



Maternal and Child Health Access

Support the work of
MCH Access

by giving the gift of
health care, food
support and policy work
that makes lasting
change!



In this monthly mailing:

[GUEST SPEAKERS: DENISE GEE, MPH, RDN, CLE AND SHEILA BINA, RDN, CLE](#)

[GUEST SPEAKER: FRANK TAMBORELLO, EXECUTIVE DIRECTOR, HUNGER ACTION LA](#)

[MORE CUSTOMERS DUMPED FROM COVERED CALIFORNIA WITHOUT NOTICE](#)

[DENTI-CAL IS BLASTED BY OVERSIGHT COMMISSION](#)

[SURVEY: MEDICAL STUDENTS BELIEVE AFRICAN-AMERICANS FEEL LESS PAIN](#)

[HEALTH COVERAGE GUIDE AVAILABLE](#)

[APRIL 27 - DENIM DAY SEXUAL VIOLENCE PREVENTION EDUCATION CAMPAIGN](#)

[SPRING CLEANING IN YOUR FUTURE? GET TO KNOW ENVIRONMENTAL WORKING](#)

Next MCH Access Monthly Meeting:

Thursday, April 21, 2016

10:00 am - 12:00 pm

LOCATION:

MCH Access

Patricia Phillips Community Room

1111 W. 6th St., 3rd Floor

Los Angeles, CA 90017

(6th St., and Bixel St.)

SPEAKER/TOPIC:

Cristal Logothetis

Founder - Carry the Future

Carry the Future Outfits refugees with baby carriers to provide comfort and security to their families on their journey to safety.

Restricted to Full Scope Medi-Cal for Undocumented Kids - Update

Updates



PARKING:

Free at MCH Access; enter on 5th St. to 2-story parking (between Lucas and Bixel) and walk across the alley to our building.

Please contact our office with any questions regarding this email or visit our [website](#) for further information about our organization.

[GROUP'S GUIDE TO HEALTHY CLEANING](#)

[CONTACT US](#)

SAVE THE DATE

Weds April 27, 2016, 6:30 PM Join us in a statewide film screening event to watch and discuss "FIX IT - Healthcare on the Tipping Point" (with Spanish subtitles). This 38-minute documentary that takes an in-depth look at how our broken healthcare system is damaging our economy, suffocating our businesses, discouraging physicians, and negatively impacting the nation's health, while remaining unaffordable for a third of our citizens

¶ STARRING: Nurses, patients, business owners, doctors, and healthcare experts.

¶ ALSO STARRING: You! Join us for an interactive discussion after the film, there will be popcorn too!

DAY: Wednesday, April 27, 2016

TICKETS: FREE tickets! RSVPs encouraged

[email](#) or 1-800-745-3090 or find your event and ticketing info here on our California Facebook event site - please SHARE and INVITE others to our [Facebook event](#). Flyers for all locations [here](#).

Location Details:

Los Angeles @ 6:30pm
Musicians Local 47
Theater 817 Vine
St, Los Angeles, CA
90038

March is National Nutrition Month and so it was fitting that we had TWO guest presentations covering food access, quality and policy issues!

2016 Mother's Day
Honor a mom you love...

Maternal and Child Health Access (MCHA) celebrates mothers every single day of the year, but especially on and around Mother's Day, **May 8** this year; always **May 10** in Latin America.



You Are Beautiful, Downtown Los Angeles © Cindy Bendat 2007. All rights reserved. www.cindybendat.com

With a donation, MCHA will send a card or a card and gift to your lucky recipient! See the gift choices by clicking on the donate button.

DONATE

This year, we're celebrating twenty years of support for women and moms!

Meeting Notes Thursday March 17, 2016

Guest Speakers:

Denise Gee, MPH, RDN, CLE and Sheila Bina, RDN, CLE

A Review of Upcoming WIC Food Changes:

Ms. Gee and Ms. Bina explained that National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year the theme was "Savor the Flavor of Eating Right" - making the point that eating well and "right" can and should taste good, and which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

The Women's, Infant's and Children's Supplemental Food program (WIC) is a federally-funded health and nutrition program for women, infants, and children. WIC helps families by providing nutrition education, issuing checks for healthy supplemental foods, and making referrals to healthcare and other community services. Participants must meet income guidelines and be either pregnant women, new mothers, infants, or children under age five. In Los

Tuesday, June 21, 8 AM - 2 PM - The 7th annual Reproductive Health & the Environment conference (FREE) will be held again at the California Endowment. Registration information comes out in April. Click [here](#) for flyer.

EMPLOYMENT

Please click on job title to view full description and the application process. And provide a cover letter and resume with your application that specifically outlines your employment history experience and educational background for which you're applying.

- [Project Coordinator - Pregnancy Policy](#)

[MCHA](#) is an Equal Opportunity Employer; women and people of color are strongly encouraged to apply.

