



## 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:**

[NATIONAL POISON  
PREVENTION WEEK - MARCH  
20-28](#)

[GUEST SPEAKER: ANGELA  
SALAZAR, MPH | SPA3 & 4  
HEALTH EDUCATOR, LADHS  
SPA 4 AREA HEALTH OFFICE,  
ZIKA VIRUS UPDATES](#)

[GUEST SPEAKER: MARYJANE  
PUFFER, BSN, MPA |  
EXECUTIVE DIRECTOR L.A.  
TRUST FOR CHILDREN'S  
HEALTH - THE ORAL HEALTH  
INITIATIVE](#)

[ANXIETY ABOUT PREGNANCY  
PREVENTION MAY LEAD U.S.  
WOMEN TO USE MULTIPLE  
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[CHANGES ARE COMING TO  
LOS ANGELES COUNTY'S  
RESTAURANT PUBLIC HEALTH  
GRADES!](#)

[FROM THE CALIFORNIA  
ADVOCACY NETWORK FOR  
CHILDREN WITH SPECIAL  
HEALTH CARE NEEDS:](#)

### Next MCH Access Monthly Meeting:

**Thursday, March 17, 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:**

**Guest speakers for National Nutrition Month!**

**Denise Gee, MPH, RD and Sheila Bina, RD, CLE - PHFE WIC**

**WIC Food Package Changes**

**Frank Tamborello, Hunger Action Los Angeles - California  
Food Policy Issues**

**Updates - What has been called Pregnancy-only Medi-Cal is  
now considered "Minimal Essential Coverage" by the feds!**

**Find out what that means!**

CLICK HERE TO  
**RSVP**

**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.

[CALIFORNIA CHILDREN'S SERVICES](#)

[CALIFORNIA POLICY - MOVING AHEAD: SENATE SELECT COMMITTEE ON CHILDREN WITH SPECIAL NEEDS](#)

[U.S. UNINTENDED PREGNANCY RATE FALLS TO 30-YEAR LOW; DECLINES SEEN IN ALMOST ALL GROUPS, BUT DISPARITIES REMAIN](#)

[WOMEN TO BE OFFERED THEIR OWN £3,000 'BIRTH BUDGETS' IN ENGLAND](#)

[CONTACT US](#)

**SAVE THE DATE**

**March 30, 2016, 12:30 - 1:30 PM: 2016 March of Dimes webinar-**

**Healthy Birth Spacing: Safe Birth Control Options**

March of Dimes will host a free one-hour webinar, on March 30th from 12:30-1:30pm, to provide information on the importance of healthy birth spacing, safe birth control options and resources for educators who work with women of childbearing age. For Nurses: The Perinatal Advisory Council - Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider CEP 5862. This course is approved for 1.0 contact hours of continuing education credit. To register click [here](#).

**Saturday April 9th: National Alliance on Mental Illness (NAMI) Mental Health Diversity Conference - Bridging the Divide ~**

## National Poison Prevention Week March 20-28

**Don't guess! Be sure! Call 1-800-222-1222**

The California Poison Control System (CPCS) provides immediate, free and expert treatment, advice and referral over the phone in case of exposure to poisonous or toxic substances. For vulnerable and non-English speaking communities, CPCS experts may provide the only access to a medical professional.

Pharmacists, physicians, nurses and poison information providers answer the calls 24 hours a day, 7 days a week, 365 days a year. Language interpreters are always available in over 100 languages. Debra Winski is available to do presentations on Poison Prevention for groups of 10 or more through July 14, 2016. Please call 213-749-4261 ext 302 or email at [debraw@mchaccess.org](mailto:debraw@mchaccess.org). See the MCHA [website](#) for more information and materials

### Meeting Notes Thursday Feb.. 18, 2016

**Guest Speaker: Angela Salazar, MPH | SPA3 & 4 Health Educator, LADHS SPA 4 Area Health Office**

Our meeting room was packed for this presentation. Zika is a virus spread by mosquito bites and has been found in Central and South America, the Caribbean and Mexico, with the largest numbers of cases in Brazil. Click [here](#) for the full list of countries.

It was reported for the first time in the US in January in someone who had traveled to Central America. Symptoms include fever, rash, red eyes, joint and muscle pain although some people have NO symptoms at all. The mosquito that spreads the virus is aggressive and bites during the day. No mosquitoes carrying the virus have been found in Los Angeles or the US. Anyone who travels or lives in the affected areas is at risk - if you are pregnant and become infected, your baby may be at risk for birth defects, specifically microcephaly or having a smaller head than normal. Women who have traveled or have been with someone who traveled to an affected area should contact their doctor before becoming pregnant or immediately if they are already pregnant. Sexual transmission can happen, so women should take precautions if a partner traveled to areas with Zika.

