

SPA 7 Regional Health Office

# LA County DPH Monthly Newsletter

November 2024

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## November is American Diabetes Month



November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes.

Diabetes is a disease that occurs when your blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. But there's also good news: Taking charge of your health may help you prevent diabetes

health problems.

Tips to get started:

- **Reach or maintain a healthy weight** - Obesity is a common risk factor for type 2 diabetes. The more body fat you have, the higher your risk of developing type 2 diabetes.
- **Eat healthy meals** - People with diabetes can manage their condition by eating a healthy diet
- **Get in some form of physical activity** - Regular physical activity is an important part of diabetes therapy and can help manage blood sugar levels.
- **Quit smoking** - People who smoke cigarettes are 30%–40% more likely to develop type 2 diabetes than people who don't smoke.
- **Take your medications on time** - Medication adherence for diabetes is important because it can improve blood sugar control, reduce the risk of complications, and can lower health care costs. Even if you feel healthy, you should still take your medication.
- **Work with your healthcare team** - Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

If you're interested in requesting a diabetes education presentation, please use this link:

<https://tinyurl.com/dvykbj72>

# November Observances

## Native American Heritage Month

National Native American Heritage Month is celebrated each year in November. It is a time to celebrate the traditions, languages and stories of Native American, Alaska Native, Native Hawaiian, and affiliated Island communities and ensure their rich histories and contributions continue to thrive with each passing generation. This November and every month, we celebrate the culture and heritage of these remarkable Americans who deeply enrich the quality and character of our Nation.



One way to show respect and support for the Indigenous community is by acknowledging the land. Land acknowledgments are a way to recognize the Indigenous peoples who have lived on the land before and after settlers arrived, and to honor their relationship with the land. To find out which Native lands you live on, please use this interactive map: <https://tinyurl.com/4ffs6yhs>



## National Alzheimer's Disease Awareness Month

Alzheimer's disease is a progressive, deadly brain disease for which there is no cure, and is not a normal part of healthy aging. Researchers are still working to discover the root cause of the disease, but it's widely believed to be due to the buildup of misfolded proteins between nerve cells, which causes brain damage. This damage begins a decade or more before symptoms start to show. It's important to monitor yourself and your loved ones for any signs of mild cognitive

impairment (MCI), which can proceed Alzheimer's and other forms of dementia.

### Symptoms of Alzheimer's Disease:

- Memory loss
- Poor judgement
- Repeating questions
- Taking longer to complete daily tasks
- Repeating questions
- Difficulty handling money and paying bills
- Wandering and getting lost
- Misplacing things
- Mood and personality changes
- Increased anxiety and/or aggression

If you or anyone you know may be experiencing any of these symptoms, please consult with your medical provider.

## Lung Cancer Awareness Month

**Lung cancer is the most common cause of cancer death in the United States for both men and women.** Smoking is the most common cause of lung cancer in the United States. Experts say that 80% to 90% of lung cancer deaths are caused by smoking cigarettes. Other risk factors for lung cancer include being exposed to secondhand smoke; having a family history of lung cancer; being treated with radiation therapy to the breast or chest; exposure to asbestos, chromium, nickel, arsenic, soot, or tar in the workplace; and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer increases.



Being proactive is the best way to protect yourself and others in preventing lung cancer. Use these 3 tips to start:

- **Know your risks** - Anyone with lungs should know these [lung cancer risks](#)
- **Have a plan** - lung cancer patients often have little to no symptoms before being seen. See your healthcare provider about getting screened for lung cancer.
- **Make a commitment to your lung health** - It's about making lifestyle changes that reduce your risk of lung cancer, like quitting smoking, eating a healthy diet, and staying physically active.

## Free Gun Locks



In 2024, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at [these](#) Los Angeles County Medical Centers and [these](#) LA County Libraries.

## LA Health Portal E-Visits

Need care now? An eVisit is a quick, convenient online care choice for common medical concerns. An eVisit gives patients access to care from a provider who can order tests and/or medicines without a trip to the doctor's office. eVisits are a great choice for common medical concerns like:

- Cold or Flu
- Headache
- Muscle Aches
- Skin Rash
- Sore Throat
- Urinary Problems
- Vaginal Problems



#### How it works

- Sign in to LA Health Portal and fill out an eVisit form.
- Get a response email from a provider within 1 hour from 8 am to 8 pm, 7 days a week.\*
- The provider will answer your questions and order tests and/or medicines if needed.

\*E-visits sent after 8 pm will receive an answer the following day.

For questions, call [844-804-0055](tel:844-804-0055), select Option 3, or text [844-804-0001](tel:844-804-0001).

For more information, [watch a video about eVisits](#).

#### Not enrolled in LA Health Portal?

Enrolling is quick and easy for LA Health Services patients.

Click [here](#) to enroll online or download the app from your app store.

## Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, inviting people to participate in creating community action plans.

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.



