

**HPM: 140 Foundations of Maternal and Child Health  
Winter Quarter 2013**

Monday, 3-4:20 PM, Math & Science Building: Room 5147  
Wednesday, 3-4:20 PM, La Kretz Hall: Room 120

**Course Director:** Alice Kuo, MD, PhD  
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**Office Hours:** After class or by appointment  
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**Course Coordinator:** Faye Holmes  
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**Phone:** 310-825-5797

**Class Webpage:** <https://ccle.ucla.edu/course/view/13W-HLTPOL140-1>

**Additional Instructors:** Alma Guerrero, MD, MPH ([aguerrero@mednet.ucla.edu](mailto:aguerrero@mednet.ucla.edu))  
Bobby Verdugo, MSW ([bverdugo@mednet.ucla.edu](mailto:bverdugo@mednet.ucla.edu))

**Course Overview**

This undergraduate course serves as an introduction to the field of maternal and child health, focusing on major issues affecting the health and well-being of children and families over the life span. The course will emphasize health promotion, disease prevention, and supportive programs at different stages of a child's life. The course will also utilize the application of a Life Course Health Development framework to understand health disparities and implications for policy and practice.

HPM 140 is intended to give students a broad overview of the field of maternal and child health; the factors that determine the health status of mothers and children; important issues facing children and families in the U.S.; and an understanding of the child health service system (components and function); and how programs are designed to meet the needs of children and families.

At the end of this course, students should have knowledge and understanding of the following:

1. Historical development of maternal and child health practice
2. Life Course Health Development model
3. The importance of social determinants of health and illnesses
4. Selected issues for modern MCH populations
5. Characteristics of the current health care systems and implications for children
6. Basic principles and theories of population-based health promotion

In addition to the broad objectives above, students should be able to explore the design of maternal and child health programs and services and to evaluate the strengths and weaknesses of each. Students will be able to critically analyze disparities in health status based on race/ethnicity, socio-economic status, and gender; to identify essential gaps in existing maternal

and child health programs; and to promote cultural competence concepts in diverse maternal and child health settings.

### Course Requirements

**Exams:** There will be two-in class midterms, worth **25%** each. The dates of the exams are *January 30* and *March 4*. ***No make-up exams will be given under any circumstances. Failure to take the exam during the scheduled class time will result in a score of zero for that exam.***

**Class Participation:** Class participation, reflecting an understanding of the course readings and lectures, is required and will make up **10%** of your final grade. Participation will be measured by actively contributing during discussions with questions, comments, and reflections.

For students who do not feel comfortable speaking up in class, please see the Course Coordinator about strategies to participate in class so as not to adversely affect this portion of your grade.

**Final Exam:** The in-class final exam will include the materials covered in lectures and the readings. The final exam is worth 40% of your final grade. ***No make-up exams will be given under any circumstances. Failure to take the exam during the scheduled class time will result in a score of zero for that exam.***

**Required Texts:**

- 1) *The Immortal Life of Henrietta Lacks* by Rebecca Skloot
- 2) *Whatever It Takes: Geoffrey Canada's Quest to Change Harlem & America* by Paul Tough

### *Evaluation and Grading*

There will be a total of 100 points awarded during the course, reflected in the percentages for the various exams and participation.

Grades will be assigned based on the following accrual of points. Each student has the potential of receiving full points; grades will not be assigned based on a "curve."

<b>A</b>	94-100	<b>B</b>	84-87	<b>C</b>	74-77
<b>A-</b>	91-93	<b>B-</b>	81-83	<b>C-</b>	71-73
<b>B+</b>	88-90	<b>C+</b>	78-80	<b>No pass</b>	70 or less

Appeals for changes of grades for the various assignments must be put in writing and submitted to Ms. Holmes within 3 days of receiving the grade. Students are advised that appeals are very unlikely to result in a change in grade.

## **PART 1: Concepts in Maternal and Child Health**

### **1/7 Session 1 Introduction to Maternal and Child Health**

Lecturer: Alice Kuo, MD, PhD

Learning objectives:

- 1) To understand the importance of promoting women and children's health and well-being
- 2) To understand the need for the promotion of individual and population health

Required Readings:

- 1) Ten great public health achievements—United States, 1900-1999. MMWR 48(12):241-243.
- 2) Achievements in public health, 1900-1999: Impact of vaccines universally recommended for children—United States, 1900-1998. MMWR 48(12):243-248.
- 3) Achievements in public health, 1900-1999: Healthier mothers and babies. MMWR 48(38):849-858.
- 4) Achievements in public health, 1900-1999: Family planning. MMWR 48(47):1073-1080.
- 5) Achievements in public health, 1900-1999: Fluoridation of drinking water to prevent dental caries. MMWR 48(41):933-940.

