

# Navigating Reproductive Health Access in Los Angeles

Dannelle Pietersz, NP, MSN, MPH, Los Angeles County Department  
of Health Services

Susie Baldwin, MD, MPH, FACPM, Los Angeles County Department  
of Public Health

Jessica Miller, LVN, CBE, CLS, Full Spectrum Doula, President of  
Jurupa Valley Doulas Perinatal Support Program

## Objectives

- Review access to comprehensive reproductive health care services and where to find providers
- Explain how reproductive coercion impacts people experiencing IPV
- Discuss expansion of support services with doula care in California



# Navigating access to comprehensive reproductive health care services

# Comprehensive Reproductive Health Care Services

Reproductive life preferences

Contraception counseling & shared decision making

Birth spacing & preconception services

Pregnancy testing & pregnancy options counseling

Abortion & adoption services

Prenatal & perinatal care

Infertility care

Breast and cancer screening, STI screening

Gender affirming care

# FDA Approved Contraception



IUD



Implant (Nexplanon)



Birth control shot



Birth control patch



Birth control pill



Sterilization



"Not right now"



Condom



Birth control ring



Diaphragm



Birth control sponge



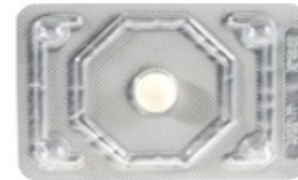
Internal condom



Spermicide



Cervical cap



Emergency contraception



Withdrawal



Fertility awareness

# Contraception by Effectiveness

## HOW WELL DOES BIRTH CONTROL WORK?



Really, really well

Works, hassle-free, for up to...



The Implant  
(Nexplanon)

3 years



IUD  
(Skyla)

3 years



IUD  
(Mirena)

5 years



IUD  
(ParaGard)

12 years

No hormones



Sterilization,  
for men and women

Forever

What is your chance of getting pregnant?



Less than 1 in 100 women



Okay

For it to work best, use it...



The Pill

Every. Single. Day.



The Patch

Every week



The Ring

Every month



The Shot  
(Depo-Provera)

Every 3 months



6-9 in 100 women,  
depending on method



Not so well

For each of these methods to work, you or your partner have to use it every single time you have sex.



Withdrawal



Diaphragm



Fertility  
Awareness



Condoms,  
for men and women

Needed for STI protection
















Use with any other method



12-24 in 100 women,  
depending on method

# Emergency Contraception

## OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS AFTER SEX

Types of Emergency Contraception	How well does it work?	How soon do I have to use it?	How do I use it?	Where can I get it?
 <p>Copper IUD</p>	<p>Almost <b>100% effective</b></p> 	<p>Within <b>5</b> days</p> 	<p>It's placed in the uterus by a health care provider</p> <p> Keeps working as super effective birth control.</p>	<p>From a health care provider</p> <p> Say it's for EC so you are scheduled quickly.</p>
 <p>ella</p>	<p><b>2nd</b></p> <p> May be less effective if over 195 pounds. Try an IUD.</p>	<p><b>ASAP</b></p> <p> Works better the sooner you take it, up to 5 days.</p>	<p>Take the pill as soon as you get it</p> <p> Remember to use it every time you have unprotected sex.</p>	<p>From a health care provider</p> <p> Get an extra pack for future emergencies.</p>
 <p>Plan B One-Step or a generic</p>	<p><b>3rd</b></p> <p> May be less effective if over 165 pounds. Try ella or an IUD.</p>	<p><b>ASAP</b></p> <p> Works better the sooner you take it, up to 3 days.</p>	<p>Take the pill(s) as soon as you get it</p> <p> Remember to use it every time you have unprotected sex.</p>	<p>At a pharmacy, no prescription needed</p> <p> Get an extra pack for future emergencies.</p>

# Myths About Contraception

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Emergency Contraception Pills (ECP) cause abortion

---

Taking ECP's too many times will interfere with fertility

---

Taking ECP's today will cover me for sex tomorrow

---

Pulling out doesn't work so don't bother

---

IUDs are dangerous & can cause infections & infertility

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IUDs are for older, married people or those that already have kids

