Objectives

1. Initiative overview
2. Activities to date
3. Background, data and goals for seven focus areas
4. Example of data driving action
5. Future planned activities
What is 2020 Healthy Pets Healthy Families?

• Los Angeles County One Health Initiative
• Modeled after Healthy People 2020\(^1\)
• Goal: Improve human & animal health

\(^1\)http://www.healthypeople.gov/2020/default.aspx
What is One Health?

- Human
- Animal
- Environment

One Health

What is Healthy People 2020?

- 10 year agenda for improving the Nation’s Health
  - Identify health improvement priorities
  - Provide measurable objectives
  - Increase public awareness
  - Identify/promote best practices
  - Measure impact of prevention activities
  - www.healthypeople.gov
What are we trying to do? MAP-IT Framework

<table>
<thead>
<tr>
<th>Mobilize</th>
<th>Develop collaborative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assess</td>
<td>Gather data &amp; set local animal health goals</td>
</tr>
<tr>
<td>Plan</td>
<td>Identify best interventions</td>
</tr>
<tr>
<td>Implement</td>
<td>Jointly implement programs/campaigns</td>
</tr>
<tr>
<td>Track</td>
<td>Monitor impact and progress</td>
</tr>
</tbody>
</table>

Seven Focus Areas

- Zoonotic disease prevention
- Bite prevention
- Disaster preparedness
- Spay-neuter requirement
- Pet obesity
- Second hand smoke
- Vaccine preventable diseases

[^3]

Activities to Date

Mobilization: getting the ball rolling

1. Concept approval
2. Engage internal and external partners
3. Create supporting coalition
   - Year 1 – focus groups – Year 2020 goals
   - Year 2 – collaboration and intervention development
Assessment: building supporting data

- Animal health surveys: online, in person, at clinics
- Local bite and animal disease data
- Targeted surveys:
  - Parvo & vaccinations
  - Dog friendly parks
  - Built environment
  - Pet obesity

*https://admin.publichealth.lacounty.gov/phcommon/public/vet/

Focus Areas: background, data and goals
Zoonotic Disease Prevention

Zoonoses: Background

- +/- 40% of residents own pets
- Pets may spread diseases to people directly or through vectors (fleas, ticks)
- Locally, flea-borne (murine) typhus has been increasing
- 14% of Americans seropositive for canine roundworms
- Pet owners can take steps to reduce risk
Zoonoses: Data
Dog Shelter Survey Results

<table>
<thead>
<tr>
<th>Survey Question</th>
<th>Respondents at Animal Shelter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you clean up the dog’s feces (poop) when you walk him/her?</td>
<td>96% Yes</td>
</tr>
<tr>
<td>How often do you use flea and tick medications?</td>
<td>42% - Monthly, 24% - Never</td>
</tr>
<tr>
<td>How often do you use heartworm medication?</td>
<td>11% - Monthly, 70% - Never</td>
</tr>
</tbody>
</table>

Zoonoses: Data
Internal Parasite Surveys, 2006-2007

Results

- **Dog parks: 29% positive**
  - Giardia (22%), Trichuris (7%), Toxascaris (2%), Toxocara (1%), Coccidia (1%), Tapeworms (1%)

- **Shelters: 47% positive**
  - Giardia (37%), Trichuris (8%), Toxocara (8%), Toxascaris (3%), Ancylostoma (3%), Coccidia (3%)
Zoonoses: Goals

• ↓ potential disease transmission by educating pet owners how they can reduce risk
• ↑ % people practicing appropriate parasite prevention measures
• ↓ % dog stool samples collected at dog parks that are positive of parasites

Bite Prevention
Bite Prevention: Background

• ~ 1.5% of people get bit every year
• ~ 80% of bites involve dogs
  – ~ 4.5 million dog bites in USA each year
• 1 in 5 require medical attention

Bite Prevention: Data
Map of Dog Bites by Zip Code in Los Angeles County, 2009
Bite Prevention: Data
Reported Animal Bites by Age, Los Angeles County, 2009

