

Our next monthly meeting is scheduled for this Thursday, Nov. 16, 2017 - RSVP today!



Maternal and Child Health Access

November 16, 2017: Monthly Meeting

Highlighting Prematurity Awareness Month!

Where?

10:00 AM to 12:00 pm
Maternal and Child Health Access
c/o Patricia Phillips Community Room
1111 W. 6th St., 3rd Floor
Los Angeles, CA 90017
213 749 4261
info@mchaccess.org

Speaker/Topic

Marta Bills, MPH
MCH Program Director
March of Dimes

"Preterm Birth: Helping Reduce Risk"
Health Coverage and Other Updates

Colectiva Mujeres en Movimiento items
available for purchase at this meeting

Please note: Covered California will be open for enrollment from Nov. 1 to January 31. Enroll by Dec. 15 for January 1 coverage. Please correct this information when you hear people talk about the shortened enrollment period - that is happening in other states, unfortunately, but not California! Remember Medi-Cal and MCAP enroll year-round.

While we don't require reservations to attend our monthly meetings we do recommend to RSVP so we know you're coming...

[Click here to RSVP!](#)

From the meeting October 19, 2017 see handouts [HERE](#)

"Planning for a Healthy Home, Body and Baby."

Guest Speaker: Julie Friedman, MPH, CHES, Director, UCLA Women's Health Education & Research Center

Ms. Friedman provided a powerful (and beautiful!) slide show about the effects of chemicals on our body and practical steps we can take to at least mitigate the harmful effects to the extent possible. Chemicals affect us at the workplace and home and affect pregnant women and adults differently than how they affect children. For the home, she provided practical solutions for pest control, lead avoidance, and dust. Experts advise

considering consuming fish with the lowest amounts of mercury possible. Those are salmon, tilapia, catfish and shellfish. Bigger fish often have higher amounts because they are higher on the food chain and mercury concentrates as each fish eats a smaller fish. Eat fresh or frozen produce with skin that can be peeled. Because of concerns about lead in canned food linings, avoid canned foods. For plastics, even some baby bottles have PVC, and microwaving and refrigeration of plastic can release chemicals.

The Planning for a Healthy Home, Body and Baby project has developed training resources and a wallet card, a Facilitator Training Program and Community Presentation! All are in English and Spanish. See those resources [HERE](#). Lest it appear environmental considerations are all at the individual level, Ms. Friedman addressed workplace advocacy, organizing at the community level with tenant's rights and other legal tools, and connecting with the local, well-respected Healthy Homes project, consisting of Esperanza Community Housing Corporation, Strategic Actions for a Just Economy (SAJE) or St. John's Well-Child and Family Center. CHANGE (Californians for a Healthy & Green Economy) is a coalition of environmental health, policy, labor, environmental justice, interfaith and other organizations working to create a better system for regulating toxic chemicals in our state. Other groups working at the state and federal level include Physicians for Social Responsibility LA, Communities for a Better Environment and Earthjustice. The work of these organizations is to guard against industry attacks on regulations and protect communities from pollution in air, water and land.

For more information on the "Planning for a Healthy Home, Body and Baby" project, contact Ms. Friedman at JAFriedman@mednet.ucla.edu

New since last meeting:

November 2017 Update: [Special Denti-Cal Bulletin Posted](#)

Denti-Cal has posted a Special Provider Bulletin on their web site, addressing the restoration of adult dental benefits in January, 2018. **Please note:** Although the text of the bulletin notes that there are no changes to the current scope of benefits for adult women with pregnancy-related Medi-Cal, providers may not know or remember that these women are entitled to the full range of preventive services, including cleanings. Furthermore, in essence they are eligible for all benefits available to full-scope recipients. The "Benefits Quick Reference Guide" is incorrect for pregnant women in Pregnancy-Related Medi-Cal because it shows a column with "Limited Scope" and a red X - not a benefit. Providers equate Pregnancy-Related with Limited Scope.

MCHA is hosting the statewide Dental Stakeholders group on Friday, Dec. 1 at 10 AM. We will hope to correct these errors in future Denti-Cal bulletins. Please contact Monica Ochoa for more information on the meeting or our work in oral health for pregnant women.

The following topics featured in the [Special Provider Bulletin](#) are:

- Full Restoration of Adult Dental Services in 2018
- New Benefits Quick Reference Guide 2018

[Enriched By The Poor: California Health Insurers Make Billions Through Medicaid](#)

In addition to profit information, this article also addresses quality. Overall, Medicaid insurers in the Golden State made \$5.4 billion in profits from 2014 to 2016, in part because

the state paid higher rates during the inaugural years of the nation's Medicaid expansion under the Affordable Care Act. Last year, they made more money than all Medicaid insurers combined in 34 other states with managed care plans.

