

Maternal and Child Health Access



Where?

ONLINE!



**Thursday, October 16, 2025
10:00 am to 12:00 pm**

(After you register, look for
the Zoom link in your
registration confirmation
email)

Speaker/Topic:

**Jasmine Gaytan & Culeshia
Okoli
Victim Services
Los Angeles County District
Attorney's
Bureau of Victim Services-
Family Violence Division**

**Plus, MCHA Program
Updates!**

October is National Domestic Violence Awareness Month (DVAM), a time to educate communities about domestic violence, honor survivors, and raise awareness about resources for victims. The month-long campaign, officially designated by Congress in 1989, aims to unite advocates, shed light on the signs of abuse, and show support for survivors. Key themes include mourning those lost to violence, celebrating survivors, and connecting those who work to end abuse.



From our September 18, 2025 meeting:

www.mchaccess.org/meetings.htm

Guest Speakers: Gigi dePourtales and Jason Romero, National Alliance on Mental Illness (NAMI) Topic: September Suicide Prevention Month & Frank Tamborello, Hunger Action LA Topic: Let's Talk about Redistricting

Gigi DePourtales and Jason Romero provided an in-depth presentation on NAMI (National Alliance on Mental Health), its mission, and services available at no cost to the community. NAMI is the nation's largest grassroots mental health organization, dedicated to improving the lives of all those who have been affected by mental health conditions. Started by moms around a kitchen table in 1979, NAMI now has over 600 local affiliates located in 49 states. Members include individuals living with mental health conditions, as well as those who support them: their families, friends, spouses/partners, and caregivers. NAMI Greater Los Angeles County (GLAC) is the County's leading mental health nonprofit. They offer support, education, and advocacy for all those whose lives have been impacted by mental health conditions, as well as for the community at large. NAMI GLAC's no-cost, peer-led support groups and education classes are meant for individuals living with mental health conditions, or for their families, partners/spouses, friends, and caregivers. They also offer community presentations, host countywide events, and advocate for local mental health policy. NAMI is comprised of six local Chapters covering the entire County of Los Angeles. Please refer to their PowerPoint presentation posted on our website for more detailed information.

Frank Tamborello from Hunger Action LA presented on Redistricting (Gerrymandering), Prop 50, and its purpose to control elections, the representatives

that get elected, and ultimately the policies that get passed. State governments decide how to draw congressional districts for federal representation. If you redraw your local districts, and it's your side that's re-drawing them, you can create more power for your party. It can give a minority of people more power than the majority. This year, at the special election in November, we have a choice to make- Proposition 50, the redistricting measure in CA. Please refer to Frank's PowerPoint presentation posted on our website for detailed information.

Materials This Month

In recognition of Domestic Violence Awareness Month, the Los Angeles County Department of Public Health's Office of Women's Health and Office of Violence Prevention are pleased to release two new resources:

[Intimate Partner Violence in Los Angeles County: 2023 LACHS Findings \(Infographic\)](#)

The *Intimate Partner Violence: 2023 Los Angeles County Health Survey Data Report* presents new countywide estimates of IPV by type and population subgroup, defining IPV to include physical and sexual violence, stalking, verbal aggression, and controlling behaviors, and highlighting common warning signs such as intimidation, isolation, and financial abuse.

· New 2023 LA County Health Survey findings: Nearly 1 in 4 cisgender women and almost 1 in 2 transgender and gender non-conforming individuals reported experiencing IPV. Verbal aggression was the most common form, and those reporting it were substantially more likely to also report stalking, physical abuse, or sexual abuse.

[Domestic Violence Data Sources and Estimates: 2025 Update \(Report\)](#)

The Los Angeles County *Domestic Violence Data Sources and Estimates: 2025 Update* provides a comprehensive review of national, state, and local data systems that track domestic violence, highlighting strengths and persistent gaps and offering recommendations to strengthen survivor-centered data collection and monitoring.

