



L.A. Care
HEALTH PLAN®

For All of L.A.

ECAC Meeting Presentations

May 12, 2021



**ELEVATING
HEALTHCARE**
IN LOS ANGELES COUNTY
SINCE 1997



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Equity Council Updates



Dr. James Kyle
ECAC
May 12, 2021

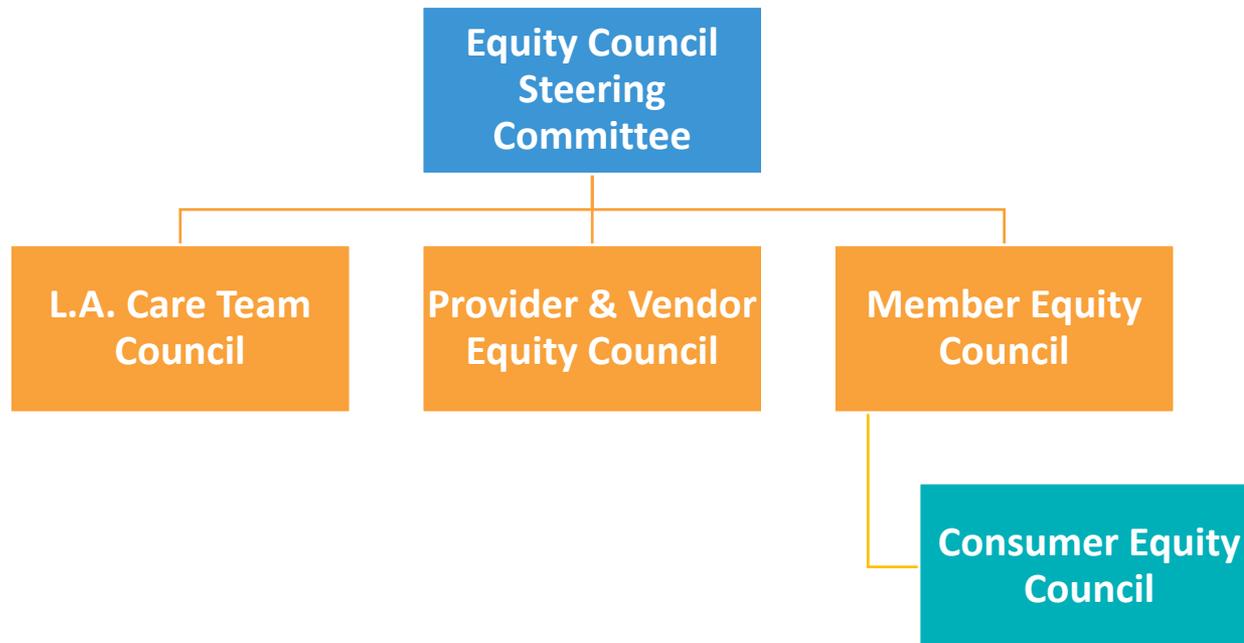


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Equity Council Goal and Internal Structure

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.

Internal Improvements	External Efforts
<ul style="list-style-type: none">• Authored L.A. Care statements that impact equity• Added optional pronoun email signature• Introduced employee book club• Established Diversity, Equity, and Inclusion enterprise goal• Contracting with UC Davis’ Drs. Jann Murray-García and Victoria Ngo• Identified internal equity budget• Ongoing equity and social justice learning	<ul style="list-style-type: none">• Partnered with Los Angeles County Human Relations Commission• Hosted two COVID-19 Leadership Summits• Convened two Black History Month Town Halls• Finalist for the L.A. Business Journal’s Diversity & Inclusion Awards for Diversity and Inclusion Team of the Year

Provider and Vendor Equity Council Efforts

Components	
Vendor Contracting	Provider network
Strategies	
<ul style="list-style-type: none">• Diversity and equal opportunity for vendors• Re-designing online procurement site• Outreach campaign to target local small businesses and disabled veteran owned businesses	<ul style="list-style-type: none">• Concordance• Worked with departments to pull data• Provider education on culture sensitivity, biases, awareness of LGBTQ+ community, etc.

Member Equity Council Efforts

Components				
Member Voice	SDOH	Target Resources	Leverage Partnerships	Health
Strategies				
Established Consumer Equity Council	Provide 100,000 members + community individuals with meals	CHIF, ESN, Sponsorship funding to community partners	New community partners + leading from within	Mitigate disparities revealed by data

- 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



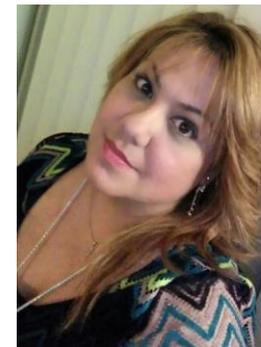
Joyce Sales
South Los Angeles



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

Components			
Safe Space	Employee Inclusion	Educate & Share Best Practices	Resource for L.A. Care
Strategies			
<ul style="list-style-type: none"> • Open and honest dialogue • Discuss topics related to race, gender, sexual orientation, disabilities and other contributors to self-identification 	<ul style="list-style-type: none"> • Identifying challenges and solutions • Ex: pronoun in email signature 	<ul style="list-style-type: none"> • Focus on “allyship” • Ex: book club 	<ul style="list-style-type: none"> • Go to place for real-time employees pulse on equity at L.A. Care

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!





