

**MOTION BY SUPERVISORS HOLLY J. MITCHELL
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June 27, 2023

MAKING STRIDES AGAINST BREAST CANCER LOS ANGELES EVENT

Breast cancer is the second most common cancer and the second most common cause of cancer death for women in the United States (U.S). In Los Angeles County (County), breast cancer was the 7th leading cause of death among females in 2020¹ and the second leading cause of premature death (before age 75) in females in 2019.² While death rates from breast cancer have been declining in the U.S. for about 30 years, inequities in screening and access to quality care continue to affect the most vulnerable people in our communities. For example, Black women in the U.S. are 40% more likely to die of breast cancer than White women, and too often get deadly cancers at younger ages.³ On a positive note, while overall deaths from breast cancer declined by 9% among women in the County from 2010-2019, they declined 19% in Black women.² It is critical that the County focus efforts to address these inequities and reduce the impact of breast cancer.

To further address these inequities, the American Cancer Society (ACS) recently announced the 2023 *Making Strides Against Breast Cancer Los Angeles (LA)* event. This non-competitive 3-mile outdoor walk supports breast cancer research and critical programs for patients and their families. It also provides funding for prevention and early

¹ Mortality in Los Angeles County, 2020: Provisional Report. Los Angeles County Department of Public Health. Office of Health Assessment and Epidemiology. May 2022

² Patterns in Mortality and Life Expectancy in Los Angeles County, 2010-2019. Los Angeles County Department of Public Health. Office of Health Assessment and Epidemiology. May 2022.

³ U.S. Preventive Services Task Force Bulletin, May 9, 2023

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detection of breast cancer as well as funding to help accelerate new innovations in treatment for cancer. The event is open to the community (no registration fee) and is an opportunity for families to improve their health with physical activity while helping in the fight against breast cancer. Through the Department of Public Health, the County's Office of Women's Health, has coordinated Breast Cancer walks and fundraising efforts since the year 2000. The *Making Strides Against Breast Cancer LA* event this year will take place, in person, at The Citadel Outlets, located at 100 Citadel Drive, Commerce, CA 90040, on Saturday, October 21, 2023.

This year's walk offers an opportunity to come together to support breast cancer survivors and their families, to raise money for critical support programs, and to accelerate research into new treatments. The *Making Strides Against Breast Cancer LA* walk continues to be essential given that cancer screening remains lower than pre-pandemic levels and considering the persistence of existing health disparities.⁴ The National Cancer Institute estimates that almost 10,000 excess deaths will occur in the U.S. from breast and colorectal cancer alone over the next decade because of pandemic-related screening and treatment delays.⁵ The ACS's "Get Screened" campaign continues to work to get communities back on track with cancer screening and to reach communities that have been historically marginalized. Breast cancer screening saves lives, and it will be heavily emphasized at the *Making Strides Against Breast Cancer LA* event.

ACS's event supports the goals of this Board to improve the health of all County residents by encouraging physical exercise and healthy living. This event will advance health equity around this leading cause of cancer death in women by building awareness through information sharing on the importance of preventive screening and better understanding risk factors.

⁴ Doan C., Li, S., & Goodwin J. S. (2023) Breast and Lung Cancer Screening Among Medicare Enrollees During the COVID-19 Pandemic. *JAMA Netw Open*, 6(2): e2255589. doi: 10.1001/jamanetworkopen.2022.55589

⁵ Sharpless, N. E. (2020) COVID-19 and cancer. *Science*, 368, 1290-1290. doi: 10.1126/science.abd3377

WE THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:

1. Proclaim the month of October 2023 as “Breast Cancer Awareness Month” to encourage prevention and early detection of breast cancer, as well as to provide support for breast cancer patients and survivors.
2. Direct County departments to support the *Making Strides Against Breast Cancer Los Angeles (LA)* event on Saturday, October 21, 2023, by encouraging staff to participate and support fundraising efforts.
3. Direct the Directors of the Department of Public Health (DPH) and the Department of Mental Health (DMH) to promote the event on social media and direct DPH to develop easy to understand graphics and guidance on preventive screenings and other services available to individuals diagnosed with breast cancer⁶. This collateral must be developed in the County’s most commonly spoken languages and in culturally sensitive manners.
4. Direct the Director of DMH to promote online tools such as the American Cancer Society’s “Reach to Recovery” website and app to provide mental health support to women diagnosed with breast cancer.
5. Direct the County Department Public Information Officers to promote and distribute materials, in multiple languages, related to the *Making Strides Against Breast Cancer LA* event and promote the American Cancer Society’s “Get Screened” campaign with special efforts to reach communities that have been historically marginalized.
6. Direct all County Departments’ wellness coordinators to promote the 2023 *Making Strides Against Breast Cancer LA* event and encourage colleagues to participate and support it.

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⁶ Examples of mental health supports available to those diagnosed with breast cancer:
<https://www.healthline.com/health/breast-cancer/breast-cancer-mental-health-support#reach-to-recovery>