Join Our List

[Join Our Mailing List!](#)

Angeles County, WIC serves 60% of all children under 5 and 69% of the eligible infants born in LA County.

The new food choices at WIC will start March 28. These changes will better align the WIC food package with dietary guidelines and current American Academy of Pediatrics infant feeding practice guidelines. The changes will better promote and support successful long-term breastfeeding and help with cultural food preferences and with certain qualifying health conditions.

Some of the changes include:

- Fewer jars of infant foods and more fresh fruits and vegetables.
- Yogurt is allowed as a partial milk substitute for children and women
- Children 12-24 months who are at risk of overweight will have a 2% reduced fat milk option.
- More soy milk brands, including organic
- Expanded whole grains such as whole wheat pasta, bread, rolls, buns and barley and bulgur as well as gluten-free whole grains

Ms. Gee and Ms. Bina explained how to comment on the food package changes - since costs must be neutral for these changes, it is important to support the improvements sought. Attendees are invited to provide public comments, up to three minutes in length, on April 1, 2016. If you cannot attend in person, comments can be submitted [here](#) or emailed to WICFoodPackages@nas.edu. Public comments will be webcast.

The speakers ended by appealing to participants to refer families to WIC, ask families if they are enrolled in WIC, tell them about the food changes and encourage their participation in WIC. At some point before Oct. 1, 2020, California's WIC programs will implement EBT systems for WIC vouchers.

Meeting Notes Thursday March 17, 2016

Guest Speaker: Frank Tamborello, Executive Director, Hunger Action LA

California Food Policy Issues

More than 3.8 million California adults struggle with food insecurity, including Mr. Tamborello discussed the priority for hunger action groups statewide - poverty and hunger issues:

statewide - poverty and hunger issues:

- Raise Supplemental Security Income (SSI) above the poverty level and restore the state Cost of Living Adjustment (COLA)
- Restore the CalWORKs COLA
- Eliminate the CalWORKs Maximum Family Grant rule

- Guarantee that low-income California students have access to breakfast by including "After the Bell" options during the school day.

Legislative priorities to provide nourishing food include:

- Invest in the statewide fund for nutrition incentives created by AB 1321 (Ting), to expand benefits for healthier food purchases
- Implement an EBT water supplement for families in areas with no potable water
- Strengthen the State Emergency Food Assistance Program
- Pass AB 1577 (Eggman) to renew tax credits for donations of healthy food to food banks.
- Implement summer EBT in remote areas with no access to summer food for children
- Require public charter petitions to address the provision of free or reduced price school meals for low-income students.

Mr. Tamborello also discussed the Market Match program, 30 programs in LA. Participants get Market Match if they receive CalFresh, WIC, SSI, Social Security, or Social Security Disability. Participants must spend at least \$10 of their own vouchers or money to get \$10 worth of Market Match vouchers, up to \$50/month while supplies last. at participating farmers' markets. Vouchers can only be used on fruits, vegetables and some nuts from certified growers. Vouchers are available only at the market. Not all farmers markets have the Market Match program: [list of participating markets.](#)

The California Hunger Action Coalition each year sponsors Hunger Action Day - a day of educating legislators about hunger and encouraging support for anti-hunger legislation. This year, Hunger Action Day is Wednesday, May 25. Advocates coming by bus will spend the prior night, Tuesday May 24, or folks making their own travel arrangements may join but are asked to still RSVP. Space is limited - to get involved, call 213-388-8228 or frank@hungeractionla.org . see www.hungeraction.net

More Customers Dumped From Covered California Without Notice

By Emily Bazar - April 18, 2016 - California Healthline

Lynn Kersey has some advice for pregnant women who bought health insurance policies from Covered California and want to keep them: Don't report your pregnancy to the agency.

"It's not a requirement ... and it's actually worse to do so," said Kersey, executive director of Maternal and Child Health Access, an advocacy group based in Los Angeles County.

Why? Two of Kersey's clients with Covered California health plans recently were thrown into Medi-Cal - the state's health program for low-income residents - without their consent or prior notice after they reported their pregnancies to the state's health insurance exchange. The two women are among about 1,900 across the state who were automatically transferred from the exchange to Medi-Cal since October, even though they were supposed to have the option to stay with [Covered California](#). The snafu was triggered by a recent policy change in Medi-Cal eligibility. Read more [here](#)...