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Implant can move to another part of your body

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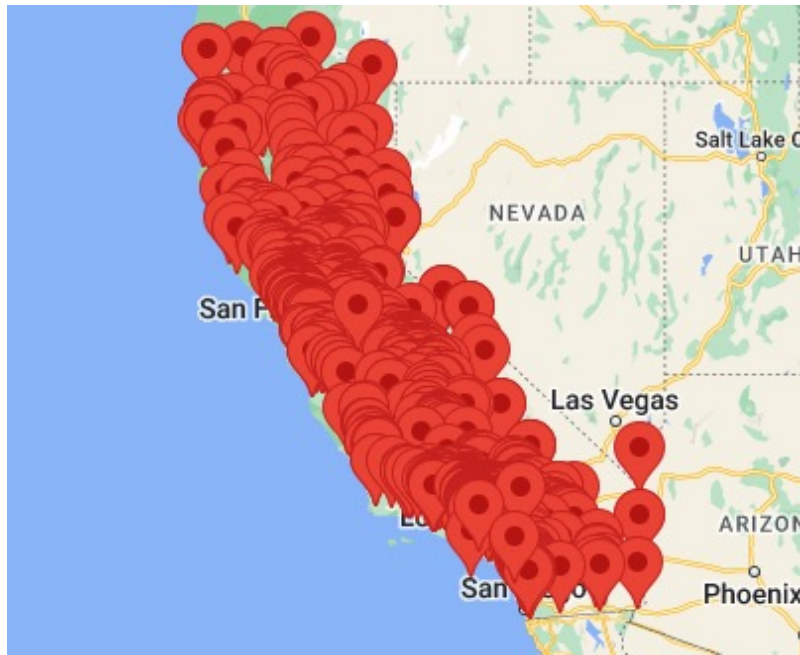
1. Noé G, Croxatto HB, Salvatierra AM, Reyes V, Villarroel C, Muñoz C, Morales G, Retamales A. Contraceptive efficacy of emergency contraception with levonorgestrel given before or after ovulation. *Contraception*. 2010 May;81(5):414-20.
2. Trussell J. Contraceptive Failure in the United States, *Contraception*. 2004 Aug;70(2):896
3. Jatlaoui TC, Riley HEM, Curtis KM, The safety of intrauterine devices among young women: a systematic review, *Contraception*. 2016 Jan; 95(1):17
4. Rocca ML, Palumbo AR, Visconti F, Di Carlo C. Safety and Benefits of Contraceptives Implants: A Systematic Review. *Pharmaceuticals*. 2021; 14(6):548.



# The Sexual Health Visit: Taking a Sexual History

- **Practices:** types of sexual activity (e.g., vaginal, anal, or oral sex)
- **Pregnancy prevention:** current and future contraceptive use options, difficulties with use, preferred method
- **Partners:** number, gender (men, women, or both), and if partner has/had sex with another partner while still in a sexual relationship with the patient
- **Protection from STIs:** with whom they do or do not use condoms, monogamy and abstinence also can be discussed.
- **Past STI's:** for patient and partner(s)

# Where to obtain reproductive health services



## Payer Sources for SRH: FPACT Medi-Cal

### FamilyPACT

- Family Planning services for persons who can become pregnant or cause a pregnancy
- Low income (200% FPL) or needing privacy
- California residents
- Website: [familypact.org](http://familypact.org) provider search

### Medi-Cal

- Low income (138% FPL)
- Comprehensive medical services
- Pregnancy/abortion services
- CalFresh, SSI, CalWORKs, refugee assistance

# Title X Federally Qualified Clinics: recognizes the intersection of SRH, SUD, IPV, and mental health

<https://opa-fpclinicdb.hhs.gov/>

## Los Angeles + Southern Coast

- AltaMed Health Services Corporation
- Asian Pacific Health Care Venture
- Clinica Msr. Oscar A. Romero
- Comprehensive Community Health Centers
- East Valley Community Health Center, Inc.
- Eisner Health
- JWCH Institute
- Los Angeles County Department of Health Services
- Northeast Valley Health Corporation
- Planned Parenthood of Los Angeles
- Planned Parenthood Pasadena & San Gabriel Valley, Inc.
- Regents of UCLA
- South Central Family Health Center
- St. John's Well Child and Family Center
- T.H.E. Clinic
- Valley Community Healthcare
- Venice Family Clinic
- Via Care Community Health Center
- Watts Healthcare Corporation
- Westside Family Health Center
- Wilmington Community Clinic

