

Did You Know?

August 2022

Discover resources and information from across our six wellness focus areas – physical, emotional, social, financial, occupational, and intellectual – that relate to key observances in August.

PHYSICAL

OCCUPATIONAL

On Tuesday, July 12, 2022, the Board of Supervisors proclaimed August as **National Breastfeeding Month**. The goal of calling attention to this topic is to reclaim, celebrate, and advance breast/chestfeeding as an integral part of addressing community and family well-being, good nutrition, health protection, food security, and poverty reduction Countywide.

There will be four focus areas throughout the month:

1. August 1st through 7th - World Breastfeeding Week:
<https://worldbreastfeedingweek.org/>
2. August 8th through 14th - Indigenous Milk Medicine Week:
<https://linktr.ee/IndigenousMilkMedicine/>
3. August 15th through 21st - Asian American Native Hawaiian Pacific Islander Breastfeeding Week:
<https://www.breastfeedla.org/aapi-breastfeeding-task-force/>
4. August 25th through 31st - Black and African American Breastfeeding Week:
<https://blackbreastfeedingweek.org/>

The County of Los Angeles supports the rights of members of the County workforce who are breastfeeding, chestfeeding, and/or lactating by encouraging a lactation-friendly work environment. Learn more about the Countywide Lactation Program at: <https://employee.hr.lacounty.gov/lactationprogram-2/>.



SOCIAL



National Immunization Awareness Month highlights the importance of getting recommended vaccines to prevent serious and deadly diseases. Vaccines are recommended throughout our lives based on age, lifestyle, occupation, travel locations, medical conditions, and previous vaccination history.

Take the time to visit the Centers for Disease Control and Prevention's (CDC) Immunization Schedules to make sure you and your loved ones are up to date on all recommended vaccines. You can learn about immunizations and how to improve your body's defenses against certain diseases by attending the Department of Human Resources (DHR) live wellness webinar: Vaccines & Immunization - Not Just for Kids on August 25th. August is also a good time to make plans to get your free flu shot at a nearby County worksite. Stay tuned for flu shot clinic locations by visiting MyHR Wellness.

CDC Link: <https://bit.ly/3Py0CtO>

Webinar link: <https://bit.ly/3aKIZIC>

MyHR Wellness link: <https://bit.ly/3aIojRu>

PHYSICAL



PHYSICAL



August is **National Eye Exam Month**. Healthy vision begins with a comprehensive eye exam, so don't put off getting your eyes checked! Even if your vision is fine, getting an eye exam helps doctors detect non eye-related health problems such as high blood pressure and early signs of diabetes. Doctors can also detect eye problems before you do. Even those with 20/20 vision may have the early onset of eye problems like cataracts and glaucoma, which can only be detected with a thorough eye exam. In addition, common vision changes with aging may include blurred vision, nearsightedness, and farsightedness. A routine eye exam will alert you of changes and keep your vision at its best. Find out more on how to keep an eye on your vision health at: <https://bit.ly/3RDI2DG>.



Los Angeles County
DEPARTMENT OF

Human Resources