Link: [Denti-Cal Is Blasted By Oversight Commission](#)

By [David Gorn](#) April 1, 2016

The State of California's dental health system for the poor is "dysfunctional" according to a [scathing report](#) issued Friday by a bipartisan oversight commission. The program, Denti-Cal, "ranks among state government's greatest deficiencies," said the report by the Little Hoover Commission, a statutorily independent oversight agency. The state bureaucracy that runs Denti-Cal draws only part of the blame. The legislature, the governor's office, and the political culture of California share culpability for decades of neglect and strategic misdirection, the commission says. The program falls "disastrously short in providing dental care to a third of California's population and more than half of its children." A more vivid description comes from Pedro Nava, the commission's chairman:

"In California we have kids' teeth rotting out of their heads," he told CHL. "That's utterly inexcusable." The report makes grim reading. California faces an "epidemic of tooth disease in which toddlers by the thousands have mouthfuls of cavities, children and adults are plagued with toothaches, whole counties have no Denti-Cal providers and families don't understand basic preventative dental care," it said.

Survey: Medical Students Believe African-Americans Feel Less Pain

The University of Virginia survey found there's an implicit racial bias in how students and medical professionals treat pain. [KQED: False Beliefs About Blacks' Biology May Lead Doctors To Underprescribe For Pain](#). Despite what that uncle of yours may opine every time you get stuck next to him at Thanksgiving, there is a fair amount of evidence that racism still exists in the United States. For example, we know about racial disparities in policing, unemployment, housing wealth, temp hiring, home loans, pay, the Oscars, and of course, health care. (Brooks, 4/5)

[Los Angeles Times: Does A White Doctor Understand A Black Patient's Pain?](#) A new study reveals that in a group of 222 white medical students, half judged as possibly, probably or definitely

true at least one of 11 false beliefs about racial differences. And that is not without potential consequences for the patients these medical students may one day treat, the new research suggests. (Healy, 4/4) [PBS NewsHour: Is There A Racial 'Care Gap' In Medical Treatment?](#) A new study finds African-American patients are often treated differently when it comes to medicine and care. The survey of more than 500 people, 400 of them medical students, found implicit bias exists that may help explain why black people are sometimes undertreated for pain. Among its findings: Medical students believed that African-Americans felt less pain than white patients, and even thought their skin was thicker. (Ifill, 4/5)

Health Coverage Guide Available

Western Center on Law and Poverty's all-new eligibility guide, "Getting and Keeping Health Coverage for Low-Income Californians: A Guide for Advocates" is now available!

The guide provides a comprehensive description of the eligibility criteria, application procedures, and notice and hearing rights for California's insurance affordability programs: Medi-Cal, Covered California, and the Medi-Cal Access Program (MCAP). The guide also includes a bonus section for advocates working with persons who remain uninsured or are underinsured, with chapters on the county obligation to provide safety net care and the hospital fair pricing act for hospital bills.

The new guide is available free of charge on the Western Center's website [here](#).

April 27 - Denim Day sexual violence prevention education campaign

As you may already know, On Wednesday, April 27, 2016, Peace Over Violence will host the 17th Denim Day sexual violence prevention education campaign - see www.denimdayinfo.org. Last year, over eleven million people from over 4,000 organizations, businesses and schools in all 50 states and 118 foreign countries made a social statement with their fashion statement by wearing jeans as a visible means of protest against misconceptions that surround sexual assault

In 2016, Peace Over Violence's Denim Day campaign continues its commitment to address college/campus sexual assault and educating men and women on consent and activating communities to engage in activism surrounding the campaign. Denim Day 2016 includes updated educational tools added to our toolkit, our award-winning* There is No Excuse series of posters, buttons and flyers. These tools play a critical role in educating the public about sexual violence. Endorse Peace Over Violence's Denim Day 2016 and commit to support Denim Day in your community. Make the Denim Day Promise [here](#) and endorse the campaign today! Peace Over

Violence will provide you visibility during our massive educational campaign and list you as an endorser on our website. To become an endorser, you can simply email Heidi Rodriguez [here](#) or call (213) 955-9090 ext. 101

Spring cleaning in your future? Get to know Environmental Working Group's Guide to Healthy Cleaning

We just added over 400 new products from 85 different companies to [EWG's Guide to Healthy Cleaning](#). We focused on the things you use most frequently - [laundry](#) (188 products), [dish](#) (124) and [all-purpose](#) (94) cleaners. We gave each new product a score and updated the top green cleaning products to make it easy for you to find the best choices for you and your family. You can find the top-rated, hazard-free laundry, dish and bathroom products [here](#). Many brands make it difficult, if not impossible, for consumers to learn whether a product contains chemicals that can cause reproductive problems, exacerbate asthma, burn or irritate your skin or harm the environment.

EWG's Guide to Healthy Cleaning now provides detailed information on more than 2,500 products, letting you easily find out about the health hazards and ecological concerns associated with the thousands of chemicals in cleaners.

CONTACT US

Maternal and Child Health Access

1111 W. 6th St., Fourth Floor

Los Angeles, CA 90017

213 749 4261 phone

213 745 1040 fax

www.mchaccess.org

info@mchaccess.org