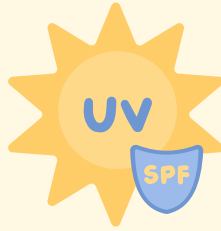


THE EDUPRESS

Martin Luther King Jr. Center for Public Health
SPA 5 & 6 Monthly Education Sector Newsletter



November is
National
Diabetes
Month



In This Issue:

1. **Diabetes & Youth**
2. **5 Unsafe Skincare Trends to Avoid**
3. **Showing Up for R.E.A.L. (Chronic Absenteeism Series)**
4. **Local Events & Resources**
5. **November Scholarships: 2025 Edison \$50k**

Diabetes Awareness Month takes place in November in honor of the Nov. 14 birthday of Dr. Frederick Banting, who discovered insulin in 1921. It is a time every year to spread awareness about a very common chronic childhood condition. check out page 2 for more information on the different types of diabetes and more.

November is
National
Healthy Skin
Month



The American Academy of Dermatology (AAD) designates each November as National Healthy Skin Month. It's a time to pay attention to your skin, learn about skin care, and adopt habits that can lead to a lifetime of healthier skin, hair, and nails. Turn to page 4 for tips on how to keep your skin looking best by spotlighting unsafe skincare trends.

**GET
REGULAR
HEALTH
SCREENINGS**



COUNTY OF LOS ANGELES
Public Health

Lisa Soulinthong-Reynoso BSN, RN, PHN
EDU Community Liaison Public Health Nurse
West & South LA
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11833 Wilmington Ave Los Angeles, CA 90059
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DIABETES & YOUTH

According to the CDC, diabetes in young people is projected to rise in the next 40 years. With November being National Diabetes Month, we want to help educate our community about the impact this disease has on individuals who are afflicted by it, as well as to emphasize the importance of awareness, prevention, treatment, and research.

Type 1 vs. Type 2 Diabetes

Type 1 diabetes is when the body does not produce enough insulin, the hormone that balances blood sugar levels. There is no known way to prevent type 1 diabetes at this time.

Type 2 diabetes is when the body loses the ability over time to use insulin. In some people, type 2 diabetes can be prevented or delayed through lifestyle changes.

Signs & Symptoms

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual
- Nausea, Vomiting, Stomach Pain

Type 2 Diabetes is a Rising Threat in Youth

Prediabetes is a risk factor for developing type 2 diabetes

PREDIABETES


increases the risk of developing type 2 diabetes and heart disease.



Who has PREDIABETES?

 **1 in 5**
aged 12-18 years

 **1 in 4**
aged 19-34 years

 **PREDIABETES**
is higher in males and people with obesity

What Can You Do?

- Parents should talk to their child's health care provider about testing for type 2 diabetes
- Adults aged 18 and over can take a 1-minute risk test at www.cdc.gov/diabetes/risktest





PREVENTING DIABETES IN YOUTH

Many people think that only older adults can develop type 2 diabetes, but kids and teens can get it too.

Type 2 diabetes is increasing in kids and teens in the United States. Take action now to help your kids prevent or delay type 2 diabetes.



Physical Activity

Aim for your child to get 60 minutes of physical activity a day.

- **Aim for your child to get 60 minutes of physical activity a day (doesn't have to be all at once).**
- **Make physical activity more fun; try new things.**
- **Ask kids what activities they like best—everyone is different.**
- **Limit screen time where possible.**
- **Plan active outings like walking, hiking, or biking.**
- **Turn chores into games where you can, with healthy prizes.**

Meal Time Makeover

- **Drink more water and fewer sugary drinks.**
- **Eat more fruits and vegetables.**
- **Make favorite foods healthier with swaps like whole grains, lean meats, and more vegetables.**
- **Get kids involved in making healthier meals.**
- **Have meals at the dinner table rather than in front of the TV or computer.**
- **Teach your kids how to read food labels.**
- **Have meals together as a family as often as you can.**
- **Avoid insisting kids clean their plates.**
- **Reward kids with praise instead of food.**



5 UNSAFE SKIN CARE TRENDS TO AVOID

Board-certified dermatologists are seeing these unsafe trends on social media and elsewhere. Here are five that dermatologists say you should avoid:

1. **Performing cosmetic treatments at home.** Dermatologists agree. This skin care trend is one of the most worrisome. People are microneedling their own skin, injecting themselves with fillers, and using lasers to remove their own unwanted hair.

