



“La Participación Hace la Diferencia.”

“Participation Makes the Difference”

MISSION – Our Purpose in the Community

- Latino Health Access has been committed since its inception to intervening at the community level, with comprehensive strategies that address the root causes of disease and despair. Our mission is to assist in improving the quality of life and health of uninsured, under-served people through quality preventive services and educational programs, emphasizing responsibility and full participation in decisions affecting health.
- The intent of these programs will be to provide mechanisms for self-sufficiency and full participation in decisions affecting their health.

METHODOLOGY

- LHA's community development interventions have two foci:
 - 1) The participation of the target population in efforts to improve their standard of living, with reliance on their own initiative.
 - 2) The provision of technical and other services in ways that encourage initiative, self-help, and mutual help.
- A collaboration between public, private, and non-profit sectors of the community, assembled to create a healthier community.
- A caring community structure.
- Support and promotion of respect, trust, and appreciation for improvements that have been made.
- Access to a wide variety of experiences and resources, with the cultural and biological heritage of city (community) dwellers and with other groups and individuals.
- Identifying, training and employing community residents, who can share their experiences and knowledge of the communities they live in.

LHA Community Health Workers (Promotores de Salud)

All of the Latino Health Access programs rely on the Promotores model for their fresh, effective, in-culture and practical approach. Promotores de Salud are highly trained community health workers. They are recruited and hired from the communities where they live. They are educators and role models, who are highly skilled at leading their peers toward wellness. Latino Health Access has been on the cutting edge of the Promotores movement for the past ten years. LHA assists other groups across the nation develop Promotores' programs by offering a two-day, Basic Promotor Training.



What are Promotores de Salud?

- Promotores de Salud are highly trained community health workers.
- Promotores de Salud are members of the same community they serve and, for the most part, share the community's language, beliefs, social and ethnic characteristics.
- Promotores de Salud are lay health educators trained in health topics of interest to the community.
 - They are recruited, hired and trained from the communities where they live.
 - They are health educators and role models who are highly skilled at leading their peers towards wellness.
- Promotores strive to model the health messages they promote for their peers and their community.

Characteristics of Promotores de Salud

- Promotores de Salud function as:
 - Patient navigators who assist the community in navigating the health care system to access health care services.
 - Community representatives who take a lead role in leading local health advocacy efforts.
- Promotores de Salud programs are culturally-competent and linguistically-appropriate community-based outreach model.



LHA Programs and Services

- Children and Youth Initiative
- Elder Health
(Cuidar Puerta a Puerta)
- Healthy Weight
- Diabetes Self-Management Classes
- SABHC
- Mental Health
(Depression and Domestic Violence)
- Civic Engagement (Pasa la Voz)
- Breast Health (Salud del Seno)
- Kaiser Permanente Family Practice
Residency program

Children and Youth Initiative

- Children and Youth Initiative is a health intervention for children and youth living in high-risk environments.
- Activities are designed to reduce health disparities, increase resilience and leadership skills, enlarge the worldview, strengthen families, improve mental and physical health, and improve academic performance.
- Youth Promotores learn about nutrition, physical activity, injury prevention, mental health, and sibling care.



Elder Care (Cuidar Puerta a Puerta)

- Highly trained Promotores conduct door-to-door outreach to adults ages 60 and over and conduct assessments and referrals to link older individuals with necessary aging services.
- Promotores conduct educational sessions on disease self-management and on a wide range of prevention topics including nutrition, physical activity, mental health, and prevention of falls.



Mental Health (Depression and Domestic Violence)

- The program focuses on increasing awareness and changing community norms and providing assistance for those struggling with these issues.
- Promotores host Spanish language support groups for Domestic Violence and Depression.
- The specially trained Promotores meet regularly with a psychologist for case reviews



Civic Engagement (Pasa la Voz)

- Limited resources, lack of knowledge about the political process and a history of disengagement from government have kept many community voices out of decision-making arenas.
- Pasa la Voz offers trainings and presentations to community residents of all ages regarding how they can affect policy changes in their community.
- Monthly *platicas*, or discussions, with government elected and appointed officials engage community residents in various policy discussions that affect them.



Breast Health (Salud del Seno)

- Trained Promotoras educate low income, medically uninsured, Spanish speaking women ages 40 and over about breast health and refer these women for mammograms and other services.
- They conduct comprehensive workshops and presentations to teach breast self-exam and to promote annual mammograms and clinical breast exams.
- Promotoras assist women when further testing or treatment is needed. They provide transportation and financial assistance to facilitate making and keeping appointments, and maintain contact with patients when they have been diagnosed with breast cancer.