- Improvements since 2010 in DV data collection, such as broader survey measures, more inclusive data on gender-diverse populations, and new methodologies that triangulate across systems.
- Persistent challenges and limitations in current data: stigma in reporting, inconsistent definitions, fragmented systems, and the invisibility of many survivors who never enter formal systems.
- Alarming gaps in federal access: Federal restrictions on once-public datasets during the writing of this report have raised serious concerns about transparency and accountability. The National Intimate Partner and Sexual Violence Survey (NISVS) and Youth Risk Behavior Surveillance System (YRBSS) remain unavailable to the public despite court orders, underscoring the fragility of DV data infrastructures. As highlighted by recent coverage in outlets such as [Axios](#), the [American Statistical Association](#), and the [Economic Policy Institute](#), disappearing or manipulated data puts the health and safety of survivors at risk.

This Domestic Violence Awareness Month, we urge policymakers, advocates, researchers, and community leaders to stand together in demanding stronger commitments to DV data transparency. Without accurate and accessible data, our collective efforts to prevent violence and support survivors will continue to fall short.

FeastForAll

Works to increase health and wellness for its participants and their families, FEAST's programs focus on three key ingredients: Whole Foods, Whole People and Whole Communities.

Whole Foods includes fruits, vegetables, and whole grains, and minimally processed products that are made from these ingredients. It also includes the ability to find and afford these ingredients in your community.

Their programs also strive to support Whole People, meaning people who feel safe, supported, and connected to our bodies and ourselves. This requires time and space for stress-relief, for emotional support, and other forms of self-care.

Finally, FEAST's programs work to create Whole Communities, where individuals can come together to give and receive support to one another. Today they wish to share a study they are involved in and seeking to recruit pregnant women for.

[Maternal Nutrition Recruitment Flyer](#)

Covered CA

2026 New Patient-Centered Benefit Designs and Medical Cost Shares, new details on copays and deductibles by metal tier released by Covered CA. Aside from premium. It's important to provide applicants with education on the costs involved outside of monthly premiums prior to making their plan and tier selection.

[Health-Benefits-Table.pdf](#)

Patient cost-sharing limit for insulin

WE DID IT! California is officially the 29th state (plus Washington, DC) to enact a patient cost-sharing limit for insulin. On October 13, Governor Newsom approved Senate Bill 40 (Wiener), capping copayments for insulin at \$35 for those on state-regulated plans. The American Diabetes Association's (ADA) press release on this major victory in insulin affordability can be found here.

[The American Diabetes Association Applauds California's Action to Cap Copayments for Insulin on State-Regulated Health Plans | American Diabetes Association](#)

UCLA Center for Reproductive Science, Health and Education (CRSHE) Distinguished Speaker Series

featuring **Diana E. Ramos** Appointed by Governor Gavin Newsom, California Surgeon General, Dr. Ramos will join us for an extraordinary public conversation on advancing

the health and wellbeing of Californians through policies that promote reproductive, maternal and child health.

Monday, October 20, 2025

4:00 p.m. PT

California NanoSystems Institute (CNSI)

UCLA Campus

UCLA Center for Reproductive Science, Health and Education (CRSHE)

Distinguished Speaker Series feat. Diana E. Ramos

The Patient Debt Prevention Act

Governor Newsom signed into law AB 1312 (Schiavo): The Patient Debt Prevention Act protecting Californians from unfair and unjust medical debt. CPEHN, our fellow co-sponsors: Health Access California, Blood Cancer United, and Rising Communities-- along with our author, Assemblymember Pilar Schiavo.

Find CPEHN's press release with statements from Assemblymember Pilar Schiavo and the co-sponsors here:

[Landmark Medical Debt Prevention Law Signed by Gov. Newsom - California Pan-Ethnic Health Network](#)

Pregnancy and Tylenol

Here is a great San Francisco Chronicle article and overview of the science and recommendations on using Tylenol (acetaminophen) during pregnancy-- and how NOT using it can increase the risk of premature labor and delivery and/or fevers that harm fetal development and more. **[Pregnant? Here's what the science says about using Tylenol](#)**

Please Help Secure Critical Services

Maternal and Child Health Access (MCHA) is dedicated to improving the health and well-being of underserved women, children, and families in Los Angeles County. We empower communities through advocacy, education, and direct services, addressing critical issues such as healthcare access, nutrition, and maternal and child health equity.

Click on the image below to learn more about our fundraising event...



Support Maternal and Child Health Access

\$1,475 raised of \$50,000 goal · 8 donations

[Donate now](#)

[gofundme](#)

Maternal and Child Health Access

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