## San Diego + Southern Inland Empire

- AltaMed Health Services Corporation
- County of Riverside Community Health Agency
- Community Health Systems
- Family Health Centers of San Diego
- Families Together of Orange County
- Imperial Beach Community Clinic
- Inland Behavioral and Health Services, Inc.
- Inncare
- Laguna Beach Community Clinic
- La Maestra Family Clinic, Inc.
- Neighborhood Healthcare
- North Orange County Regional Health Foundation
- Planned Parenthood of the Pacific Southwest
- Radiant Health Centers
- San Bernardino County Department of Public Health
- San Diego Family Care
- San Ysidro Health Center
- Vista Community Clinic

# Services Related Sexual & Reproductive Health

## Payer Sources for SRH: EWC IMPACT

### Every Women Counts

- Free cervical cancer & breast cancer Screening
- $\geq 40$  years old
- Low income ( $\leq 200\%$  FPL) or needing privacy
- California residents
- Not getting these services through Medi-Cal

### IMPACT

- Prostate Cancer treatment
- Low income ( $< 200\%$  FPL) or needing privacy
- California residents
- Not getting these services through Medi-Cal

# Adoption Services

- **Los Angeles County Department of Children and Family Services**
  - Adoption and related services for birth parents, adoptees and adoptive families
  - [dcfs.lacounty.gov](http://dcfs.lacounty.gov)
- **Latino Family Institute**
  - Adoption related services
  - [lfiservices.org](http://lfiservices.org)
- **Children's Bureau**
  - Foster-adoption agency
  - [All4kids.org](http://All4kids.org)

## Perinatal Services

# Comprehensive Perinatal Services Program (CPSP)

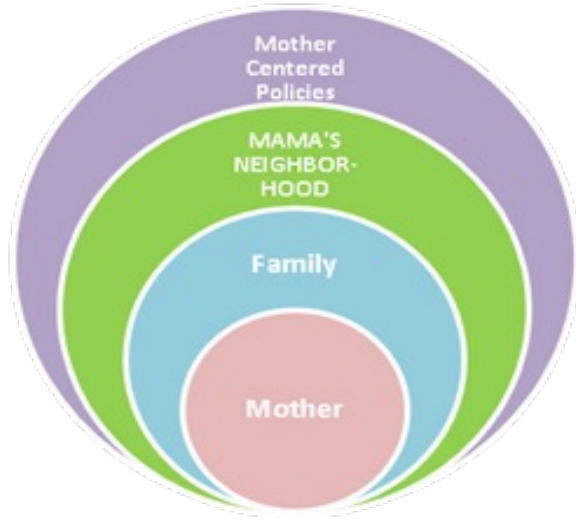
- Culturally competent services - conception through 365 days postpartum for Medi-Cal patients
- Addition to standard obstetric services
- Enhanced services
  - Psychosocial needs & risks
  - Perinatal health education
  - Nutrition assessment

- Trimester Assessments

- Individualized Care Plans

Extension of the Postpartum Period – April 2023

- Services up to 12 months after delivery



### Addressing:

- **Substance Use** – smoking, alcohol, drug use
- **Social Insecurity** – food, housing scarcity, social support
- **Mental Health** – depression, anxiety, psychiatric diagnosis, IPV
- **Biomedical Risk** – previous preterm birth, short cervix, infections, hypertension, diabetes, obesity