Testing is available for pregnant women who recently traveled to an area with Zika even if they don't have symptoms or other people who have traveled and have symptoms. There is no medicine to treat nor vaccine to prevent Zika. Avoid mosquito bites in the affected areas by using an approved bug spray, wearing long

## **Beyond Evidence-Based Practice in Diverse Communities**

This year's conference is sponsored by the Los Angeles County Department of Mental Health, L.A. Care Health Plan, Alpha Kappa Alpha, and the National Alliance on Mental Illness (NAMI). Additionally, this conference will identify cultural disparities that represent obstacles to obtaining mental health services, and focus on cultural competency as a bridge to therapeutic success. Attendees will introspect into the cultural and systematic barriers facing African American, Latino, Asian Pacific Islander, and the American Indian/Alaskan Native communities.

If you have questions, please contact Carolyn Winston, Education Coordinator, NAMI Los Angeles County Council/Urban Los Angeles Affiliate at (323) 294-7814 ext. 104.

[carolyn@namiurbanla.org](mailto:carolyn@namiurbanla.org)  
Diversity Conference rsvp [here](#).

**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

sleeved shirts and long pants and staying or sleeping in screened or air-conditioned rooms.

Our understanding of Zika and the recommendations for this disease are constantly changing. As we learn more about this disease, our recommendations will likely also change.

Perinatal Links: Lynn provided a contact for subscribing to Perinatal Links, sponsored by LA's Best Babies and organized by Steve Nish. It's an incredible resource list-serve that is sent periodically with conferences, articles and updates related to maternal and child health and home visitation in Los Angeles. They have had updated information on Zika. To subscribe, click [here](#).

## **Meeting Notes Thursday Feb.. 18, 2016**

### **Guest Speaker:**

**Maryjane Puffer, BSN, MPA | Executive Director**

**L.A. Trust for Children's Health - The Oral Health Initiative**

Maryjane Puffer provided a lively presentation for Children's Dental Health Month about the epidemic in children's dental disease that faces us in the US. Tooth decay is 2-3 times more common than obesity or asthma in childhood - it's the #1 chronic childhood disease! Dental care takes up 20% of children's healthcare dollars. If tooth decay grows out of control, children must be seen in under anesthesia in the hospital - anesthesia is a risk to developing brains. Ms. Puffer made MCHA's day by pointing out that prevention efforts Ms. Puffer made MCHA's day by pointing out that prevention efforts must start during pregnancy! A pregnant woman's oral health is a strong predictor of her newborn's risk of cavities, and there is an association between the circulating bacteria caused by tooth decay or gum disease and increased risk of prematurity.

Ms. Puffer's presentation was chock-full of information and statistics - by 3rd grade, tooth decay affects 71% of the students in California! A large majority! With an average 2.21 days a year missed per child due to dental illness each year, the Average Daily Attendance funding missed is a huge loss. The LA Trust for Children's Health conducted a screening and varnish program at 17 LAUSD schools. They treated 5164 students, identified 5149 caries and saved a potential 6,882 school days. Given that they work in the school district, they can conduct repeat screenings and show the rate of improvement! In an example cited in six pilot school sites from year 1 to year 2, 56% had improved exams or maintained normal exams!

cover letter and resume with your application that specifically outlines your employment history experience and educational background for which you're applying.

- [Administrative Assistant](#)

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

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[Join Our Mailing List!](#)

The LA Trust for Children's Health conducted a "Tooth Fairy Convention" in Exposition Park in October, 2015. Community organizations and clinics were involved, including MCHA. It will next be held in February, 2017 and involvement is welcomed. In addition to the Convention, action and advocacy steps include: establishing community-based providers as dental "hubs" throughout LAUSD, develop a case management system and develop funding for mandatory health education and screening at schools. The Trust also works with the Children's Dental Health Project nationally, at [www.endcavities.org](http://www.endcavities.org)

## Anxiety About Pregnancy Prevention May Lead U.S. Women to use Multiple Contraceptive Methods

Women may use multiple contraceptive methods more often and in more complex ways than previously assumed, according to "[The complexity of multiple contraceptive method use and the anxiety that informs it: implications for theory and practice](#)," by Guttmacher Institute researcher Lori Frohwirth and colleagues published in the Archives of Sexual Behavior. This qualitative study explores specific ways in which women combine methods, and the anxiety about being able to prevent pregnancy that may motivate these practices.