Optional Readings:

- 1) Achievements in public health, 1900-1999: Motor vehicle safety: a 20<sup>th</sup> century public health achievement. MMWR 48(18):369-374.
- 2) Achievements in public health, 1900-1999: Improvements in workplace safety—United States, 1900-1999. MMWR 48(22):461-469.
- 3) Achievements in public health, 1900-1999: Control of infectious diseases. MMWR 48(29):621-629.
- 4) Achievements in public health, 1900-1999: Decline in deaths from heart disease and stroke—United States, 1900-1999. MMWR 48(30):649-656.
- 5) Achievements in public health, 1900-1999: Safer and healthier foods. MMWR 48(40):905-913.
- 6) Achievements in public health, 1900-1999: Tobacco use—United States, 1900-1999. MMWR 48(43):986-993.
- 7) Achievements in public health, 1900-1999: Changes in the public health system. MMWR 48(50):1141-1147.

### **1/9 Session 2 Cross-Cultural Communication**

Lecturer: Bobby Verdugo, MSW

Learning objectives:

- 1) To understand cultural humility as a functional approach to cultural competency
- 2) To understand key concepts in working with culturally diverse people

Required Readings:

- 1) Tervalon, M, Murray-García J, Cultural humility versus cultural competence: a critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved*; May 1998 (2):117-125
- 2) Kleinman A, Eisenberg L, Good B., Culture, Illness and Care: Clinical Lessons from Anthropological and Cross-Cultural Research. *Ann Intern Med.* 1978 Feb; 88(2):251-8.

**1/14 Session 3 Child Poverty**

Lecturer: Alma Guerrero, MD, MPH

Learning objectives:

- 1) To understand definitions of childhood poverty, and the prevalence of child poverty in the United States
- 2) To understand the role of poverty as a risk factor for adverse health outcomes in children

Required Readings:

- 1) National Center for Children in Poverty. [Who are America's Poor Children?](#) Fact Sheet, August 2010.
- 2) National Center for Children in Poverty. [Measuring Poverty in the US NCCP \(2009\)](#)

Optional Readings:

- 1) National Center for Children in Poverty. [Child Poverty & Family Economic Hardship NCCP \(2009\)](#)
- 2) National Center for Children in Poverty. Basic Facts About Low-Income Children (2009)

**1/16 Session 4 Life Course Health Development and Birth Outcomes**

Guest lecturer: Alice Kuo, MD, PhD

Learning objectives:

- 1) To understand the concept of fetal programming and how environmental factors can affect fetal development
- 2) To identify socio-economic factors which can result in disparities in birth outcomes

Required Reading:

- 1) Lu MC and Halfon N. (2003). Racial and ethnic disparities in birth outcomes: a life course perspective. *Matern Child Health J* 7:13-30.

**1/21 NO CLASS- Martin Luther King Jr. HOLIDAY**

**1/23 Session 5 School Function**

Guest lecturer: Bobby Verdugo, MSW

Learning objectives:

- 1) To understand the importance of a community-level strategy to optimize the readiness of young children to perform well at kindergarten entry
- 2) To understand the different aspects of child development and how each contributes to the readiness of children to enter kindergarten

**1/28 Session 6 Social Determinants/Health Disparities**

Lecturer: Alma Guerrero, MD, MPH

Learning objectives:

- 1) To understand the concept of health disparities and identify the major health disparities confronting children and women
- 2) To use a health disparities framework to understand the contributing factors of health
- 3) To identify the social determinants of health that can contribute to health disparities.

