

## Maternal Child and Adolescent Health



Maternal Child Adolescent Health (MCAH) Program is made up of a variety of programs designed to improve and promote the health and wellness of women of reproductive age, infants, children, adolescents, and their families.

MCAH programs are here to ensure the physical, social-emotional, and mental well-being of women, children, fathers, and families. Nurses who work in MCAH work so that:

- All children are born healthy and to healthy mothers.
- All women, children and their families have a safe and healthy environment to live in.
- All women, children, and their families have equal access to applicable and needed care within an integrated and seamless system.
- No health status disparities among racial/ethnic, gender, economic and regional groups are encountered.

**MCAH** is currently focusing on:

- Access to prenatal and postpartum care
- Maternal mental health awareness
- Child growth and development screening
- Awareness of Adverse Childhood Experiences (ACEs)
- SIDS risk reduction
- Breastfeeding initiation and duration
- Adolescent sexual health
- Adolescent mental health/suicide prevention

For more details, contact the Del Norte County Public Health Branch at (707) 464-0861.

Sincerely,

Del Norte Healthcare District Board of Directors

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Source:

<https://www.co.del-norte.ca.us/departments/PublicHealth/MCAH>

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