NIH study identifies brain patterns underlying mothers' responses to infant cries

Infant cries activate specific brain regions related to movement and speech, according to an NICHD-led study of mothers in 11 countries. The findings identify behaviors and underlying brain activities that are consistent among mothers from different cultures. Understanding these reactions may help in identifying and treating caregivers at risk for child maltreatment and other problematic behaviors.

Read the full Media Advisory [HERE](#).

From the Los Angeles Business Journal, Nov. 7, 2017: County's Largest Ambulatory Care Clinic Unveiled

The LAC+USC Medical Center in Boyle Heights on Oct. 27 unveiled a \$4.6 million renovation of a half-century-old ambulatory care clinic, the largest in Los Angeles County. The new clinic features 13,000 square feet of open floor space surrounded by new exam, consultation and group clinic rooms, with new space for patient education and conferences. It serves more than 30,000 patients a year. "This beautifully remodeled clinic creates a new experience of care for our patients," Dr. Mitchell Katz, who oversees the L.A. County Health Agency and its Department of Health Services, which runs four county hospitals and a network of outpatient clinics, said in a statement. "It is a perfect example of the transformation we have undertaken in DHS under health care reform to place the patient at the very cent of the care team."

Second trimester weight gain associated with fetal growth in twin pregnancies

A woman's weight gain in the second trimester of a twin pregnancy is most closely associated with fetal growth and the size of the babies at the time of birth, according to a prospective study by researchers at NICHD. The study results provide reassurance for women who fail to gain weight during the first trimester, often because of the greater likelihood of morning sickness in a twin pregnancy.

Read the full Science Update [HERE](#).

County of Los Angeles DPSS - ALERT!!! Telephone and Cell Phone Text Scam!

Dear Community Partners:

DPSS has recently been made aware of a new telephone and cell phone text scam that is affecting DPSS customers/EBT cardholders! Scammers are identifying themselves as CalWORKs or Social Services and stating that your EBT card has been compromised or closed. The caller/text is then prompting the customer for his/her 16 digit EBT card number and security PIN. The text then prompts you to call a number to reactivate your

RESOURCES

Lead Testing Program

Inquilinos Unidos is working with Healthy Babies, Bright Futures, and families across the United States to look at children's exposure to lead in their home and surrounding environment. Often, lead sources are only found after a child has already been lead poisoned. However, we want to work with families and community groups to look for lead and reduce exposures in homes before children become lead poisoned. Lead can be found in paint, water, soil, dust, and other materials. Exposure to lead can cause lifelong effects in children, including brain damage and developmental delays. 535,000 children in the U.S. have high lead levels in their blood. The good news is that lead poisoning is preventable with early detection of lead in homes. Finding and removing lead sources in your home - before your children are exposed - is a vital step. You can get your home tested for lead for free to identify possible lead sources in your home or other lead sources near your children. Learn how to find and test for lead in your home and take simple steps to protect your family.

To have your home tested for lead, free of charge:

- The property must have been built before 1978
- Property owners and renters must be based in County of Los Angeles
- Families recruited must have at least one of the following living in the home, at least four days a week

1. A child under the age of 2 (23 months or younger)
2. A pregnant woman
3. A woman planning for pregnancy

For more information on free lead testing for your home, contact Faviola Pablo at fpablo@inquilinosunidos.org or 213-483-7497

SAVE THE DATE

Nov. 17 - Dec. 1 with a kickoff party Nov. 17 6 PM: Benefit Shopping - MCHA will once again benefit from purchases at Ten Thousand Villages at 567 S. Lake Ave, Pasadena. This is an opportunity to buy Fair Trade and mostly women-made gift items. See the [FLYER](#) and be sure and take it with you to shop or give our name at checkout!

Sat. Nov. 18, 10 AM - 2 PM: [South Los Angeles Resource Fair: Housing First](#), a gathering of service providers in the local and federal government that will provide onsite resources for affordable housing, health care services, employment, veterans services, and more. Sponsored by Representative Karen Bass at Mt. Tabor Baptist Church, 6614 S. Western Ave., Los Angeles 90047 RSVP and more information on the site.

Take action!

**Donate
Now!**

Your donations allow us the space to reassure, to exchange information, to take the vast amount of time it already takes to ensure health - for everyone. Donate now - we appreciate your support!

MCH Access | 213 749 4261 | 213 745 1040 |
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1111 W. 6th St., Ste. 400
Los Angeles, CA 90017

STAY CONNECTED:

