The goals of the Steering Committee are to:

1. Address and improve diversity, equity, and inclusion at L.A. Care for employees, members and with our business practices.
2. Ensure L.A. Care is a safe space, physically, emotionally and intellectually, for employees, where inclusion is a core value.
3. Advocate for diversity, equity, inclusion in a climate of social justice.
Progress Towards Goal

• From Steering and all the councils.

<table>
<thead>
<tr>
<th>Internal Improvements</th>
<th>External Efforts</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Authored L.A. Care statements that impact equity</td>
<td>• Partnered with Los Angeles County Human Relations Commission</td>
</tr>
<tr>
<td>• Added optional pronoun email signature</td>
<td>• Hosted two COVID-19 Leadership Summits</td>
</tr>
<tr>
<td>• Introduced employee book club</td>
<td>• Convened two Black History Month Town Halls</td>
</tr>
<tr>
<td>• Established Diversity, Equity, and Inclusion enterprise goal</td>
<td>• Finalist for the L.A. Business Journal’s Diversity &amp; Inclusion Awards for Diversity and Inclusion Team of the Year</td>
</tr>
<tr>
<td>• Contracting with UC Davis’ Drs. Jann Murray-García and Victoria Ngo</td>
<td></td>
</tr>
<tr>
<td>• Identified internal equity budget</td>
<td></td>
</tr>
<tr>
<td>• Ongoing equity and social justice learning</td>
<td></td>
</tr>
</tbody>
</table>
## Provider and Vendor Equity Council Efforts

<table>
<thead>
<tr>
<th>Components</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vendor Contracting</td>
<td>Provider network</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strategies</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Diversity and equal opportunity for vendors</td>
<td>Concordance</td>
</tr>
<tr>
<td>Re-designing online procurement site</td>
<td>Worked with departments to pull data</td>
</tr>
<tr>
<td>Outreach campaign to target local small businesses and disabled veteran owned businesses</td>
<td>Provider education on culture sensitivity, biases, awareness of LGBTQ+ community, etc.</td>
</tr>
</tbody>
</table>
## Member Equity Council Efforts

<table>
<thead>
<tr>
<th>Components</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Member Voice</strong></td>
<td><strong>SDOH</strong></td>
<td><strong>Target Resources</strong></td>
<td><strong>Leverage Partnerships</strong></td>
<td><strong>Health</strong></td>
</tr>
<tr>
<td><strong>Strategies</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Established Consumer Equity Council</td>
<td>Provide 100,000 members + community individuals with meals</td>
<td>CHIF, ESN, Sponsorship funding to community partners</td>
<td>New community partners + leading from within</td>
<td>Mitigate disparities revealed by data</td>
</tr>
</tbody>
</table>

- Established metrics that address equity downstream and upstream
Consumer Health Equity Council

Eliana Torres
Antelope Valley

Shekelia Harvey
San Gabriel Valley

Rachael Rose Luckey
Central Los Angeles

Scott Clapson
Central Los Angeles

Lynnea Johnson
West Los Angeles

Joyce Sales
South Los Angeles

Ismael Maldonado
San Fernando Valley

Nereyda Ibarra
East Los Angeles

Maritza Lebron
South East Los Angeles

Elizabeth Mitchell
Long Beach

Johnny Chua
Pomona
## L.A. Care Team Equity Council Efforts

<table>
<thead>
<tr>
<th>Components</th>
<th>Safe Space</th>
<th>Employee Inclusion</th>
<th>Educate &amp; Share Best Practices</th>
<th>Resource for L.A. Care</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strategies</strong></td>
<td>• Open and honest dialogue</td>
<td>• Identifying challenges and solutions</td>
<td>• Focus on “ally-ship”</td>
<td>• Go to place for real-time employees pulse on equity at L.A. Care</td>
</tr>
<tr>
<td></td>
<td>• Discuss topics related to race, gender, sexual orientation, disabilities and other contributors to self-identification</td>
<td>• Ex: pronoun in email signature</td>
<td>• Ex: book club</td>
<td></td>
</tr>
</tbody>
</table>
Ongoing Vision

• Our vision for L.A. Care is to be a next level health plan that is not only an expert in its role as a payer, but also a vital partner for community change and justice by:
  - **Engaging in** active partnership with kindred sectors that can assist us in implementing community change.
  - **Standing for** Diversity, Equity and Inclusion (DEI) both within and outside of L.A. Care.
  - **Exploring** place-based strategies that focus on the impact of SDoH in areas hard hit by poverty, crime and structural racism.
  - **Walking the walk!**
Thank you!
Colorectal Cancer Screening Awareness

Brigitte Bailey, MPH, CHES
Quality Improvement Project Manager II

May 12, 2021 – ECAC Presentation
Objectives

• Discuss why colorectal cancer screening is important

• Learn how to talk with your healthcare provider, friends, family and community about colorectal cancer screenings

• Ask the committees advice for other ways to get the message out
What is Colorectal Cancer?

- Colorectal cancer, also called colon cancer, starts with a growth (polyp) that is not yet cancer.

- Screening helps find polyps early before they become cancer.

- If polyps are found at an early stage, they can be successfully treated.
Facts About Colorectal Cancer

• Colorectal cancer is the **third leading cause of cancer-related deaths** in the United States. It is the third most common cancer in men and in women.¹

• Over **2,700 people** are newly diagnosed with colon cancer every year in Los Angeles County. ²

• The American Cancer Society’s estimates that there will be **104,270 new cases of colon cancer** in the United States in 2021.³
Guidelines for Screening

• Screening for colorectal cancer is recommended starting at age **50 years and continuing until age 75 years**.

• Individuals younger than 50 or older than 75 should still talk with their healthcare provider about colorectal cancer screening if they have family history or colon related issues.

• Screening types will be discussed on the next slide in detail.
### Types of Colorectal Cancer Screening

<table>
<thead>
<tr>
<th>Type of Test</th>
<th>Description</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stool Tests</td>
<td>Use a stool kit at home that gets returned to the lab. The lab will detect if you have blood in the stool.</td>
<td>Depends on test</td>
</tr>
<tr>
<td>Flexible Sigmoidoscopy</td>
<td>A flexible lighted tube is inserted in the rectum to check for polyps or cancer inside the rectum and lower third of the colon.</td>
<td>Done every 5 years</td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>A longer, thin, flexible lighted tube is inserted in the rectum to check for polyps or cancer inside the rectum or entire colon.</td>
<td>10 years</td>
</tr>
<tr>
<td>CT Colonography</td>
<td>Uses X-rays and computers to produce images of the entire colon for the provider to analyze the colon.</td>
<td>5 years</td>
</tr>
</tbody>
</table>
COVID-19 & Colorectal Cancer Screening

• **Early detection is still important.** Catching cancer at an early stage leads to easier treatment options.

• There may be a delay to go in person to get a colonoscopy due to COVID-19. However, colorectal cancer screenings may also be done in the comfort of your own home with stool tests.

• Talk with your healthcare provider to learn which screening test is right for you.
Talk with your Healthcare Provider

• Topics to bring up with your healthcare provider:
  
  - Family history of Colorectal Cancer
  
  - Change in bowel habits, blood in your stool, stomach pains or cramps
  
  - Scheduling a colorectal cancer screening test
What are some reasons that keep people from getting screened? How can we help them?
Ways to Address Concern

• Remind your family and friends to talk with their healthcare provider about whether they are due for their colorectal cancer screening.

• Let your family and friends know that preventive screenings are free! If their colorectal cancer screening is done as a preventive screening, there is no cost associated to the screening!

• Let your family and friends know that early detection leads to treatable outcomes!
What has L.A. Care done?

• L.A. Care does the following to help remind members of their colorectal screening tests:
  - Robo Calls
  - Mailers to our CMC members
  - My *Health in Motion*™ platform for colorectal cancer screening resources

• L.A. Care is also going to run a social media campaign for colorectal cancer screening for 2021!
If you are 50 or older, you need to get screened.

Your health is important to you and your family.

Remember your family needs you for those special moments in life. Don’t miss a wedding or a birthday because you were too afraid or busy to get screened. Don’t let them down. Get screened and prevent colon cancer.

You are important to your family. Call your health care provider today and ask about how to get screened for colon cancer.

It could save your life!

Screening options and how often you should get tested depends on your risk factors and family history. Your health care provider will be able to help you with your screening option. Here are the two most common options for colon cancer screening:

1. A stool test.
   It can be done by you in the privacy of your home. It looks for small amounts of blood in your stool you cannot see. Most stool tests need to be done every year.

2. A colonoscopy.
   It is done by a healthcare provider and lets them see the inside of your colon and rectum. During the test, healthcare providers can find and remove polyps before they become cancer or find cancer early when it is easier to treat.

These screening tests are at no cost to you.

Call your healthcare provider today to ask about which screening test is right for you.
You can beat colon cancer by getting screened.

Most people with colon cancer don’t have symptoms. This means you should get screened even if you feel fine.

If you are 50 or older, you are at higher risk for colon cancer.

- Get screened even if you don’t have a family history.
- Screening can help find problems before they become cancer.
- Cancer is easier to treat when found early.

If you are 50 or older, you are at higher risk for colon cancer even if you are healthy.
What else can L.A. Care do to help get this message out?
What can **YOU** do to help get screening up in your community?
References

1. https://www.cdc.gov/cancer/colorectal/basic_info/
5. https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm
Prevention is Power!
Thank you for your help in our efforts to build healthy communities!