Maternal Child and Adolescent Health

Maternal, Child and Adolescent Health (MCAH)

Vision

All women of reproductive age, children, adolescents and families in San Benito county have equal access to wellness and health care and can revitalize their health throughout the life cycle.

Mission (Adapted from the State MCAH Mission)

MCAH develops systems with the goal to help protect and improve the health of California’s reproductive age women, infants, children, adolescents, and their families.  To accomplish this mission, MCAH maintains partnerships, contracts, and agreements with State, federal, and local agencies in both public and private sectors.

MCAH activities are funded through the State General Fund, the State Tobacco Tax, Federal Title XIX (Medicaid), and Federal Title V MCH Block Grant, which MCAH has oversight responsibilities to help ensure funds are expended in the proper manner.  Please see the [MCAH Program](http://www.cdph.ca.gov/programs/mcah/Pages/default.aspx)  at the California Department of Public Health State webpage for more information.

MCAH has 6 goals. These goals are based on the National Healthy People 2020 Goals. Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For 3 decades, Healthy People has established benchmarks and monitored progress over time in order to:

* Encourage collaborations across communities and sectors.
* Empower individuals toward making informed health decisions.
* Measure the impact of prevention activities.

For more information on Healthy People 2020 go to [www.healthypeople.gov/2020/default.aspx](http://www.healthypeople.gov/2020/default.aspx)

The MCAH Goals are:

Goal 1: Improve Outreach and Access to Quality Health and Human Services

Link the MCAH population to needed medical, mental, social, dental, and community services to promote equity in access to quality services, especially for those who are eligible for Medi-Cal or other publicly provided health care programs [1]

Outreach services will be targeted to identify pregnant women, women of reproductive age, infants, children and adolescents and their families who are eligible for Medi-Cal assistance or other publicly provided health care programs and assist them in applying for these benefits.

Goal 2: Improve Maternal Health

Improve maternal health by optimizing the health and well-being of girls and women across the lifecourse.  Reduce maternal morbidity and mortality and the increasing disparity in maternal health outcomes.  Assure that all pregnant women will have access to early, adequate and high quality perinatal care with a special emphasis on low-income and Medi-Cal eligible women.

Goal 3: Improve Infant Health

Reduce infant mortality and address disparities by promoting preconception health and health care and by preventing causes such as birth defects, low birth weight/prematurity, SIDS, and maternal complications in pregnancy.

Goal 4: Improve Nutrition and Physical Activity

Promote healthy nutrition and physical activity among MCAH populations throughout the lifespan beginning with exclusive breastfeeding of infants to six months of age.

Goal 5: Improve Child Health

Support the physical, socio-emotional, and cognitive development of children, including the prevention of injuries, through the implementation of prevention, early identification and intervention strategies.

Goal 6: Improve Adolescent Health

Promote positive youth development strategies to support the physical, mental, sexual and reproductive health of adolescents.

In San Benito County we have an MCAH Director and an MCAH Coordinator, both Registered Nurses with Public Health Nurse Certifications.  Please feel free to contact them with any questions or concerns;

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For more information, visit the State website at <http://www.cdph.ca.gov/PROGRAMS/MCAH/Pages/default.aspx>.

[1] 2011-2015 Title V State Priorities