

**Latino Coalition for a Healthy California
Los Angeles Regional Network Meeting
September 17, 2004**

Meeting Summary

Opening Remarks – Robert O. Valdez, PhD

Purpose/goal of the meeting:

- ◆ Develop civic involvement
- ◆ Build infrastructure to support this effort
- ◆ Build local capacity to have a “real” voice

Latino Health Landscape – David Hayes-Bautista, PhD

Dr. Bautista briefly summarized the findings of the community health research conducted by UCLA and published in the Latino Scorecard. Overall, Latino health is generally good with strong birth outcomes and lower incidence of death resulting from such chronic conditions as heart disease, stroke and cancer. However, the research found troubling trends that could erode this positive health profile such as the prevalence of obesity, poor nutritional habits and lack of exercise. In addition, other related factors such as lower educational achievement, higher incidence of poverty and less access to quality health care, will have an impact on the future overall health of the community. Finally, the indicators examined by the researchers “suggest that Latinos’ health status is likely to decline in the future if their lifestyles don’t change and if access to culturally competent health care remains limited”¹.

Regional Health Panel – David Hayes-Bautista, PhD

Dr. Bautista briefly illustrated the power of local self-determination and successful solutions achieved by Latinos in South-Central Los Angeles. After the riots, traditional government efforts to invest and re-build resulted in little to no real improvement. However, by supporting modest growth of existing Latino small business, prosperity has spread and flourished into the riot-torn neighborhoods. Today, South-Central is primarily populated by Latino residents.

Dr. Bautista encouraged continuation of these proven local efforts to solve other community challenges. One such challenge is to encourage Latino and other culturally competent providers to locate their practices in Latino areas.

The panelists were then introduced and asked to 1) highlight some of their organization’s programs/projects addressing Latino health issues and 2) list the top three pressing health issues in Los Angeles.

¹ Latino Scorecard 2003, Grading the American Dream, p. 4. United Way of Los Angeles, 2003.

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Panelist	Programs	Issues
David Hayes-Bautista	Center for the Study of Latino Health & Culture, UCLA	<ul style="list-style-type: none"> ◆ Los Angeles County health system is broken ◆ Low medical school enrollment among Latinos ◆ Childhood obesity and increased rates of diabetes
Yolanda Vera, LA Health Action	<ul style="list-style-type: none"> ◆ Access to Health Initiative <ul style="list-style-type: none"> ○ 15 grants ○ Policy development ○ Coordination of County outreach ◆ Los Angeles Collaborative <ul style="list-style-type: none"> ○ 50 organizations ○ Solutions to save the Safety Net ◆ Child Health Initiative <ul style="list-style-type: none"> ○ Promoting statewide adoption ◆ Advise the California Endowment on policy programs 	<ul style="list-style-type: none"> ◆ Decline of the safety net ◆ Chronic obesity ◆ Increase power of the Latino community; develop “voting muscle”
Howard Kahn, LA Care Health Plan	Healthy Kids; Children’s Health Initiative	<ul style="list-style-type: none"> ◆ Resolve the immigration issue (longer term) ◆ Increase health coverage and access to care ◆ Improve healthy behaviors/reduce disease; nutrition and exercise
Ana Andrade, Health Net	Latino Health Insurance product <ul style="list-style-type: none"> ○ 30% lower premium ○ Targeted to small business ○ Cross-border coverage ○ Strategic partnerships 	<ul style="list-style-type: none"> ◆ Shortage of culturally competent providers ◆ Affordable health coverage ◆ Education/outreach to inform community of health insurance concepts and available products
Jennifer Rodriguez, Alliance for a Better Community	Action organization for the Latino Scorecard findings/ recommendations <ul style="list-style-type: none"> ○ Coordinated Health Task Force with LAUSD ○ Medical school enrollment ○ Health Insurance for small business 	<ul style="list-style-type: none"> ◆ Obesity ◆ Culturally competent providers ◆ Access to care (for uncovered adults) ◆ Literacy; increase value of education by parents
Aizita Magaña	First 5 LA <ul style="list-style-type: none"> ○ Universal pre-school ○ Healthy Kids ○ Healthy Birth Initiative ○ Early Screening/ Intervention (for developmental delays) 	<ul style="list-style-type: none"> ◆ Childhood development and interaction with children’s health