Bite Rate per 100,000

Age of Victim

0 to 4 5 to 9 10 to 17 18 to 24 25 to 44 45 to 64 65+ Total

76 82 60 52 47 47 33 52

Bite Prevention: Goals

• ↓ dog bite related emergency room visits
• ↓ % pet owners reporting a family member was bitten in last year
• How? - School based bite prevention programs
Disaster Preparedness: Background

• Households with pets more likely to fail to evacuate, or return to check on pets left behind\textsuperscript{10-11}
• 3.5 million local adults own pets\textsuperscript{5}
• 21 animal shelters full
• Only 43% of adults report having a family emergency plan\textsuperscript{13}
Disaster Preparedness: Data Dog Shelter Survey Results

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>N %</td>
<td>272 50%</td>
<td>268 50%</td>
</tr>
<tr>
<td>If you had to evacuate your dog, do you know where you would take him/her?</td>
<td>135 41%</td>
<td>135 59%</td>
</tr>
</tbody>
</table>

Disaster Preparedness: Goals

- ↑ % owners with disaster plan that includes pet
- ↑ % pets with microchips
- Expand local capacity to house evacuated pets
Spay/Neuter

Spay-Neuter: Background

- Los Angeles County in 2012: 7
  - 119,785 dogs entering shelters
  - 33,679 dogs euthanized
- Pets that are not neutered:
  - May be more likely to roam
  - May be more likely to fight & bite
  - More likely to have certain cancers
  - Create an over population & humane issue
### Spay/Neuter Attitudes

<table>
<thead>
<tr>
<th>Do you believe it is important to spay/neuter your dog(s)?</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>461</td>
<td>86%</td>
</tr>
<tr>
<td>No</td>
<td>78</td>
<td>14%</td>
</tr>
</tbody>
</table>

### Spay/Neuter (pet age >= 1 year old)

<table>
<thead>
<tr>
<th>Is this dog spayed or neutered?</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>258</td>
<td>67%</td>
</tr>
<tr>
<td>No</td>
<td>120</td>
<td>31%</td>
</tr>
<tr>
<td>Unknown</td>
<td>5</td>
<td>1%</td>
</tr>
</tbody>
</table>
Spay/Neuter: Goals

• ↑ # cities requiring spay/neuter
• Better understand barriers
• Educate community on benefits of spay-neuter
• Connect community to low cost options

Pets & Obesity
Obesity: Background

- Growing problem in people and pets
  - 55.9% of adults overweight in Los Angeles County\textsuperscript{13}
  - 54% of pets overweight in US\textsuperscript{14}
- Obesity in pets and people may be linked\textsuperscript{15}
- Obese pets may have serious medical problems, such as diabetes, arthritis and high blood pressure\textsuperscript{16}

Obesity: Data

Dog Shelter Survey Results\textsuperscript{7}

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
</tr>
<tr>
<td>Can you feel the ribs of your dog?</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>277</td>
<td>51%</td>
</tr>
<tr>
<td>Do you think your dog is overweight?</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>60</td>
<td>11%</td>
</tr>
</tbody>
</table>
Obesity: Data
Dog Shelter Survey Results

### Dog Walking

<table>
<thead>
<tr>
<th>How often do you walk your dog?</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>26</td>
<td>5%</td>
</tr>
<tr>
<td>Once a month</td>
<td>31</td>
<td>6%</td>
</tr>
<tr>
<td>Once a week</td>
<td>69</td>
<td>13%</td>
</tr>
<tr>
<td>2-3 times per week</td>
<td>157</td>
<td>30%</td>
</tr>
<tr>
<td>Once daily</td>
<td>242</td>
<td>46%</td>
</tr>
</tbody>
</table>

### Food Availability

<table>
<thead>
<tr>
<th>Do you have a bowl of food available for your dog indoors all the time (i.e., free feed)?</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>414</td>
<td>74%</td>
</tr>
<tr>
<td>No</td>
<td>142</td>
<td>26%</td>
</tr>
</tbody>
</table>
Obesity: Goals

• ↓ pet obesity & related chronic conditions by encouraging owners to exercise pets and limit food intake
  • ↑ veterinarians providing nutritional and exercise counseling
  • ↑ % dogs that are walked daily
• ↑ % pet owners that meet physical activity guidelines