L.A. Care
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Colorectal Cancer Screening Awareness



Brigitte Bailey, MPH, CHES
Quality Improvement Project Manager II



May 12, 2021 – ECAC Presentation



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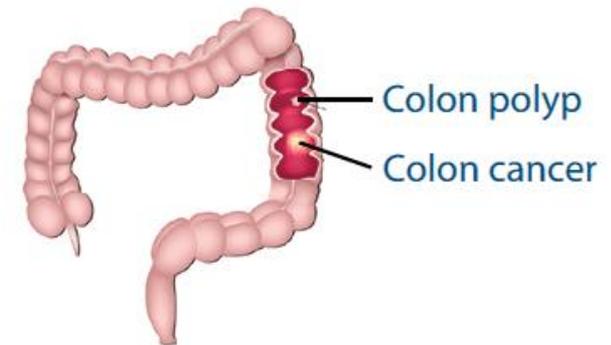
Objectives

- 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?¹

- 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



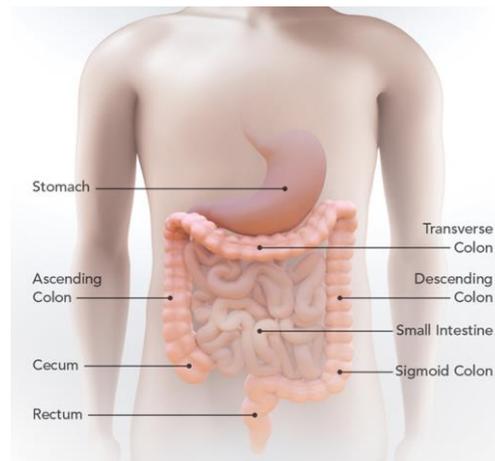
Guidelines for Screening⁴

- 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 Screening⁵

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



COVID-19 & Colorectal Cancer Screening⁶

- **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!



Example of 2020 Mailer – Outside Fold



If you are 50 or older, you need to get screened.



Your health is important to you and your family.

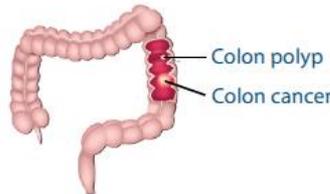
Remember your family needs you for those special moments in life. Don't miss a wedding or a birthday because you were too afraid or busy to get screened. Don't let them down. Get screened and prevent colon cancer.

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!

What is colon cancer?

- Colon cancer (also called colorectal cancer) is the second leading cause of cancer deaths in the United States among men and women combined.
- It can start 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.



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 health care provider and lets them see the inside of your colon and rectum. During the test, health care 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 health care provider today to ask about which screening test is right for you.

L.A. Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. L.A. Care Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees

English

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1.888.522.1298** (TTY: **711**), 24 hours a day, 7 days a week, including holidays. The call is free.

Spanish

ATENCIÓN: Si usted habla español, los servicios de asistencia con el idioma estarán disponibles para usted sin costo. Llame al **1.888.522.1298** (TTY: **711**), las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Chinese

請注意：如果您說中文，您可免費獲得語言協助服務。請致電 **1.888.522.1298** (TTY: **711**)，服務時間為每週7天，每天24小時（包含假日）。這是免費電話



Example of 2020 Mailer – Inside Fold

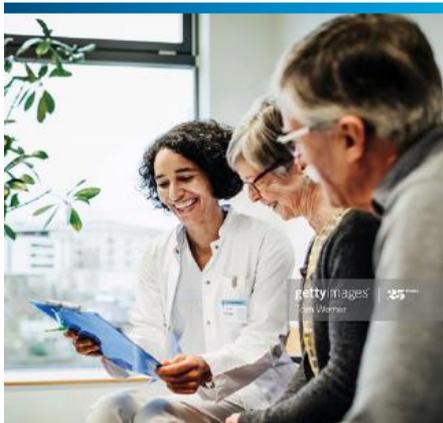
You can beat colon cancer by getting screened.

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.



Staying healthy starts with getting the right screenings and tests at the right time.
Health or Wellness or Prevention Information



Quality Improvement
1055 W 7th St., 10th FL
Los Angeles, CA 90017



L.A. Care
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**PREVENTION IS POWER.
TAKE ACTION TODAY
FOR A HEALTHY LIFE.**

Open to find out about tests and screenings you may need.



LA032 09/20



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/
2. <https://csp.usc.edu/wp-content/uploads/2020/10/Minimonograph-Colon-Cancer-Final.pdf>
3. <https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>
4. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>
5. https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm
6. <https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/cancer-screening-during-covid19/faq-20489122>



Prevention is Power!

Thank you for your help in our efforts
to build healthy communities!