“This is something I find really concerning,” says board-certified dermatologist Sara Moghaddam, MD, FAAD. “For example, at-home microneedling, also known as dermarolling, is dangerous due to risk of infections and improper techniques,” she added.

Board-certified dermatologist Oyetewa Oyerinde, MD, FAAD says, “[My] patients will see people who document their entire [experience performing a cosmetic procedure] on TikTok or on Instagram. I tell patients, even if their immediate effect looks good to you — and they may be using filters and other things to make it look good — you have no idea if they ended up in the emergency room afterward because of a bad reaction.”

Bottomline: So many complications can occur when you perform a cosmetic procedure, like injecting fillers or removing unwanted hair with a laser, at home. Board-certified dermatologists have the expertise and training needed to safely perform cosmetic procedures. They can also tell you whether a procedure is right for you. No procedure is right for everyone.

2. **Trying nasal tanning spray.** If you want to look tan, self-tanner that you apply to your skin is a safe way to get that look. Nasal tanning spray is not. For nasal tanning spray to work, you need to first inhale the spray and then spend time in the sun without protecting your skin from the sun.

The sun exposure increases your risk of developing skin cancer and signs of premature skin aging like wrinkles and age spots.

None of the active ingredients in nasal tanning spray are approved or regulated by the U.S. Food and Drug Administration (FDA) for this purpose. Melanotan is one such active ingredient. Board-certified dermatologist Lindsey Zubritsky, MD, FAAD, says, “Melanotan isn’t approved or regulated by the FDA, and it’s illegal to sell it in many countries, including the United States.”

Possible side effects of using nasal tanning spray include suddenly developing a number of new moles and freckles. This product can also cause your moles to change color or darken.

Bottomline: If you want to look tan, use a self-tanner that you apply to your skin. Nasal tanning spray is unregulated, which makes it risky. Using this spray also requires you to spend time in the sun without sun protection, which increases your risk of developing skin cancer.



3. Using hot peppers to make lips fuller. Dr. Oyerinde says, “Hot peppers have also made the rounds on social media as a pantry-ready way to achieve a fuller lip look. I’ve seen people use peppers, like Scotch bonnet or habañero, to get their lips to look bigger temporarily.”

“That is potentially very dangerous, because it can cause allergic contact dermatitis, or other rashes that can leave dark spots around the mouth or on the lips that are hard to get rid of,” says Dr. Oyerinde.

Bottomline: If you want fuller lips, see a doctor who has experience and training in adding volume to the lips, like a board-certified dermatologist. Your dermatologist knows how to inject FDA-approved dermal fillers safely. When injected by a doctor who has the necessary experience and training, a lip filler has a low risk of causing complications and can give you natural-looking results.

4. Taking supplements randomly. “The practice of taking supplements for anything and everything is another trend that I think may be doing more harm than good,” says board-certified dermatologist Angelo Landriscina, MD, FAAD. Dr. Landriscina warns, “People are taking them on a whim after seeing social media content, and they start and stop taking them without consulting a physician.” Bottomline: If you think that a supplement could treat a skin, hair, or nail concern, see a board-certified dermatologist. “Ingredients in supplements advertised for skin, hair, and nails have been linked to birth defects, an increase in cancer risk, and even side effects such as acne and hair loss,” says board-certified dermatologist Rajani Katta, MD, FAAD.





5. **Skipping the sunscreen.** To use or not to use sunscreen is another topic that's been trending on social media.

Dr. Zubritsky says, "I've seen a huge rise in anti-sunscreen sentiment on social media, which is quite concerning. A significant number of people are posting about the harmful effects of sunscreen and claiming that most sunscreens lead to cancer or contain cancer-causing ingredients."

These claims aren't backed by science. The FDA, which regulates sunscreen, says, "Given the recognized public health benefits of sunscreen use, Americans should continue to use sunscreen with other sun protective measures." This FDA recommendation is based on current scientific evidence, and the science doesn't show that any sunscreen ingredients currently available in the United States are harmful to human health. That's why the AAD recommends that people protect their skin while outdoors by:

Seeking shade.