The authors analyzed 2013 data from 52 interviews with unmarried, sexually active women aged 18-30 with demographic characteristics associated with the highest rates of unintended pregnancy and abortion in the United States. The interviews attempted to capture the full story of each woman's contraceptive use over the previous year, including which forms of contraception were used, how consistently and correctly each method was used, and exactly how methods may have been used together. The overwhelming majority of respondents (48 of 52) had used more than one form of contraception in the previous year. Half of respondents backed up inconsistent use of their chosen contraceptive with a secondary method, and some also chose to back up their backup with a third method. More than half of the women interviewed (30) took an approach the authors referred to as "buttressing," wherein women used multiple methods together rather than a single method alone for a perceived higher level of protection from pregnancy. Additionally, many respondents described contraceptive strategies that included both the mechanisms of backing up and buttressing over the course of a year.

**Changes are coming to Los Angeles County's restaurant public health grades!**

A new A, B, C grade card that would allow the public to access food facilities' inspection history with their smartphones may soon appear in the windows of Los Angeles County restaurants.

Los Angeles County Department of Public Health officials are recommending the county revise the grade cards to include a QR code, the dates of restaurants' last three or four inspections and the inspector's initials, according to a report submitted to the Los Angeles County Board of Supervisors on Monday.

The QR code, a tool that health departments in Pasadena and San Diego County use on their grade cards, would take smartphone users to [the county's online inspection database](#), which provides the health code violations observed during routine inspections. County health officials have been discussing several recommendations, including [a plan to change the point value system used to assign health grades](#) so restaurants that are closed during inspections cannot receive an A grade, with representatives from the association, the county's Food Safety Advisory Council and neighboring health departments.

The recommendations were proposed after [a Los Angeles News Group review of nearly two years of restaurant inspection data](#) found the county's grading system allows many restaurants and markets to operate with major health threats and gives those facilities high health grades. Click [here](#) for more info.

## From the California Advocacy Network for Children with Special Health Care Needs:

### California Children's Services

National Report Analyzes Access to Care for CSHCN under Managed Care As California contemplates moving CCS children into managed care, [a new report](#) analyzes how other states have incorporated protections for ensuring access to care for children and youth with special health care needs into their contracts with managed care organizations (MCOs). The report, from the non-partisan Medicaid and CHIP Payment and Access Commission, examines contract provisions in 34 states where MCOs enroll children with special health care needs (CSHCN) in their standard Medicaid plans. The authors found that stakeholders are divided on whether and when general contract provisions that apply to all enrollees afford sufficient protections for CSHCN.

### CALIFORNIA POLICY

## Moving Ahead: Senate Select Committee on Children with Special Needs

Senator Richard Pan, chair of the new Senate Select Committee on Children with Special Needs, has released a [summary report](#) of the committee's first hearing, which was held on December 1, 2015, along with an [issue brief that maps the systems of](#)

[care](#) for children with special needs in the state. The committee's goal is to break down silos of care and foster better integration of care among mental, behavioral, developmental disability, and physical health care systems. Representatives of each of these systems testified at the December hearing. [See a video](#) of the release event, which also features families.

## U.S. unintended pregnancy rate falls to 30-year low; declines seen in almost all groups, but disparities remain

A new analysis from the Guttmacher Institute, just published in the New England Journal of Medicine, shows that the U.S. unintended pregnancy rate declined substantially between 2008 and 2011. According to "[Declines in Unintended Pregnancy in the United States, 2008-2011](#)", [by Lawrence B. Finer](#) and [Mia R. Zolna](#), there were 45 unintended pregnancies for every 1,000 women aged 15-44 in 2011, down from 54 per 1,000 in 2008. The 2011 rate was the lowest observed in three decades. Although unintended pregnancy rates have declined among nearly all demographic groups examined, disparities still remain, particularly for poor women and women of color. For the California Fact Sheet, click [here](#).

## Women to be offered their own £3,000 'birth budgets' in England

The National Health Service in England is to offer pregnant women their own "personal budgets", worth at least £3,000, so they can pick and choose the care they receive. Women will be able to use it to pay for anything from one-to-one midwifery care to home births, the use of birthing pools and hypnotherapy. The move is part of a shake-up in maternity care unveiled by NHS England to increase the choices women have.

The overhaul is also aimed at improving safety in maternity services. It has been agreed to on the basis of recommendations from an independent [review of services](#).

### CONTACT US

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