Kaiser Permanente Family Practice Residency Program

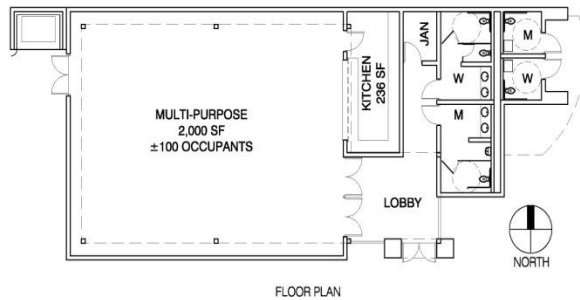
- Kaiser Permanente (KP) has established a community health rotation in collaboration with LHA.
- KP Family Practice Residents do a 2-week rotation at LHA receiving training on the Promotora model and cultural competency by LHA staff.
- In addition to the enriching trainings, KP Residents conduct home visits and host a free clinic to community members enrolled in the DSM program at LHA.
- This immersion of the KP Residents into the Latino community allows them to better understand the barriers and challenges this community faces, and how they can help their patients overcome them.





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<http://www.pbs.org/moyers/journal/10162009/watch2.html>



SOUTH ELEVATION



EAST ELEVATION



SCALE: 1/8" = 1'-0"
0 4 8 16'

FLOOR PLAN & ELEVATIONS

LATINO HEALTH ACCESS PARK SANTA ANA, CALIFORNIA

CLIENT NAME

STREET NAME
CITY, STATE ZIP
PHONE



LATINO ACCESS PARK
FLOOR PLAN & ELEVATIONS

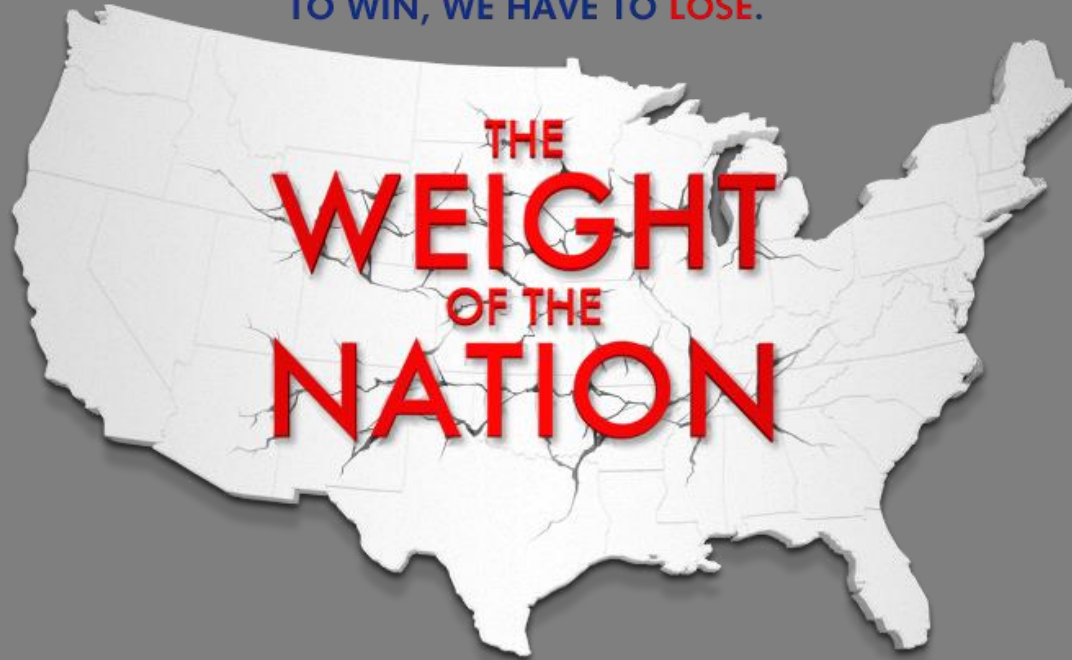
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<http://theweightofthenation.hbo.com/watch/bonus-shorts/latino-health-access-a-model-of-community-action>

“Creating Parks, Where Parks Do Not Exist”

- In the city of Santa Ana, Latino Health Access partnered with The Trust for Public Land to examine park inequity in low-income, dense and underserved areas.
- This study demonstrated that Santa Ana was a park poor city, roughly having 1 acre of park land per 1120 residents compared with 7.9 acres per 1000 residents for other large California communities. (Garcia et al., 2009).
- The 92701 zip code was identified as having the fewest parks with Santa Ana, approximately .5 acres of parks per 1000 residents.



“Creating Parks, Where Parks Do Not Exist”

- A donated bus from the Orange County Transit Agency (OCTA), was transformed into a “park on wheels” with the help of local youth.
- The bus housed a wide variety of playground equipment, that was utilized to create fun and safe activities for the participating children.
- CSUF interns and students created, implemented and supervised all fun and safe physical activities.



“Creating Parks, Where Parks Do Not Exist”

- St. Joseph's school in Santa Ana granted access to their school grounds and parking lot, where the physical activities were held, twice a week for 12 weeks.



Questions?

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