Wearing protective clothing — including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection.

Applying a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing.

Bottomline: Science shows that the sun's harmful rays cause most skin cancers. When it comes to sunscreen, there's scientific evidence that using sunscreen and other sun protection measures can help to prevent skin cancer.

SHOWING UP FOR

R.E.A.L.

As we reflect on the first two components of the R.E.A.L. framework from Attendance Works, we understand that showing up to school matters because attendance remains a key factor in student achievement. This month, we take a look at how schools provide access to resources for students and families through the leverage of community partnerships such as local organizations, businesses, nonprofits, healthcare connections, and more. Local businesses and nonprofits assist schools and provide students with a variety of resources including sponsorship of school events, internships and job shadowing opportunities, enrichment programs, and access to medical, vision, and dental care. The LA County Department of Public Health Education Sector team works with school sites to support and address any health need/gaps noted on campus. The Education Sector Community Liaisons work to connect schools with resources and more to help decrease rates of chronic absenteeism and support an enriching environment for students and families. To learn more about the Education Sector Unit: [Click Here](#).

Routines: Daily attendance routines, created at home or in school, can reduce stress for students and families and create a sense of safety and security, especially after chaotic transitions.

Engagement: Being in school helps students to get to know peers, teachers and school staff, and to create trusting relationships that motivate students to participate in learning.

Access to Resources: Schools help students and families gain access to basic resources such as meals, physical and mental health services, and fun enrichment activities including sports, clubs, music, etc.

By attending #SchoolEveryDay, students can access valuable resources, from meals & mental health support to fun enrichment activities, both in school & afterschool, to support growth & learning.

Learn more: <https://bit.ly/3U6VUqh>

Resources



Find thousands of
community resources
WWW.1DEGREE.ORG



Who Do I Call for Help?

9-1-1

to report crimes, fires, and medical emergencies when law enforcement, firefighters, or paramedics are needed



800-854-7771

for crisis response teams in the field or mental health and substance use resources through the 24/7 LACDMH Help Line



9-8-8

for support with suicidal crisis or mental health-related distress



988 SUICIDE & CRISIS LIFELINE

2-1-1

for general information on local resources or linkages and referrals to health, human, and social services



Local Events & Resources



HACK-AI-THON

IN PARTNERSHIP WITH MICROSOFT

Get ready for an incredible opportunity! **South LA is hosting the most exciting Hackathon, in partnership with Microsoft**, and it's going to be a game-changer! Students will dive into hands-on training with Generative AI, learning cutting-edge skills from the best in the industry.

Connect with tech industry leaders, gain insights and mentorship that could shape their futures. The challenge? Develop an AI chatbot to tackle real-world, social justice issues impacting our communities. Don't miss out on this chance to create tech solutions that can drive positive change in South LA!



Ages: 14-18

Saturday, November 9th, 2024

Time: 9:00 AM - 3:00 PM

961 E. 61st Street, Los Angeles



Scan to RSVP



TheSolafoundation.org



COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
Recreation**

HARVEST FESTIVAL



NOVEMBER 15-23, 2024

FREE ENTRY

FREE DRINK & FOOD – MUSIC

DANCING – FAMILY GAMES

CHILDREN'S STORY CORNER

**SPACE IS LIMITED AND IS ON A
FIRST-COME-FIRST-SERVED BASIS.
PLEASE CALL THE PARK OFFICE
FOR A SCHEDULE OF ACTIVITIES.**

[PARKS.LACOUNTY.GOV/FALL](https://parks.lacounty.gov/fall)

Hilda L. Solis

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Holly J. Mitchell

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Lindsey Horvath

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Janice Hahn

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Kathryn Barger

LOS ANGELES COUNTY BOARD OF SUPERVISORS

LIVE NATION NEXT GEN



ONE OF OUR MOST POPULAR PROGRAMS RETURNS THIS WINTER 2025

MARK YOUR CALENDARS! APPLICATIONS OPEN NOVEMBER 6TH, 2024

THE SOLA FOUNDATION HAS PARTNERED WITH LIVE NATION ENTERTAINMENT TO TRAIN A NEW GENERATION OF BLACK AND BROWN INDUSTRY PROFESSIONALS FROM SOUTH LA. THE LIVE NATION NEXT GEN PROGRAM RECRUITS 20 PARTICIPANTS ANNUALLY (AGES 16-22) TO EXPLORE VARIOUS CAREER PATHWAYS IN THE LIVE ENTERTAINMENT INDUSTRY THROUGH A 6-MONTH SERIES THAT INCLUDES VOLUNTEER GUEST SPEAKER ENGAGEMENTS, MENTORSHIP FROM LIVE NATION STAFF, IMMERSIVE FIELD TRIPS, AND HANDS-ON TRAINING.

