Unhealthy air, unhealthy lungs, unhealthy communities

LOS ANGELES: Growing up in the Midwest, I observed the way that West Coast trends would work their way eastward, starting out curious and curious, then changing the way we lived our lives for the better. There was kale; there was yoga; there was recycling. But when it comes to air quality, California, and particularly Los Angeles, is not leading the way toward better health.

In their Annual Air Quality report released in April, the American Lung Association gives Los Angeles County an F in air quality and the city itself ranks high.

Low-income individuals are also often less equipped to adapt to climate stressors. Urban communities of color often have reduced access to alternate housing, food, water, cooling, or transportation in the event of a weather emergency.

The research program’s recent report, The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment [https://health2016.globalchange.gov/], found that climate change can cause disease and death by affecting our air and water, and that we need to do a better job of taking care of our health in climates that are changing.

Climate change represents an opportunity to stop an almost completely preventable epidemic of respiratory illness. According to the California Department of Public Health, 62,000 California adults miss work at some point during their year due to asthma, resulting in 11.8 million missed days of work. That is a needless waste of human capital that affects everyone.

Air quality strains precious health care dollars; the total costs for asthma hospitalizations in 2010 were over $3 billion (excluding $15.5 billion for health care). More than half of that money comes from Medicare and Medi-Cal. And we need a plan to head off a future filled with kids whose growth has been stunted by asthma.

California has always been a leader in battleful trends to me. This is why I support California moving forward with the Clean Power Plan. Not only will it reduce the carbon pollution that causes climate change, but we also need to keep our schools and our children clean and healthy.

We would expect to see dramatic improvements like the East Coast has impressively demonstrated with its cleaning up of power plants. But California has the opportunity to do even more, which is why I support Senator Lara’s Super Pollutant Reduction Act (SB 1333), which would drastically cut the emissions of super pollutants - soot, flavored gases and gaseous mixtures like those that cause smoking, out of Alice Campolongo pollutants that are tens of thousands of times stronger than carbon in their climate change impact.

Reducing these emissions provides immediate health benefits to our most at-risk communities. It is up to our leadership to ensure those most vulnerable among us are not forced to bear the brunt of climate change or air pollution. Like the catfish in the coal mine, their suffering means that the rest of us are next.

Mayra De Sio MD MPH Internal Medicine, Los Angeles

Free FLEX seminar on college admissions

FREMONT, CA: FLEX College Prep proudly presents a new and unique seminar providing up-to-date insider information about the college admissions process for high school students.

The Seminar aims to demystify the process, provide reliable information, and help students and parents develop a successful college application strategy. This seminar draws from the expertise of former college admissions officers including Harvard, Stanford, Yale, U Chicago, UC Berkeley, UCLA, USC and many more.

The Seminar will be held on Saturday, June 4th, from 9:00am-12:00pm at Room 3201 Bldg. 3; Ohlone College, 43600 Mission Blvd, Fremont. Free Parking is available.

The seminar will also be held on Saturday, June 4th, 2-5pm at Etiwanda School Center Multi-Purpose Room: Senior Manager, Research and Evaluation at Hispanic Scholarship Fund; English Teaching Assistant, Menlo City; Gates Millennium Scholar, Stein Ely Senior Award from Yale, and Fulbright Scholar, B.A. in History from Yale; Ed.M in International Education Policy from Harvard.

The aim of the Seminar is to empower students, grades 8-12, and their families, with information that can be used to plan for college admissions and to manage the stress associated with this process.

Topics:

• Simulation of a Mock Admissions Committee: Demystifying the admissions process by going behind the Admissions Office’s closed doors and addressing how schools select applicants for admission.
• Overview of UC Admissions and Current Trends
• A College Into the College's Own Admission