## MAMA'S Neighborhood: LA County DHS Perinatal Program

Maternity

Assessment

Management

Access and

Service synergy

throughout the

Neighborhood

for health

**844-37-MAMAS**

Addressing  
Preterm  
Birth



Abortion  
Reproductive Coercion  
LA County Safe Haven





**Before we  
begin the  
conversation...**

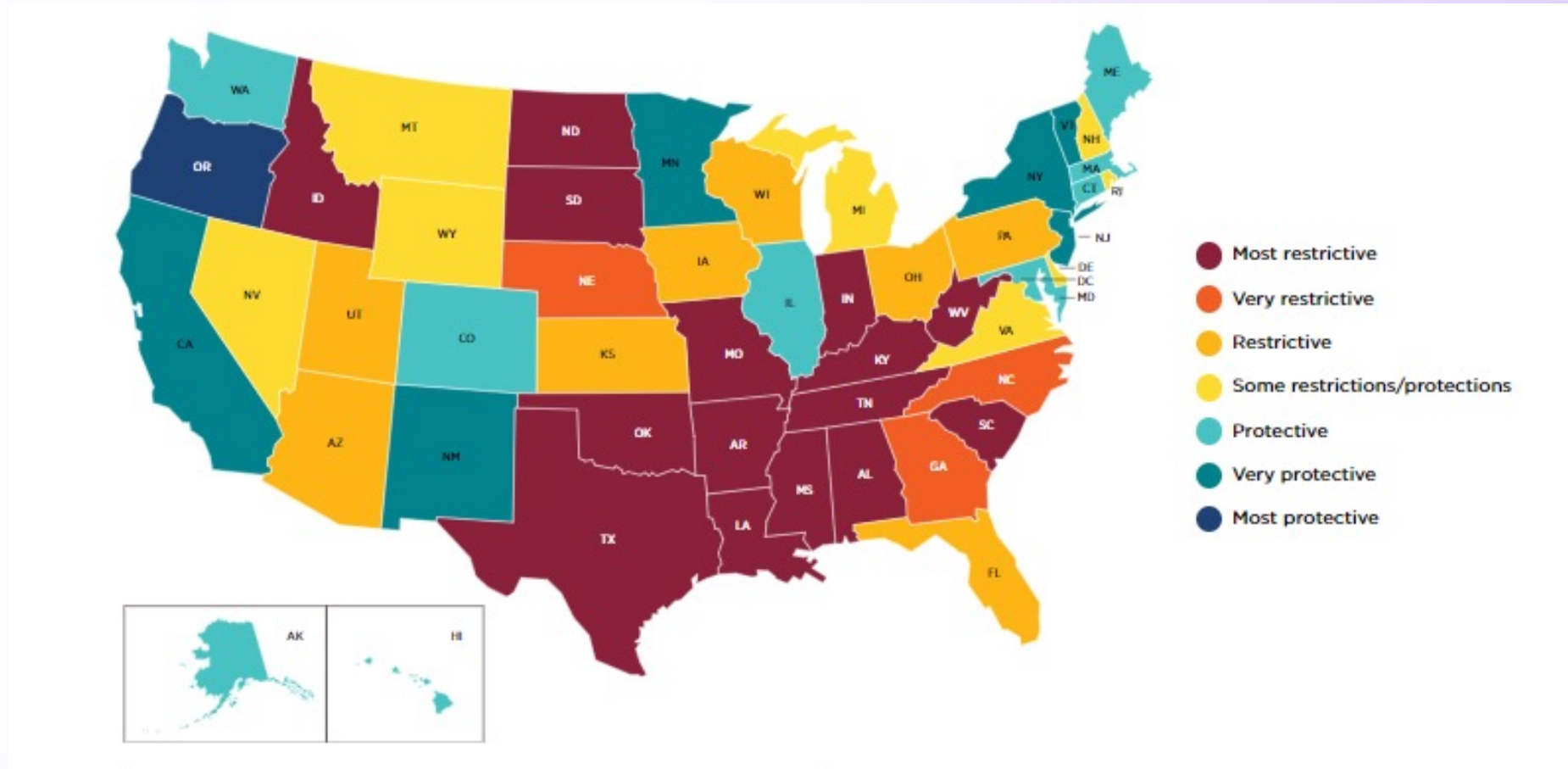
- Abortion can be a sensitive topic.
- Our thoughts and beliefs about abortion have been shaped by our lived experience.
- Our role is to understand & share facts with survivors so they can make their own choices.