Required Reading:

- 1) Williams DR, Jackson PB. Social sources of racial disparities in health. *Health Aff (Millwood)*. 2005 Mar-Apr;24(2):325-34.  
<http://content.healthaffairs.org/cgi/reprint/24/2/325>

Optional Reading:

- 1) *Understanding Health Disparities*. Health Policy Institute of Ohio. Can be retrieved at: <http://www.healthpolicyohio.org/pdf/healthdisparities.pdf>

**1/30 Session 7 MIDTERM EXAM**

**PART 2: Common Issues in Maternal and Child Health**

**2/4 Session 8 Preconception Care and Women's Health**

Guest lecturer: Angela Chen, MD

Learning objectives:

- 1) To understand the importance of a woman's health prior to conception to ensure optimal pregnancy outcomes
- 2) To identify the factors of a woman's health during pregnancy which can affect negative birth outcomes
- 3) To understand the issues between pregnancies which can affect a subsequent pregnancy and birth outcomes

Required Readings:

- 1) Atrash HK, Johnson K, Adams M, Cordero JF and Howse J. (2006). Preconception care for improving prenatal outcomes: the time to act. *Matern Child Health J* 10:S3-S11.
- 2) Lu MC, Kotelchuck M, Culhane JF, Hobel CJ, Klerman LV and Thorp JM. (2006).

Preconception care between pregnancies: the content of prenatal care. *Matern Child Health J* 10:S107–S122.

- 3) Lu MC. (2009). Healthcare reform and women's health. *Curr Opin Obstet Gynecol* 21:514-520.

## **2/6 Session 9 Breastfeeding**

Lecturer: Alice Kuo, MD, PhD

Learning objectives:

- 1) To identify the benefits of breastfeeding for both the mother and the child
- 2) To understand the challenges to supportive breastfeeding practices and policies in the workplace
- 3) To understand the role that breast milk substitutes has played in declining breastfeeding rates in the U.S.

Required Readings:

- 1) U.S. Surgeon General. (2000). *HHS Blueprint for Action on Breastfeeding*. May be accessed at <http://www.womenshealth.gov/archive/breastfeeding/programs/blueprints/bluprntbk2.pdf>
- 2) American Academy of Pediatrics, Section on Breastfeeding. (2005). Breastfeeding and the use of human milk. *Pediatrics* 115: 496-506.

## **2/11 Session 10 Oral Health**

Guest Lecturer: Tarun Sandhu

Learning objectives:

- 1) To understand the prevalence and morbidity of dental problems for children
- 2) To understand the significant racial/ethnic disparities in dental disease among children
- 3) To understand the potential consequences of sub-optimal oral health for children
- 4) To identify approaches and strategies, currently in-place or needed, to promote optimal oral health

Required Reading:

- 1) Boy's Death Fuels Drives to Fund Dental Aid to Poor, Washington Post, March 3, 2007 <http://www.washingtonpost.com/wpdyn/content/article/2007/03/02/AR2007030200827.html>
- 2) The Face of a Child: Children's Oral Health and Dental Education. Mouradian WE. *Journal of Dental Education*. 2001. 65(9):821-831 <http://www.jdentaled.org/cgi/reprint/65/9/821>

Optional Reading:

- 1) Platt LJ, Cabelas MC. Early Childhood Dental Caries. Prepared for UCLA Center for Healthier Children, Families and Communities to appear in "Building Community Systems for Young Children."

## **2/13 Session 11 The Epidemic of Childhood Obesity**

Guest lecturer: Mienah Sharif, MPH

Learning objectives:

- 1) To understand health disparities in childhood obesity as they relate to neighborhood, socioeconomic status, and minority populations.
- 2) To understand environmental factors contributing to obesity (food availability, marketing, built environment).
- 3) To understand the future implications of childhood obesity, and the importance of multilevel, interdisciplinary interventions beginning with early childhood.

Required Reading:

- 1) Caprio, S., Daniels, S. R., Drewnowski, A., Kaufman, F. R., Palinkas, L. A., Rosenbloom, A. L., & Schwimmer, J. B. (2008) Influence of Race, Ethnicity, and Culture on Childhood Obesity: Implications for Prevention and Treatment. *Obesity* 16, 2566--2577.
- 2) Ebbeling, C., Pawlak, D., & Ludwig, D. (2002) Childhood obesity: public-health crisis, common-sense cure. *Lancet* 360:473-482.

Optional Reading:

- 1) Allcock, D. M., Gardner, M. J., & Sowers, J. R. (2009) Relation between Childhood Obesity and Adult Cardiovascular Risk. *International Journal of Pediatric Endocrinology* 2009, 2009:108187 (Epub 2009 Oct 19).

