

Maternal, Child and Adolescent Health 5-Year Plan

Los Angeles County Department of Health Services

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What is the 5-Year Plan?

A plan to meet the health needs of mothers, children and adolescents throughout the County.

How did we develop the plan?

From September 2003 to February 2005, MCAH conducted a long-range planning effort involving multiple community stakeholders to perform a countywide needs assessment, prioritize the needs identified, and examine the best strategies for addressing the prioritized issues. Mothers and adolescents—some of whom were MCAH clients—gave input on strategy ideas via focus groups.



Childhood Asthma

- Improve the management of childhood asthma
- Improve the systems of care for children with asthma
- Decrease exposure to environmental triggers of asthma
- Educate families of children with asthma about the importance of preventive care



Childhood and Adolescent Overweight

- Promote physical activity and healthy eating
- Educate families about prevention of childhood overweight
- Assure that healthcare providers have appropriate knowledge and resources to address childhood overweight



Birth Outcomes

- Identify local risk factors for poor birth outcomes in Los Angeles County and develop strategies to ameliorate the effect those risk factors have on poor birth outcomes
- Ensure access to quality prenatal and perinatal care services
- Promote access to quality preconception and interconception care
- Promote breastfeeding
- Improve workplace practices that promote healthy pregnancies, healthy infants, and family bonding

Adolescent Well-being

- Assess adolescent well-being in Los Angeles County
- Improve community systems of care for adolescents
- Improve healthcare providers' knowledge and practice of adolescent medicine



What are the prioritized needs for women, children and adolescents?

- Improve birth outcomes
- Reduce childhood and adolescent overweight
- Improve adolescent well-being
- Decrease morbidity and mortality of childhood asthma

Who Participated?

Stakeholders from diverse organizations including community-based agencies, academic institutions, medical establishments, other governmental entities, parents and adolescents.