LAUSD Health Promotion/Support -- Marlene Canter, LAUSD Board Member, District 4

Ms. Canter shared her experience leading the effort to ban sodas and other junk foods in LAUSD schools. She attributed the successful adoption of these policies to:

- ◆ Grassroots support (students and parents)
- ◆ Focus on what is in the best interest of the community; not just the economics

The Board is now working on improving menus in the school cafeterias to provide healthier options. Ms. Canter also offered her support in carrying other motions to the board such as allowing health insurance enrollment in the schools and providing nutrition education for parents.

Break-Out Sessions

Meeting attendees participated in round table discussions to identify “the top 5 health related issues in Los Angeles County”, as well as to consider one of five questions assigned to each group. The top health issues raised in the break-out sessions fell into the following areas:

- ◆ Access to services
 - High number of uninsured
 - Lack of employer-based coverage
 - Affordability
 - Preventive services
 - Adult care
 - Physician shortage
 - Limited cultural/linguistic competence
- ◆ Chronic diseases – addressing both prevention and treatment needs
 - Obesity
 - Diabetes
- ◆ Health-related education
 - Healthy life-styles
 - Nutrition
 - Health literacy
 - Awareness of availability of insurance coverage options as well as access to a wide variety of health care and related services (hospitals/physicians, mental health, transportation, healthy options/choices, child/elder care, etc.)
- ◆ Education
 - High drop-out rates/low college enrollment
 - General literacy

The discussion of the assigned questions covered the following:

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Question	Discussion Summary
<p>1. What are some of the guidelines/principles we should use to guide us on our work on Latino health specifically in Los Angeles?</p>	<p>Guidelines to keep in mind in directing our work should include:</p> <ul style="list-style-type: none"> ◆ Policy issues should have significant impact on health of Latinos ◆ Timely and relevant ◆ Seek collaborators/partners not work as a silo <ul style="list-style-type: none"> ○ Partnering/educating through TV/spokesperson, schools, churches, community agencies, gov't, radio, promotoras ◆ Help increase leadership <ul style="list-style-type: none"> ○ Empowering communities ○ Empowering the patient ○ Advocate with Latino health, social and community groups awareness ◆ Quality and affordable health care is a right not a privilege for all persons in LA ◆ Everything needs to be C/L and economically sensitive <ul style="list-style-type: none"> ○ Cultural sensitivity, looking at medical care from a patient's point of view, awareness of what might be happening in their lives) ○ Create expectation in medical community to provide culturally responsive quality health care and patient education ○ Educate health care providers on the health needs and the challenges their Latino patients face <p>Key guiding principles of our work should be:</p> <ul style="list-style-type: none"> ◆ Respect ◆ Culturally appropriate ◆ Community-based, community contribution ◆ Multi-disciplinary ◆ Faith sensitive <p>Other comments during the discussion addressed:</p> <ul style="list-style-type: none"> ◆ Fears and anxiety that limits Latino access (outreach programs to inform the public of what is out there) ◆ Assistance to access the information ◆ Insurance, transportation also important as health care priorities
<p>2. What are some challenges and opportunities in L.A. and surrounding counties that Latinos face? How can we change the challenges into opportunities?</p>	<p>Challenges</p> <ul style="list-style-type: none"> ◆ Disenfranchisement ◆ Economic influence ◆ Role models and education (lacking) ◆ Don't vote ◆ Language/literacy ◆ Growing cost of health care ◆ Bureaucracy against immigration issues ◆ Technology ◆ Ca fair share ◆ Increase of Latinos in prisons

