

**HPM: 140 Foundations of Maternal and Child Health  
Winter Quarter 2021**

Tuesday & Thursday, 2-3:20 PM

---

**Course Director:** Candace Gagnani, MD, MPH  
**E-mail:** [CGagnani@mednet.ucla.edu](mailto:CGagnani@mednet.ucla.edu)  
**Office Hours:** Please email for appointment

**Course Coordinator:** Karina Wang  
**E-mail:** [kpwang@mednet.ucla.edu](mailto:kpwang@mednet.ucla.edu)  
**Office Hours:** After class or by appointment

**TA:** Natalie Libster  
**E-mail:** [NatalieLibster@g.ucla.edu](mailto:NatalieLibster@g.ucla.edu)  
**Office Hours:** Mondays 11 AM-Noon (Zoom link on CCLE)

**Class Webpage:** <https://ccle.ucla.edu/course/view/19W-HLTPOL140-1>

**Additional Instructors:** Priyanka Fernandes, MBBS, MPH ([PFernandes@mednet.ucla.edu](mailto:PFernandes@mednet.ucla.edu))  
Alice Kuo, MD, PhD ([Akuo@mednet.ucla.edu](mailto:Akuo@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

- Quiz:** There will be one quiz, worth 20%, on 1/28/21. The quiz will be distributed online via Qualtrics and consist of multiple-choice questions and a short answer question. Questions will focus on topics discussed in the lectures. The quiz link will be distributed on 1/28/21 and be open for a 24-hour period with 45 minutes total to complete it. No make-up exam 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.
- Op-Ed Paper:** A personal op-ed paper with supplemental deliverable, worth 25%, will be due on 2/26/21 by 2 PM on CCLE. Any late papers will be subject to a 50% grade deduction. More information regarding guidelines and expectations are uploaded onto the CCLE. You have the option to work in pairs for this assignment and, if you choose to do so, will both receive the same grade.
- Class Participation:** Class participation, reflecting an understanding of the course readings and lectures, is required and will make up 20% of your final grade. Participation will be measured by actively contributing during discussions with questions, comments, and reflections. Attendance will be taken at Zoom lectures. If you are unable to attend, please let us know and we can discuss how to approach your grade for participation.
- 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 35% of your final grade and will consist of multiple choice and short answer questions. Questions will focus on topics discussed in the lectures. ***No make-up exam 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 Text:** *Kuo AA, Collier RJ, Stewart-Brown S and Blair M, eds. (2015). Child health: a population perspective. New York: Oxford University Press.*

### ***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

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

### **1/5 Session 1 MCH Historical and Policy Perspectives & Current State of Child Health**

Lecturer: Candace Gragnani, MD, MPH

Required Readings:

Child Health: A Population Perspective. Introduction, Chapters 1-2

### **1/7 Session 2 Child Poverty and Social Determinants**

Lecturer: Candace Gragnani, MD, MPH

Required Readings:

Child Health: A Population Perspective. Introduction, Chapters 4

### **1/12 Session 3 Culture, Families, and Communities**

Lecturer: Bobby Verdugo, MSW

Required Readings:

Child Health: A Population Perspective. Introduction, Chapter 3

### **1/14 Session 4 Population Child Health/Neurodiversity**

Lecturer: Candace Gragnani, MD, MPH

Required Readings:

TBD

### **1/19 Session 5 Immigration and Child Health**

Lecturer: Priyanka Fernandes, MBBS, MPH

Required Readings:

Child Health: A Population Perspective. Introduction, Chapters 6-7

### **1/21 Session 6 The Opioid Epidemic**

Lecturer: Candace Gragnani, MD, MPH

Required Readings:

- 1) Patrick SW, Schiff DA. A public health response to opioid use in pregnancy. *Pediatrics*. 2017 Mar;139(3). pii: e20164070. doi: 10.1542/peds.2016-4070. Epub 2017 Feb 20.
- 2) An excellent *New York Times* piece focusing on the humanity of the opioid epidemic: <https://www.nytimes.com/2017/01/06/us/opioid-crisis-epidemic.html>
- 3) Check out the CDC's website on opioid overdose, focusing on the information found in the "Opioid Basics" section: <https://www.cdc.gov/drugoverdose/opioids/index.html>
- 4) Opioid Basics| Drug Overdose| CDC Injury Center: [www.cdc.gov](http://www.cdc.gov)

**1/26 Session 7 Child Maltreatment and Impact on Development**

Lecturer: Bobby Verdugo, MSW

Required Readings:

TBD

**1/28 Session 8 COVID-19 Pandemic/QUIZ**

Lecturer: Candace Gragnani, MD, MPH

Required Readings:

TBD

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

**2/2 Session 9 Vaping & Marijuana**

Lecturer: Alice Kuo, MD, PhD

Required Readings:

- 1) TBD

**2/4 Session 10 School Readiness/School Function/Mental Health**

Lecturer: Bobby Verdugo, MSW

Required Readings:

- 1) Child and Adolescent Health Measurement Initiative (2013). Overview of Adverse child and Family Experiences among US Children. U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau.
- 2) Evans GW and Brooks-Gunn J. Stressing Out the Poor: Chronic Physiological Stress and the Income-Achievement Gap. *Community Investments*, Fall 2011:22-27
- 3) Heckman JJ. (2011). *The Economics of Inequality: The Value of Early Childhood*

Education. American Educator, 35(1), 31-35, 47

**2/9 Session 11 Breastfeeding & Vaccines**

Lecturer: Alice Kuo, MD, PhD

Required Readings:

- 1) U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Support Breastfeeding. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2011.
- 2) Stern AM and Markel H. The history of vaccines and immunization: familiar patterns, new challenges. Health Affairs 2005;24:611-621.

**2/11 Session 12 Early Childhood/Developmental Services**

Lecturer: Alice Kuo, MD, PhD

Required Readings:

Child Health: A Population Perspective. Chapter 10 Kuo AA and Inkelas M. The changing role of pediatric well-child care. Zero to Three, January 2007, pp. 5-11.

**2/16 Session 13 Childhood Obesity & WIC**

Lecturer: Candace Gragnani, MD, MPH

Required Readings

- 1) White House Task Force on Childhood Obesity. *Solving the Problem of Childhood Obesity Within a Generation. White House Task Force on Childhood Obesity Report to the President.* Washington, DC: White House Task Force on Childhood Obesity; 2010.
- 2) Browse the "Overview and History" section of the National WIC Association's website to learn more about the history of WIC and what the program does/doesn't do: <https://www.nwica.org/overview-and-history>

**2/18 Session 14 Environmental Health/Climate Change**

Lecturer: Priyanka Fernandes, MBBS, MPH

Required Readings:

- 1) <https://www.nytimes.com/2019/11/13/climate/climate-change-child-health.html>
- 2) [https://www.apha.org/~media/files/pdf/topics/climate/childrens\\_health.ashx](https://www.apha.org/~media/files/pdf/topics/climate/childrens_health.ashx)

**2/23 Session 15 Global Reproductive Health**

Lecturer: Aparna Sridhar, MD, MPH

Required Reading:

Child Health: A Population Perspective. Introduction, Chapters 7-8

**2/25 Session 16 Social Media/Cyber-Bullying/OP-ED DUE**

Lecturer: Alice Kuo, MD, PhD

Required Reading:

- 1) Council on Communications and Media (2016). Media use in school-aged children and adolescents. Pediatrics 138:e2016-2592.
- 2) Committee on Injury, Violence and Poison Prevention (2009). Role of the pediatrician in youth violence prevention. Pediatrics 124:393-402.

**3/2 Session 17 Adolescent Health**

Lecturer: Rebecca Dudovitz, MD

Required Readings:

- 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.
- 2) Sawyer SM, Afifi RA, Bearinger LH, Blakemore SJ, Dick B, Ezeh AC, Patton GC. Adolescence: a foundation for future health. Lancet 2012; 379: 1630–40

**3/4 Session 18 Schools to Prison Pipeline**

Lecturer: Social Work Intern

Required Reading:

TBD

**3/9 Session 19 Oral Health & Final Exam Prep**

Lecturer: Francisco Ramos-Gomez, DDS, MS, MPH

Required Readings:

- 1) Boy's Death Fuels Drives to Fund Dental Aid to Poor, Washington Post, March 3, 2007
- 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>
- 3) Platt LJ, Cabesas MC. Early Childhood Dental Caries. Prepared for UCLA Center for Healthier Children, Families and Communities to appear in "Building Community Systems for Young Children."

**3/11 Session 20 Advocacy and Policy**

Lecturer: Alice Kuo, MD, PhD

Required Reading:

- 1) Council on Community Pediatrics. (2013). The pediatrician's role in community pediatrics – navigating the intersection of medicine, public health, and social determinants of children's health. Lead authors: Kuo AA and Gorski P. Pediatrics 131:623-8.
- 2) Council on Community Pediatrics. (2013). Providing care for children and adolescents facing homelessness and housing insecurity. Pediatrics 131:1206-10.7
- 3) Council on Community Pediatrics. (2013). Providing care for immigrant, migrant, and border children. Pediatrics 131:e2028-34.
- 4) Council on Community Pediatrics, Committee on Nutrition. (2015). Promoting food security for all children. Pediatrics 136:e1431-8.
- 5) Council on Community Pediatrics. (2016). Poverty and child health in the United States. Lead authors: Duffee JH, Kuo AA, Gitterman BA. Pediatrics 137:e20160339.
- 6) Council on Community Pediatrics, Section on Epidemiology. (2018). Pediatricians and public health – optimizing the health and well-being of the nation's children. Lead authors: Kuo AA, Chilton L, Mascola L and Thomas P. Pediatrics

**3/16 Session 21 FINAL: 11:30 AM – 2:30 PM**