



COMMUNITY READINESS CHAMPIONS EVENT INFORMATION

Public Health will celebrate the successful training of 506,332 Los Angeles County residents and workers as part of our 2023 Heart Heroes Campaign and announce the launch of the Community Readiness Champions Initiative.

Monday, April 1, 2024
USC Health Sciences Campus
(Pappas Quad)
1975 Zonal Avenue
Los Angeles, CA 90033
12:30 pm - 3:00 pm

THE ISSUE

For any type of emergency—commonplace health emergencies or major catastrophic events --there are lifesaving skills, such as Hands-Only CPR, Stop the Bleed, and administering Narcan, and providing mental health first aid that people can easily learn to assist family members and others until help arrives.

Taking steps now to better prepare for an emergency will increase the chances that people will be able to effectively respond until first responder services arrive.

HOW IT IMPACTS THE COMMUNITY

Different types of emergencies require different types of responses, and it is critical for residents to be trained with lifesaving skills to improve health outcomes. This is especially important in communities of color. Studies show that Black and Hispanic adults who experience a witnessed cardiac arrest outside the hospital, are substantially less likely than their white counterparts to receive lifesaving care from a bystander. Increasing training in Hands-Only CPR/AED awareness, Stop the Bleed, Mental Health First Aid and Narcan in vulnerable communities is an attempt to increase the likelihood of people intervening until paramedics or other help arrives.

WHAT PUBLIC HEALTH IS DOING

The Department of Public Health is launching the Community Readiness Champions Initiative, a series of in-person and online trainings to increase lifesaving skills of community members who will likely be the true first responders when an emergency occurs. Training topics include:

- Hands Only CPR/AED awareness training
- Stop the Bleed – bleeding control training
- First Aid for Opioid Overdoses – Naloxone (NARCAN) training
- Mental Health First Aid training

BY THE NUMBERS

Hands-Only CPR

90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

Stop the Bleed

Bleeding due to unintentional injuries are a leading cause of death among those that are 1-44 year of age in the United States.

Naloxone (Narcan)

In 2021, 106,699 drug overdose deaths occurred in the United States. Over 75% of the drug overdose deaths in 2021 involved an opioid.

Mental Health First Aid

More than three million people across the United States have been trained in Mental Health First Aid (MHFA).

RESOURCES & SUPPORT

WEB: [publichealth.lacounty.gov/
communityreadinesschampions](http://publichealth.lacounty.gov/communityreadinesschampions)

