, soil, and water.
 - Tobacco- and smoke-free environments.
 - Ample green and open space, including a robust tree canopy in all neighborhoods and opportunities for urban agriculture.
 - Minimized toxins, greenhouse gas emissions, and waste.
 - Climate resilience that protects residents from the public health effects of climate change.
 - Opportunities for economic, educational and social development, including:
 - A thriving economy that provides all residents with the opportunity to access good jobs that offer the financial resources needed to lead healthy lives.
 - Educational resources and workforce development that prepares residents for the jobs of the future at every stage of their lives.

The Plan for A Healthy LA prescribes 88 separate actions that, if fully implemented, would substantively improve the health status of Los Angeles residents.

2) Accelerate progress on actions proposed by community stakeholders during Health Commission meetings.

A) Strengthen implementation of policies and programs to improving access to affordable, nutritious foods and proximity to park spaces.

- All city departments fully implement Good Food Purchasing Policy.

- Incorporate Healthy Food focus as part of efforts to streamline new business opening. Focus on the Healthy Food Incentive zones identified to close food access disparities.
- Support policy to improve beverage choices in kids meals at fast food restaurants.
- Set a target to increase breastfeeding rates at workplaces, beginning with city departments.
- City of LA should rapidly and fully implement the revised Quimby Park Fee Ordinance (Council File 16-0529) to ensure increased resources from the updated fee structure reach the most park-poor residents. City of LA should use resources generated by LA County's Measure A, if passed by voters on November 8, 2016, to implement priorities identified in the 2016 Countywide Parks and Recreation Needs Assessment.

B) Ensure adequate funding and full implementation of the City of LA's Vision Zero plan to improve safety of walking and biking.

- Metro to provide sufficient resources to support safety improvements to the most accident-prone corridors and intersections.
- City Council to accelerate active transportation projects in areas facing greatest risk to pedestrians and cyclists giving priority of implementation when the area of concern overlaps with the most disadvantaged areas of the City as identified in the Plan for a Healthy Los Angeles' Community Health and Equity Index..
- Recommend to Mayor and the City Council to pursue legislation to support Automated Speed Enforcement. Make speeding tickets from speed cameras more like a parking ticket (i.e. lower fines, no point on your license, civic adjudication process, etc.) and dedicate any revenue from the program back to safety improvements, not the City's general fund (to prevent any appearance that this is just a revenue generating project).
- City Council to actively seek, encourage and promote community participation to raise awareness, educate and offer residents an opportunity to shape their own environment and strengthen partnership with community based organizations such as Vision Zero Alliance.
- Support Open Streets program

3) Build on the strong relationship between city departments and the county departments of public health, health services and mental health.

- Health Commission to survey City Council offices and City departments to confirm they have adequate contacts with County health departments to resolve policy and community issues.
- Health Commission to coordinate annual briefing for City Council and Mayoral staff to learn about the latest health status data and recommendations from County health departments for City consideration.
- Health Commission to convene a joint hearing with County's Healthy Agency Integrated Advisory Board to identify areas of mutual priorities, collaboration and research.

Under a 1964 agreement, the county began enforcing the public health code in the City of LA in 1964. A brief survey of General Managers of City departments confirmed that City leaders have no concerns over the County's implementation of the agreement. Since 1964, the City and the County have dramatically expanded their roles in protecting and promoting health among Los Angeles

The City of LA directly influences residents' health by shaping the environment through land use and zoning, providing municipal services that improve residents' quality of life, and through its allocation of public resources. City departments are responsible for building and maintaining parks, providing sanitation services that keep communities clean, enforcing the City's codes, ensuring the quality and safety of housing, and maintaining public safety, among many other services that influence and promote health for Angelenos.

Other than Emergency Medical Services provided by LA Fire Department and nursing services provided within City jails, the City does not provide direct medical services. Still, the City can help promote good health by increasing access to health promoting resources through its own departments and by stimulating economic development that creates jobs, increases commercial resources in areas that lack services, and increasing access to affordable and healthy housing. The City also works with other governmental entities, such as the Los Angeles Unified School District and Metro, among others, to help promote access to health resources, quality education, and improvements to the built environment.

The role of County government in the health of Los Angeles residents has expanded dramatically since the 1964 agreement to transfer enforcement of the public health code. There are three County Departments that directly provide

County Department of Public Health is responsible for protecting health, preventing disease, and promoting health and wellbeing for all persons in Los Angeles County, including providing public health services to the City. The relationship between DPH and the City is facilitated through analysis; health education; communicable disease control; food and water inspection and other environmental health services. DPH has a contractual agreement with the County to provide state-mandated public health services to the City. To execute its responsibilities, DPH operates a number of programs to carry out this work. Some of the specific DPH duties include data collection and analysis; maternal, child, and adolescent health services; emergency preparedness; and laboratory and clinical services. In addition, DPH promotes health through its chronic disease and injury prevention programs. These programs work in partnership with cities, schools, businesses, and communities to promote policies, systems and environmental change that create safer and healthier places and to assist persons in adopting healthier lifestyles. For example, DPH has partnered with the City on efforts to reduce smoking and exposure to secondhand tobacco smoke, provided support for CicLAvia, an open streets festival that promotes active living, and assisted with several other City initiatives to increase access to active transportation and healthy food.