To learn more about the CPHT project and find a CPHT near you, visit:

<http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

## Free or Low Cost Full-Scope Medi-Cal

In January 2024, a new California law allowed those in a lower income bracket to get free or low cost full-scope Medi-Cal.


Full scope Medi-Cal covers:

- Doctor visits
- Hospital visits
- Dental care
- Vision care
- Mental health care
- Emergency services
- And much more

To find out if you qualify, or to apply, click here: <http://tinyurl.com/5s6sz4ef>.




## DPH Resources



**LOS ANGELES COUNTY  
PUBLIC HEALTH INFOLINE  
1-833-540-0473**

**8 AM - 8 PM / 7 Days a Week**  
**Real People. Reliable Information.**



### Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and being a vital line of communication for future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & Sexually Transmitted Infections/Diseases
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

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### Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

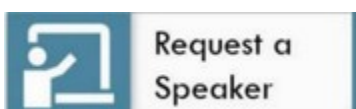
If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit:

<https://immunizelac.org/>



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## Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, see:

<http://tinyurl.com/562dad3e>.

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## Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps the Los Angeles County Department of Public Health monitor respiratory illness throughout the County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.
5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.



All data is kept completely private. To read more about Angelenos in Action, please click <http://tinyurl.com/bdhjuyje>.

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## Office of Violence Prevention - GVRO's (Gun Violence Restraining Orders)



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a

gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please see: <http://tinyurl.com/y3hfb575>.



## Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



## SPA 7 Resources and Upcoming Events

### Free Produce Distribution

Free food distribution is every first Wednesday of the month at the Whittier Wellness Community (WWC). Upcoming distribution is on Wednesday, November 6th starting at 8:00am.



### Free Outdoor Wi-Fi and Hotspots at Select LA County Libraries



The Los Angeles County Library is now offering free outdoor Wi-Fi, and portable hotspots at several of participating libraries. Visit one of our participating locations and use your device to get connected or take home a portable hotspot for up to 6 weeks!

For free outdoor Wi-Fi, click this link to find participating locations: <http://tinyurl.com/2s47amy>.

For a portable hotspot, click this link to find participating locations:

<https://tinyurl.com/2k5edcbm>.

### CORE Center

The Whittier Wellness Community's CORE Center offers a variety of substance abuse resources such as disorder screenings, referrals for prevention and treatment, and educational presentations. To find out more about our CORE center in SPA 7 and view our full list of presentations, please click here: <http://tinyurl.com/yzx7fm7a>.

To speak directly with our substance abuse counselors in SPA 7, please contact Alma Romero at [ARomero@ph.lacounty.gov](mailto:ARomero@ph.lacounty.gov).



## Resource Navigator



The Department of Public Health (DPH) aims to assist communities affected by past drug policies and connect you to resources. Please fill out the form completely as you wish so we can help serve your needs.

Please complete the intake form here:

<https://tinyurl.com/2s35jwuz>

For more information contact:

[dph-navigator@ph.lacounty.gov](mailto:dph-navigator@ph.lacounty.gov)

## Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.



## Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit [VaccinateLACounty.com](https://vaccinate.lacounty.gov) to learn more about:

- [In Home Vaccines](#)
- [Vaccine Schedule](#)
- [Vaccine Data](#)
- [Vaccine Records](#)
- Vaccine Facts - [English](#) | [Español](#)
- Vaccine Side Effects - [English](#) | [Español](#)

## Useful Links and Resources



[iPrevail Online Mental Health Resource](#)  
[COVID-19 Post-Surge Dashboard](#)  
[COVID-19 Vaccination Distribution Dashboard](#)  
[COVID-19 Vaccine Information](#)  
[COVID-19 Vaccination Records](#)  
[COVID-19 Surveillance Dashboard](#)  
[COVID-19 Testing](#)  
[Flu Vaccines](#)  
[Free Tax Preparation Services](#)  
[Free Snack Program](#)  
[Get Ahead LA Financial Resources](#)  
[Headspace: Free Mindfulness App](#)  
[LA County America's Job Center of California](#)  
[LA County's COVID-19 Tenant Protections Resolution](#)  
[LA County's Office of Immigrant Affairs](#)  
[LA County's Office of Emergency Preparedness and Response Program](#)  
[LA County Youth Suicide Prevention Project](#)  
[LA Department of Water & Power Bill Credit](#)  
[LA Public Health Podcast](#)  
[Laptop and Hotspot Loans from LA County Libraries](#)  
[Masks – Free N-95](#)  
[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741  
[Metro LIFE Program](#)  
[National Suicide Prevention Lifeline](#)  
[Opportunity LA: Child Savings Account for LAUSD Students](#)  
[Request a Mobile Vaccination Team](#)  
[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM  
[SoCalGas Assistance Fund](#)  
[Southern California Edison Assistance](#)  
For additional resources, please dial 2-1-1  
For more information on COVID-19, please [visit our website](#)  
Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth



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