## **2/18 NO CLASS- President's Day HOLIDAY**

## **2/20 Session 12 Nutrition for Women and Children**

Guest lecturer: Dena Herman, PhD

Learning objectives:

- 1) To understand the importance of nutrition on the health of mothers and children
- 2) To understand the components of the supplemental nutrition program for Women, Infants and Children (WIC)
- 3) To understand the reasons for the recent changes in the WIC food package for mothers and young children

Required Readings:

- 1) Herman DR, Harrison GG, Jenks, E. Effect of a targeted subsidy increases fruit and vegetable intake among low -income women. *Am J Public Health*, 2008;98:98-105.
- 2) Black MM, Hurley KM, Oberlander S. Participants' Comments on Changes in the Revised Special Supplemental Nutrition Program for Women, Infants, and Children Food Packages: The Maryland Food Preference Study. *J Am Diet Assoc.* 2009;109:116-123.

## **2/25 Session 13 Adolescent Health**

Lecturer: Alma Guerrero, MD, MPH

Learning objectives:

- 1) To describe the health-risk behaviors among adolescents prioritized by the Centers for Disease Control
- 2) To identify the leading cause of death among adolescents
- 3) To understand health disparities in adolescent health
- 4) To understand the importance of contraception for adolescent health

Required Reading:

- 1) Mulye TP, Park MJ, Nelson CD, Adams SH, Irwin CE Jr, Brindis CD. Trends in adolescent and young adult health in the United States. *J Adolesc Health* 2009 Jul;45(1):8-24.

Optional Reading:

- 1) Irwin CE Jr, Burg SJ, Uhler Cart C. America's adolescents: where have we been, where are we going? *J Adolesc Health* 2002 Dec;31(6 Suppl):91-121.

## **2/27 Session 14 Mental Health**

Guest lecturer: Bobby Verdugo, MSW

Learning objectives:

- 1) To understand the model of school-based mental health services and the role of pediatricians in collaborating with mental health professionals to optimize children's school success

Required Readings:

- 1) U.S. Department of Health and Human Services. *Mental Health: A Report of the Surgeon General—Executive Summary*. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999.
- 2) Committee on School Health. 2004. School-based mental health services. *Pediatrics* 113:139-1845.

## **3/4 Session 15 MIDTERM EXAM**

## **3/6 Session 16 Legislative Advocacy**

Lecturer: Ryan Coller, MD, MPH

Learning objectives:

- 1) Understand the role of the political system in the experience of MCH populations



- 2) Learn strategies that individuals can use to become an effective advocate for MCH populations

Required Readings: TBD

### **3/11 Session 17 Children with Special Health Care Needs**

Lecturer: Moira Inkelas, PhD

Learning objectives:

- 1) To understand the needs of children with chronic health conditions
- 2) To identify principles of care for children with chronic conditions
- 3) To understand where the health system performs well and where there are gaps and disparities in care

Required Reading:

- 1) McPherson M, Arango P, Fox H, Laurer C, McManus M, Newacheck PW, Perris JM, Shonkoff JP, Strickland B. (1998). A new definition of children with special health care needs. *Pediatrics*, 102:137-139.  
<http://pediatrics.aappublications.org/cgi/content/full/102/1/137>

### **3/13 Session 18 Health Care Systems/Financing & MCH Policy**

Lecturer: Alice Kuo, MD, PhD

Learning objectives:

- 1) To understand sources of public funding for children's health care
- 2) To understand challenges in paying for children's health care
- 3) To understand the origins of Maternal and Child Health in U.S. political history
- 4) To examine examples of policy decisions which have had an impact on child health and well-being in the U.S.

Required Reading:

- 1) Inkelas M, Halfon N, Wood D, Schuster MA. Health Care Reform for Children and Families: Financing & Restructuring the U.S. Child Health System. In Andersen RM. et al. (Eds.) *Changing the U.S. Health Care System: Key Issues in Health Services, Policy, and Management*. (Third Edition) San Francisco: Jossey-Bass Publishers. pp. 405-438. 2007.
- 2) Katz M. [Saving Children](#). In Katz MB. (Ed.) *In the Shadow of the Poorhouse: A Social History of Welfare in America*. New York: Basic Books. pp. 113-145. 1986.
- 3) Halfon, N., DuPlessis, H., Barrett, E. [Looking Back at Pediatrics to Move Forward in Obstetrics](#). *Curr Opin Obstet Gynecol* (2008) 20:566-573

Optional Reading:

- 1) Grason H, Morreale M. Health Services for Children and Adolescents: A "Non-System" of Care" In Stein R. (Ed.) [Health Care for Children, What's Right, What's Wrong, What's Next](#). New York: United Hospital Fund. pp. 107-133. 1997

**3/19 Session 19 Final Exam from 8AM -11AM**