

CHAMP-Net News

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CHAMP-Net is a program of the National Health Foundation (NHF).



Click [here](#) to visit NHF's website.

[Important Links/Information](#) *January 2012*

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Hello CHAMPers! Happy New Year!

Eating too much sugar is a major contributor to overweight and obesity, especially for children. Sugar-loaded drinks, such as sodas, sports drinks, energy drinks, and even sweetened teas and fruit juices, are a large part of the problem. What's more, these drinks can also harm children's teeth, such as cavities, pain, infection and tooth loss.

Did you know?

- A 20-ounce soda can contain 65 grams of sugar? That's approximately 22 packets of sugar in just one bottle.
- A typical adult has to walk briskly for 46 minutes to burn the calories in a 20-ounce soda.
- A typical 10-year old has to bike vigorously for 30 minutes to burn the calories in a 12-ounce soda.

As CAAs, we can not only help our clients obtain access to healthcare coverage and services, but we can also educate them about healthy eating and exercising. One helpful tip is to remind families to limit or eliminate sweetened beverages, instead drinking water, unsweetened beverages and low-fat or non-fat milk. For more information about sugar-loaded drinks, visit:

<http://www.choosehealthla.com/eat-healthy/sugar-loaded-beverages>

In this month's issue of CHAMP-Net News, we highlight many more important topics of interest to health advocates including:

- [News & Events](#)
 - 16th Annual UCLA Health Care Symposium: "California 2014: Future of Practice,



Have a question/ comment regarding CHAMP-Net or CHAMP-Net News? Please share your suggestions by contacting the CHAMP team at askthetrainers@champ-net.org OR 213.538.0774. We look forward to hearing from you!

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Spotlight on:

[NHF Program: Patient Safety First in the news](#)

Each month CHAMP-Net News highlights a current NHF project

Patient Safety First...A California Partnership for Health was recently the subject of a front page article in the Los Angeles Times. National Health Foundation is the evaluator and program manager for this \$6 million dollar initiative which links Hospital Associations across the state of California in a coordinated effort to improve patient safety and quality of care. To read the entire article, click here: www.latimes.com/business/la-fi-hospital-infections-

- Delivery Systems, and Quality in Reform"
- Working Together to Ensure Healthy Development for all Children: The New Prevention Services/ Early Start in Los Angeles County

- [CHAMP-Net's Tip of the Month](#) - Healthy Teeth, Healthy Children!
- [Ask the Trainer Question](#)
- [CHAMP Training](#) - One-Hour CHAMP Program Overview
- [CHAMP-Net's County of the Month](#) - Merced

Best,
Brooke Ehrenpreis, Program Director

Information courtesy of Los Angeles County Department of Public Health and RENEW LA County (www.choosehealthla.com)

News and Events

16th Annual UCLA Health Care Symposium: "California 2014: Future of Practice, Delivery Systems, and Quality in Reform"

Join the UCLA Healthcare Symposium in exploring the current situation in California and healthcare reform. The goal is to understand the changes that will occur in 2014 and begin to identify of the major barriers to healthcare access and delivery in Los Angeles. For more information on the symposium please click [here](#). Registration is currently open and free until January 20th. To register please click [here](#).

Date: January 21, 2012

Time: 8:30 am to 1:00 pm

Location: 480 E. Charles E. Young Drive, Los Angeles, 90025

Working Together to Ensure Healthy Development for all Children: The New Prevention Services/ Early Start in Los Angeles County

First 5 Los Angeles invites you to join a panel discussion that will focus on the legislative changes that have shifted responsibility for "prevention services" (formerly the Prevention Program) for children age birth to three from the Regional Centers to local California Early Start Family Resource Centers. The Infant Development Association of California will provide information about issues that impact services within early intervention. Registration is currently open, to register please click [here](#).

Date: January 27, 2012

Time: 8:30 am to 11:00 am

Location: Braille Institute

[20110823,0,1452290.story](#).

For more information on Patient Safety First, please contact Mia Arias, Program Director at marias@nhfca.org.

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CHAMP-Net's Tip of the Month: Healthy Teeth, Healthy Children!

As we celebrate the new year with sweets and treats, don't forget the importance of caring for children's teeth and gums. Children should visit the dentist by their first birthday or when their first tooth comes in and continue to practice good oral health care at home. It is recommended that children visit the dentist at least twice a year, therefore schedule their routine dental check-up today! Having regular dentist visits will help children understand the importance of good oral health. Keeping up with their preventive dental care can mean keeping teeth healthy, leading to healthy growth and development for children as disease in their mouth can affect the rest of their body. Prevention is always less costly and less invasive.

Healthy Teeth, Healthy Children!

Look into the dental component of the healthcare programs your child is enrolled in or to find a CAA near you to help apply for [Healthcare Coverage for Children in Los Angeles](#) click [here](#).

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Ask The Trainer Question of the Month

Dear Trainer,

What is Healthy Way L.A. and what are the eligibility requirements for the program?