County Department of Health Services operates 19 health centers and four hospitals (three operating in the City). DHS annually cares for 670,000 unique patients, employs 19,000 staff, and has an annual operating budget of \$4 billion. DHS provides health services to youth in the juvenile justice system and specialized medical services to children in foster care. Through academic affiliations with the University of Southern California (USC) and the University of California, Los Angeles (UCLA), DHS hospitals are training sites for physicians completing their graduate medical education, as well as settings to improve housing and services for unhoused DHS patients upon.

County Department of Mental Health operates programs in more than 85 sites, and providing services via contract program and DMH staff at approximately 300 sites co-located with other County departments, schools, courts and other organizations. DMH contracts with more than 1,000 organizations and individual practitioners to provide a variety of mental health-related services. On average, more than 250,000 County residents of all ages are served every year. In the City of LA, DMH works with Police, Fire and others to respond to residents experiencing mental health distress. DMH

is core to the City's Homeless Strategy, identified in multiple recommendations from training first responders to supporting street outreach teams.

Los Angeles Health Program Comparison Chart		
	City	County
Programs	<i>Plan for a Healthy LA</i>	<i>LA County Community Health Improvement Plan (CHIP)</i>
Goals	<p>1. Complete neighborhoods that meet residents' basic needs, including:</p> <ul style="list-style-type: none"> - Access to health-promoting goods and services, which include affordable grocery stores, comprehensive medical services for both physical and mental health, park space, and childcare, 	<p>1. A 5-year plan for identifying gaps in services and health outcomes of LA County residents.</p> <ol style="list-style-type: none"> 1. <u>Increase Prevention to Improve Health</u> <ol style="list-style-type: none"> a. Prevent and Manage Chronic Disease b. Increase Access to Care (ie. Medical, Dental, etc) 2. <u>Create Healthy and Safe Communities</u>

	<p>among others.</p> <ul style="list-style-type: none"> - Community design that promotes healthy living for people of all ages, income levels, cultural backgrounds, and geographies. - Access for individuals with disabilities and across the age spectrum. - Use of community resources such as schools and underused assets to promote health and well-being. - Access to affordable and safe opportunities for physical activity, particularly for park poor communities. - Safe and just neighborhoods that are free of violence, where residents feel safe pursuing healthy activities, promote trust between law enforcement and local stakeholders, and where every resident has access to economic and educational opportunities that help support public safety in all neighborhoods. - A balanced, multi-modal, and sustainable transportation system that offers safe and efficient options for all users. - Access to affordable, healthy, and safe housing for residents of all ages and income levels. 	<ul style="list-style-type: none"> a. Prevent and Reduce Violence b. Prevent and Reduce Traffic Collisions c. Reduce Exposure to Air Pollution d. Reduce Transmission of Infectious Disease e. Prepare for Emerging Infections and Other Threats to Public Health <p>3. <u>Achieve Equity and Community Stability</u></p> <ul style="list-style-type: none"> a. Increase the Availability of Safe, Quality, Affordable Housing b. Increase the Number of Youth who graduate high school and pursue higher education c. Prevent and Treat Substance Abuse
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	<p>2. Access to healthy and sustainable environments with:</p> <ul style="list-style-type: none"> - Clean air, soil, and water. - Tobacco- and smoke-free environments. - Ample green and open space, including a robust tree canopy in all neighborhoods and opportunities for urban agriculture. - Minimized toxins, greenhouse gas emissions, and waste. - Climate resilience that protects residents from the public health effects of climate change. <p>3. Opportunities for economic, educational and social development, including:</p> <ul style="list-style-type: none"> - A thriving economy that provides all residents with the opportunity to access good jobs that offer the financial resources needed to lead healthy lives. - Educational resources and workforce development that prepares residents for the jobs of the future at every stage of their lives. 	
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<p>Strategies</p>	<p>Community Outreach and Stakeholder Feedback</p> <ul style="list-style-type: none"> - Community Advisory Committee (CAC) - Technical Advisory Committee (TAC) - Expert Panel, including 15 community health professionals - L.A. City residents, especially those with the greatest health disparities 	<ul style="list-style-type: none"> - Prioritizing Impacted Communities - Community Health Assessment (CHA) <ul style="list-style-type: none"> - Identifying needs & resources - Community Health Improvement Plan (CHIP) <ul style="list-style-type: none"> - Partnership between Department of Public Health and Community Organizations outlining resources
<p>Data</p>	<ul style="list-style-type: none"> - Los Angeles Department of City Planning - Los Angeles County Department of Public Health - The California Endowment - Raimi + Associates 	<ul style="list-style-type: none"> - County of LA Department of Public Health Community Health Assessment SPA Demographics - Healthy People 2020 - County Health Rankings - The Guide to Community Health Preventive Services - Let's Get Healthy California
<p>Progress</p>	<ul style="list-style-type: none"> - The Plan for a Healthy Los Angeles was unanimously approved by the City Council in 	<ul style="list-style-type: none"> - Renamed the CCO's Ethnicity Subcommittee as the Health Disparities Subcommittee, which transitioned its focus and now includes more