FOR THEIR FINAL PROJECT, PARTICIPANTS ALSO COLLABORATE TO PRODUCE THEIR OWN CULMINATING COMMUNITY EVENT WHICH IS HOSTED AT THE SOLA BEEHIVE AT THE END OF THE PROGRAM!

ELIGIBILITY

FOLLOW US & GET NOTIFIED ONCE APPLICATIONS OPEN!

Watts Labor Community Action Committee



WANT TO GROW
FOOD IN YOUR
BACKYARD?

Backyard Farm Installation for Watts Residents

We'll help you
transform your back
yard into a place to
grow your own food!

Renters welcome too!

FILL OUT THE REGISTRATION
FORM AT bit.ly/2VL4WzC

We believe that everyone has the right to
fresh, homegrown produce and a healthy
environment. That's why we're committed
to supporting our community with growing
opportunities and education.



Watts Rising is supported by Cal State
Berkeley's Center for Sustainable
Climate Communities and the
Watts Labor Community Action Committee.
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www.wattsrising.org

ARTISTS!

DESIGNERS!

**CREATE THE OFFICIAL
FIFA WORLD CUP
LOS ANGELES™
POSTER**

WIN \$20,000*



*Terms & Conditions Apply.

WE ARE LOS ANGELES™

Scan or visit LosAngelesFWC26.com



FIFA World Cup Poster Contest

Exciting news for local artists! The Los Angeles World Cup 2026 Host Committee is inviting L.A. County residents to submit their designs for the official FIFA World Cup 26 Los Angeles poster.

This is a unique opportunity to showcase your creativity while celebrating L.A.'s rich soccer legacy and diverse culture. The winning artist will receive up to \$20,000, and millions will see their design as part of the world's largest single-sport event! The contest is now open, and submissions will be accepted until November 17, 2024, at 11:59 p.m. Don't miss your chance to be

a part of history!

[Learn More!](#)





CITY OF PARAMOUNT



JOIN OUR YOUTH VOLLEYBALL CAMP 2024



A FUN, 4-WEEK PROGRAM THAT EXPLORES THE BASICS OF VOLLEYBALL AND THE IMPORTANCE OF TEAMWORK AND SPORTSMANSHIP

KICK-OFF DATES

- AGES 8-9:
November 4
- AGES 10-11:
November 5
- AGES 12-13:
November 6

NOVEMBER 4-27

AGE GROUP

8-13 YEARS OLD

OPEN TO

PARAMOUNT FAMILIES & PUSD STUDENTS

SCAN TO
GET STARTED



Must complete registration through the Community Services Office

<https://bit.ly/youthvolley24>

INCLUDES

- 4-week program
- Equipment during the program
- Game shirt
- Participation award



FREE!



Courtesy of the City of Paramount & World Energy

REGISTRATION
DEADLINE

OCTOBER 29



PARAMOUNT PARK GYM

14400 Paramount Blvd



CALLING ALL CREATORS!

Small Business Video Promo Contest!



Showcase Your Favorite Local Business!

Record a 30 second to 1 minute reel of your favorite business in Paramount for a chance to win giftcards and be featured on Explore Paramount's social media. For any business showcased in a winning video, the City will purchase gift cards matching their category winnings to be raffled off on Explore Paramount's pages.

DEADLINE EXTENDED!



CATEGORIES

HIGH SCHOOL (AMATEUR)

- 1st Place: \$500
- 2nd Place: \$300
- 3rd Place: \$150

18 & OVER (AMATEUR)

- 1st Place: \$500
- 2nd Place: \$300
- 3rd Place: \$150

CONTENT CREATORS (PROFESSIONAL)

- 1st Place: \$800
- 2nd Place: \$500
- 3rd Place: \$200

Participants must reside in Paramount or attend a school within the Paramount Unified School District.