Second-Hand Smoke (SHS)
Second-hand Smoke: Background

- 13.1% of local adults report smoking cigarettes\textsuperscript{17}
- Exposure risks to pets\textsuperscript{18-20}
  - Dogs – lung or nasal cancers
  - Cats – oral cancer or lymphoma
  - Both – breathing problems
  - Cigarette butt may be eaten causing illness
- Survey – 28% of smoking owners said learning about pet risk motivated them to try to quit smoking\textsuperscript{21}

Second-hand Smoke: Data
Dog Shelter Survey Results\textsuperscript{7}

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th></th>
<th>No</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
<td>N</td>
<td>%</td>
</tr>
<tr>
<td>Does anyone in your household smoke?</td>
<td>113</td>
<td>20%</td>
<td>453</td>
<td>80%</td>
</tr>
<tr>
<td>If yes, do they smoke around your dog(s)?</td>
<td>28</td>
<td>25%</td>
<td>85</td>
<td>75%</td>
</tr>
<tr>
<td>If yes, do they keep cigarettes or ashtrays where your dog(s) can get to it?</td>
<td>15</td>
<td>15%</td>
<td>85</td>
<td>85%</td>
</tr>
</tbody>
</table>
Second-hand Smoke: Goals

- ↑ # veterinarians that discuss secondhand smoke risks with owners
- Educate smokers about the dangers of secondhand smoke and cigarette butts to pets
- ↑ # smoke free, pet friendly parks
- Ultimately – ↓ # owners who report people smoke around their pet

Vaccine Preventable Diseases
Pet Vaccines: Background

- Vaccination – useful tool to prevent infectious diseases in pets\(^{23}\)
  - Zoonotic (e.g. rabies, leptospirosis)
  - Serious, non-zoonotic (e.g. parvo, distemper, panleukopenia)
- One of the most commonly utilized veterinary service\(^{24}\)
- Low cost options available

Pet Vaccinations: Data
Dog Shelter Survey Results\(^{7}\)

<table>
<thead>
<tr>
<th>Survey Question</th>
<th>Animal Shelter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where do you get this dog vaccinated?</td>
<td>54% Vaccine Clinic, 36% Veterinarian</td>
</tr>
<tr>
<td>In general, do you think dogs should be vaccinated?</td>
<td>99% Yes</td>
</tr>
<tr>
<td>Have you ever vaccinated this dog against rabies? (…includes only dogs ≥6 months of age)</td>
<td>13% No</td>
</tr>
</tbody>
</table>
Pet Vaccinations: Data
Animal Disease Surveillance

Pet Vaccines: Goals

• ↑ % pets up to date on their vaccines
• ↓ # vaccine preventable disease cases in pets
• How? Educate pet owners about the diseases and need for vaccinations and increase access to clinics
Data Driving Action

From Data to Action

- LAAS used data
- Focus on 2 high risk areas
- Vaccine clinic at rec centers every 2 weeks starting Jan 2012
Future Planned Activities

- HPHF Coalition Framework Report
- Community Pet Event Calendar
- Targeted interventions:
  - Healthy Start bite prevention training
  - Promote dog walking clubs
  - Distribute educational materials
  - Targeted vaccination clinics
- Increased coalition information sharing

References/Websites

2. www.onehealthinitiative.com
5. 2007 Los Angeles County Health Survey; Office of Health Assessment and Epidemiology, Los Angeles County Department of Public Health
7. Unpublished data, Veterinary Public Health, Los Angeles County Department of Public Health
12. 2011 Los Angeles County Health Survey; Office of Health Assessment and Epidemiology, Los Angeles County Department of Public Health
17. Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology. Key Indicators of Health by Service Planning Area; March 2013.
Resources

- Los Angeles County Department of Public Health, Veterinary Public Health Program: http://publichealth.lacounty.gov/vet/index.htm
- 2020 Healthy Pets Healthy Families website: http://publichealth.lacounty.gov/vet/HealthyPetsHealthyFamilies.htm
- One Health Initiative website: www.onehealthinitiative.com