Sincerely,

Jesse

Dear Jesse,

Thank you for your question.

Healthy Way L.A. is a NO COST coverage program available to uninsured Los Angeles County residents that provides you high quality medical care with more flexibility and coordination. That means less time spent sitting in doctors' offices and more time enjoying the

activities you like.

To be eligible for the Healthy Way L.A. program, you must meet all of the following requirements:

- Los Angeles County resident
- Adult, 19 to 64 years of age
- U.S. Citizen/National or Legal Permanent Resident of 5 or more years
- Monthly income limit (\$1,207 or less for a family of one)
- Not pregnant or eligible for Medi-Cal or Healthy Families

If you meet the requirements above, you can receive services under the Healthy Way LA program. Healthy Way LA covers both outpatient AND inpatient services. Plus, you receive many other benefits like:

- Primary Care by Appointment
- Access to in-house pharmacies to fill your prescriptions
- Assigned "Medical Home" at a location near your home or work
- Preventive Care & Mental Health Services
- Access to Specialists
- Care Management Services for chronic illnesses like CHF & Diabetes
- Urgent & Emergency Medical Care Coverage
- 24/7 Nurse Advice Line
- Translation Services
- Caring, Multi-cultural staff who understand your needs

If you or someone you know meets the eligibility requirements above, they can apply. If you are currently going to a [DHS or a Community Partner \(CP\) Clinic](#), you can enroll at that location or if you have never been in any DHS and CP clinic, call for an appointment to [enroll at one of these sites](#). For more information or questions, call 1-877-333-HWLA or visit: www.ladhs.org/hwla.

Hope this helps,

The CHAMP Team

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[CHAMP Training: One-Hour CHAMP Program Overview](#)

Don't have much time but need to stay updated on all the current and ongoing changes being made to the cluster of healthcare coverage programs that serve Los Angeles County? Schedule and attend a One-Hour CHAMP Program Overview and refresh your skills on eligibility criteria and application process for the most commonly accessed programs. The overview includes information on healthcare coverage programs for children like Medi-Cal Percentage Program, Healthy Families, and Healthy Kids; and on healthcare coverage programs for pregnant women like Access for Infants and Mothers. The CHAMP Team can also alter the training to cater to a specific agency's need.

If you would like to schedule or attend a One-Hour CHAMP Program Overview training, please contact, Tricia Fitzgerald at (213) 538-0778 or tfitzgerald@nhfca.org.

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CHAMP-Net's County of the Month: Merced

The Merced County Health Department's mission is to provide essential programs and services to help protect and improve the health of the Merced community. The following are some health programs available to county residents:

California Children's Services (CCS) provides medically necessary care and case management to infants, children, and adolescents under 21 years of age with certain physical limitations and chronic health conditions. CCS will pay for medical equipment, hospital stays, surgery, physical therapy, and other medically necessary services a child under CCS requires. For more information please visit the [Merced County CCS home page](#) or call 209-381-1114.

Child Health and Disability Prevention (CHDP) is a preventive healthcare program that provides free periodic health assessment and services to low-income children and youth. During the health assessments any referrals to specialists or other doctors will be covered through CHDP. CHDP can also cover dental exams and checkups. For a list of CHDP Providers in Merced County or for more information on dental resources please click [here](#), for more information please call CHDP at 209-381-1125.

Maternal Child Health/Prenatal Outreach (MCH) is a service that educates and outreaches to women and families of childbearing age. By providing case management through public health nurses and

community health specialists MCH can insure that all children are born healthy to healthy mother. For a Mother & Infant Referral click [here](#) or for more information please contact MCH at 209-381-1141.

Mental Health & Alcohol and Drug Services are offered to Merced residents through county facilities. The county is able to provide a selection of mental health services to children, youth, adults, and their families 24 hours a day, 7 days a week by appointment, walk-in, or contacting emergency services. For more information about Mental Health or Alcohol and Drug services please call 209-381-6800 or 888-334-0163.

First Steps is a home visiting program aimed at providing health and social services to families with pregnancies or children up to the age of five. All services are free and participation is voluntary but must meet one of the First Steps criteria of eligibility. For a referral form please click [here](#) or for more information please call 209-381-1141 or 800-649-6849.

Merced County Public Health Clinics are available to Merced and Los Banos residents. Services that can be access by walk in or appointment include family planning, testing and treatment for sexually transmitted diseases, immunizations, HIV Counseling and Testing, and Tuberculosis testing and treatment. For a list of clinics and their schedules in English please click [here](#), for a list in Spanish please click [here](#).

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NHF is an independent, charitable, tax-exempt 501(c)(3) corporation dedicated to improving and enhancing the healthcare of the underserved by developing and supporting innovative programs that 1) can become independently viable, 2) provide systemic solutions to gaps in healthcare access and delivery and that 3) have the potential to be replicated nationally.