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Question	Discussion Summary
	<p>Opportunities</p> <ul style="list-style-type: none"> ◆ Latinos are majority ◆ Potential political power ◆ Small business contributions ◆ Young population ◆ Sense of community ◆ Collaboration and building ◆ Pass universal health care ◆ Maintain cultural values and strengths <p>We see that change can be influenced by:</p> <ul style="list-style-type: none"> ◆ Electing officials that are representative of the community ◆ Building and cultivating relationships with elected officials and hold them accountable ◆ Media involvement in assisting with voter registration/education health ◆ Building community capacity ◆ Increasing family involvement ◆ Advocating for ourselves ◆ Modeling ◆ Education ◆ Empowerment ◆ Voting
<p>3. What are some actions/activities (e.g. policy, legislative, administrative, health promotion and disease prevention options, etc.) that can be done to improve the health of Latinos?</p>	<ul style="list-style-type: none"> ◆ Education and outreach focus on 0-3 and 4 yr olds ◆ Support advocacy for universal health care (SB 921 bill) ◆ Regulatory reform ◆ Increase the number of Latino health care providers/professional mentoring ◆ Public service campaigns (the media outlets) ◆ More initiatives to cover parents (multi-generational families, family centered initiatives) ◆ Single payer health insurance, SB 921 ◆ Voter awareness/voting Prop 72 (SB 2) ◆ Community based care (long term for elders) ◆ Utilization of promotoras de salud model ◆ Change thinking of traditional western medicine to allow for cultural choices/options ◆ Voter registration, campaigns ◆ Marketing, TV ads, TV news, radio ◆ Education campaign for doctors, lawyers, community ◆ Increasing collaboration among existing programs ◆ Policy, legislative action

<p>4. Who are some key organizations, policy-makers, etc. that work on health issues or that has been a leader on health issues in L.A. and surrounding counties? What issues have they worked on and what accomplishments have they made?</p>	<ul style="list-style-type: none"> ◆ LCHC ◆ Mexican American Opportunity Foundation – assist in providing health care info ◆ All state government programs (Healthy Families, Medi-Cal, California Kids, AIM) ◆ Local government ◆ Private partner programs ◆ Health plans/outreach workers ◆ Health care providers and organizations with service delivery ◆ Organizations involved with advocacy ◆ Tobacco coalitions offer education and advocacy ◆ LAUSD – removing junk food, express lane, training nurses to fill out apps for Healthy families ◆ LAC board of supervisors ◆ LA school board ◆ LA Care ◆ American Heart Association ◆ American Cancer Association ◆ American Diabetes Association ◆ First 5 LA ◆ USC UCLA ◆ LAC DHS ◆ LAUSD coordinating school health initiative ◆ Local non-profits ◆ Martha Escutia (SB 19) ◆ Cindy Montanez (obesity, recreation) ◆ Gil Cedillo (AB 59 school lunches) ◆ Marco Firebaugh ◆ California Endowment ◆ Kaiser Permanente ◆ St Francis ◆ UniHealth Foundation
<p>5. What community-based research should be done in L.A. and surrounding counties for Latino health? Why should research be done on these issues?</p>	<p>Community-based research might address specific issues with:</p> <ul style="list-style-type: none"> ◆ Latino seniors ◆ Latino participation in clinical trials ◆ Acculturation issues ◆ Latina health ◆ Define community, inventory, SPAs ◆ Educational, survey families, goals, values, priorities ◆ Technology, reduction in paper-trails <p>This research is important because:</p> <ul style="list-style-type: none"> ◆ Require community-participatory research – bottoms up approach to research ◆ Identify how to improve access to preventive care ◆ Determine importance of involvement of <ul style="list-style-type: none"> ○ Business outreach, insurance issues, business community

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Meeting Summary (*continued*)

	<ul style="list-style-type: none">influence○ CBOs, faith based groups○ Schools
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Next Steps

Based on the responses from the participants of the first meeting of the Los Angeles Regional Network, the Latino Coalition for a Healthy California and the Alliance for a Better Community commit to staffing the Los Angeles Regional Network. As first steps, LCHC and ABC will distribute a meeting summary to those that are interested in participating in the regional network. In addition, LCHC and ABC will be asking for community members to participate in the Advisory Committee. The Advisory Committee will be responsible for coordinating the regional network activities and events. As the Los Angeles Regional Network identifies its priorities and develops its strategic action plan, LCHC and ABC are committed to staffing and partnering with other local community organizations to develop the regional health agenda.