Open to all professional content/video creators, must be 18 and older.



ONE SUBMISSION PER PERSON.



SUBMISSIONS OPEN OCTOBER 7 TO NOVEMBER 29.



WINNERS ANNOUNCED DECEMBER 6 VIA SOCIAL MEDIA.

Visit exploreparamount.com for rules and requirements.





Official
Information

**Want change?
You have the
power to
Vote For It!**

Get everything you need to
vote at PLAN.LAVOTE.GOV.





COUNTY OF LOS ANGELES DEPARTMENT OF

**Parks &
Recreation**

FALL CLASSES

FOR ALL AGES!

- ARTS & CULTURE
- EXERCISE & FITNESS
- HEALTH & WELLNESS
- MARTIAL ARTS
- PERFORMING ARTS,
MUSIC & DANCE
- SPORTS
- SPECIAL INTERESTS

A photograph showing a woman with long dark hair, wearing a light grey cardigan, smiling as she helps a young child with curly hair paint on a canvas. The child is holding a paintbrush and applying purple paint. They are in a well-lit room with a window in the background.

**REGISTER
NOW!**

Explore your talents this Fall! Whether you're taking up a new hobby, discovering a skill or being more active, LA County Parks has a class for everyone!

Find a class at:
[Reservations.LACounty.Gov](https://reservations.lacounty.gov)

FEATURED CLASSES:



SKATESIDE SKATEJAM

- Crescenta Valley Community Regional Park

This skateboard skill focused camp that brings you everything you love about skateboarding. Learn to shred the La Crescenta Skate Park, develop basic skateboard skills, or take your skills to the next level. Wrist guards, knee pads, elbow pads and helmet are mandatory!

YOGA

- Stoneview Nature Center, La Mirada Community Regional Park & Rowland Heights Park

Join us for various forms of Yoga classes and experience the benefit of this gentle and introspective practice. Discover a deeper sense of relaxation, balance, and connection within yourself.



ZUMBA FITNESS

- Alondra Park, Pathfinder Park, City Terrace Park & Hacienda Heights Community Center

Our Zumba Fitness class is a high-energy, dance-based workout that combines dynamic movements with lively music, creating a fun and exhilarating exercise.

BAKING 4 KIDS

- El Cariso Community Regional Park

Let your little ones embark on a culinary journey filled with laughter, creativity, and tasty delights. Kids will learn the science of baking, how to properly measure ingredients, kitchen safety, and sanitation.



SELF PORTRAIT WATERCOLOR PAINTING

- **Virtual**

This online class will be a fun hour of learning watercolor techniques and painting through demos, discussion, video tutorials, and inspirational works by famous artists. This happens all in the comfort of your home.



KARATE

- **East Rancho Dominguez Park, Jesse Owens Park, Athens Park, William Steinmetz Park & Valleydale Park**

Experience the physical, mental, and emotional benefits of martial arts training. Improve your fitness, and foster personal growth in a welcoming and empowering environment.

BADMINTON

- **Don Knabe Community Regional Park**

Whether you're looking for a fun way to stay active, improve your skills, or compete at a higher level, join our Badminton Class. Our class offers the perfect platform to pursue your badminton goals.



& SO MUCH MORE!

REGISTER TODAY!

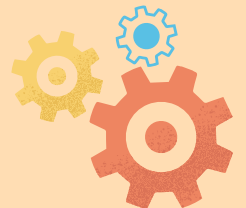
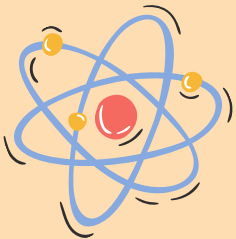
Reservations.LACounty.Gov

November Scholarships



#EdisonScholars applications are open! We're giving \$50k STEM scholarships to help students change the world.

[Click Here to Apply](#)



Education Matters Scholarship

How to Apply: Write in 250 words or less about what you would say to someone who thinks education doesn't matter, or that college is a waste of time and money

Eligibility: Must be a legal U.S. resident 14 years of age or older

Amount: \$5,000

Deadline: November 30, 2024

Website:

<https://www.unigo.com/scholarships/our-scholarships/education-matters-scholarship>

For More November Scholarships: [Click Here](#)