	<p>March.</p> <ul style="list-style-type: none"> - Updating the City’s Quimby Ordinance and preparing a new parks fee ordinance. The draft ordinance is slated for release this month. - Researching and developing a preliminary report on Healthy Building Design Guidelines. - Identifying incentives to prioritize health-oriented land uses such as healthy food markets and health clinics. - Training City staff in the Planning Department and other City Departments how the Plan for a Healthy Los Angeles applies to ongoing planning work. The will help staff understand the document and how it can be implemented through various City functions. 	<p>community partners, stakeholders, and CCO members. Over the next two years, the subcommittee will focus on identifying areas of health disparities in vulnerable subpopulations as identified by age, gender, sexual orientation, disabilities, education, and racial and/or ethnic subpopulations, identifying root causes, and developing a strategic plan to address health disparities.</p> <ul style="list-style-type: none"> - Completed an inventory of region’s use of traditional health workers (THW) and developed learning collaborative for THW alternative payment method pilot projects. - Creating and supporting a public health work group, the Regional Healthy Communities Steering Committee, to improve community health by coordinating health initiatives, seeking efficiencies through blended services and infrastructure, and engaging all stakeholders towards the shared goal of ensuring equal opportunities for health.
<p>What’s Needed</p>	<p>(See page 120 for more details)</p> <p>1. Built Environment</p> <ul style="list-style-type: none"> - Healthy Building Design Guidelines - Business Attraction Programs - Land Use Incentives - Multipurpose Centers - Domestic Violence Shelter operations 	<ul style="list-style-type: none"> - Implementing and tracking progress of program(s) implementation. - DPH will establish an Advisory Committee comprised of diverse community stakeholders - Task Forces focusing on particular goals will be established to complete more in-depth planning and to ensure successful implementation of strategies. - Current and new partners demonstrated a great

	<ul style="list-style-type: none"> - Health Care Access - Aging in place - Senior programs - School-based health centers - Health services <p>2. Health and Educational Resource System</p> <ul style="list-style-type: none"> - Information presented in multiple languages, easily available and user-friendly format. - Job training for older adults - Adult literacy - Early childhood literacy - Summer lunch programs - Family Source System's one-stop community resource centers (ie. CalFresh, CalWORKS, and MediCal) - Workforce training - Homework Centers - Financial literacy - Linked learning - Citizenship events and increased civic engagement - Health education classes and resources - Homeless services - CLASS parks or clean and safe places - Recreation and parks youth employment 	<p>deal of enthusiasm for engaging with the Department of Public Health</p>
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	<ul style="list-style-type: none">- Smart irrigation water conservation program- Afterschool clubs- YouthSource centers <p>3. Green Business incentives</p> <ul style="list-style-type: none">- Smoke-free housing options- Clean up green up pilot program; zoning codes and community plans- Good neighbor policy- Clean Air Action Plan- Part Community Mitigation Trust Fund- Emission reduction strategies- Landscape guidelines and ordinance- Urban forest- Brownfields- Cool roofs- Climate Adaptation and Preparedness Plan and collaboration- Oil district- Air quality action plan- Transitional zoning- Emergency preparedness <p>4. Food</p> <ul style="list-style-type: none">- Street vending- Healthy neighborhood markets- Healthy mobile food retail	
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	<p>incentives</p> <ul style="list-style-type: none"> - Healthy food liaison team - Collective food purchasing - Urban agriculture - Green Waste reduction - Community garden and urban agriculture incentives - Farmers markets - Good Food Purchasing Policy - Healthy food zones - Leadership - Healthy kids zones - Inventory - Healthy communities implementation program - Healthy city data tracking - Measure civic engagement - Nonprofit lease policy and processes <p>5. Parks</p> <ul style="list-style-type: none"> - Conservation easements - Physical activity - Park fee, land acquisition, distribution, and public access - Los Angeles River - Recreation for individuals with disabilities and special needs - Existing parks - LA River Improvement Overlay - China Shipping Community Aesthetics Mitigation Trust Fund 	
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	<ul style="list-style-type: none"> - 50 Parks - Recreation programming - Local partnerships - Transit to parks and beaches - Community gardens and parks - Asphalt to green space - Grants - Universally accessible playgrounds - Recreation and Parks master plan - Safety - GRYD zones evaluation - Violence interruption and incident response (VIIR) protocol - Summer Night Lights - Personal safety in public spaces - HALO program - Neighborhood justice program - Re-Entry plan for youth and adults - Leadership - Displacement - Local hire - Tobacco 	
<p>Source(s)</p>	<p>http://healthyplan.la/wordpress/wp-content/uploads/2014/11/PlanforHealthyLA_Web-11.pdf</p> <p>http://healthyplan.la/implementation-steps-for-the-plan-for-a-healthy-la/</p>	<p>http://publichealth.lacounty.gov/plan/docs/CHA_CHIP/CHIPforLACounty20152020.pdf</p> <p>https://www.samhealthplans.org/ihn-cco/community-advisory-council/community-health-improvement-plan</p>