# ***Dobbs v. Jackson Women's Health Organization (2022)***



- U.S. Supreme Court overturned *Roe v. Wade* on June 24th, 2022.
- **Immediately eliminated the constitutional right to abortion.**
- Abortion policy is now left up to each state.
- Many states now criminalize abortion and restrict access.

# Map of Abortion Restrictions in the U.S.



The map reflects state policies in effect as of October 17, 2023

*“Other states are shrinking the rights of pregnant women, girls, and other birthing people — but not here in Los Angeles County. We welcome those who live outside of California to travel here to receive reproductive health services. It is our collective responsibility to uphold abortion and reproductive healthcare services as a fundamental right”*

*Hilda Solis, LA County Board of Supervisors,  
1<sup>st</sup> District*



# Impact of abortion bans and restrictions

- State-imposed restrictions on abortion care result in more women “turned away” and experiencing **negative physical and mental health, social and economic consequences of forced birth.**
- State abortion bans create **mortal threats** to birthing people suffering from miscarriages, ectopic pregnancies, and other complications.
- State-imposed restrictions on abortion care affect **all people** seeking reproductive health care, even in states where abortion remains legal.
- State-imposed restrictions on abortion care **disproportionately impact certain communities.**

# Populations who Face Barriers to Abortion and Reproductive Health Care in Los Angeles County

People with low incomes

BIPOC

Immigrants

People experiencing domestic violence/intimate partner violence and other forms of control

Youth (esp. system involved)

People with disabilities

LBQ women; TGI people

Incarcerated and re-entry populations

People with substance use disorder/MH

Unhoused people

# IPV and Abortion Access

- Individuals often cite their partner's abuse as the reason for seeking an abortion.
  - Describe not wanting to expose children to violence or feeling that a baby will bind them to an abusive partner.
- Lack of control over reproductive health decisions can lead to unintended pregnancy (pregnancy that is unwanted or mistimed). People with unintended pregnancies may seek abortion.



# Reproductive Coercion

- Any behavior that seeks to maintain power and control over someone's reproductive health.
- May involve use of force, verbal threats, pestering, tampering with birth control methods, or other actions.
- Reproductive coercion may or may not involve explicit violence or force, but all forms of reproductive coercion are abuse.
- Is associated with increased risk for sexually transmitted infections (STI) and post-traumatic stress disorder.



# Reproductive coercion can look like:

Birth control sabotage:  
Interfering with a partner's birth control without their consent:

- Refusing to wear a condom,
- Removing a condom without partner's consent ("stealthing")
- Destroying or tampering with birth control pills, rings, patches, intrauterine contraception, etc.
- Withholding money for birth control purchase
- Failing "to pull out" after previously agreeing to do so

# Reproductive coercion can also look like:

Attempts to block access to reproductive health care.

One partner influences the other's reproductive choices by instilling a sense of fear, powerlessness or hopelessness.

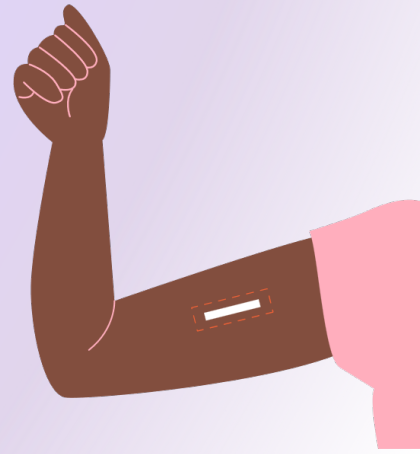
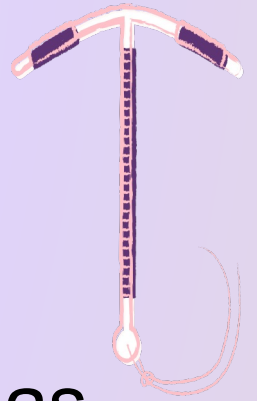
Pregnancy pressure:  
An attempt to control the outcome of a pregnancy, by coercing the victim into or out of a pregnancy.

# Protecting Survivor Access & Privacy in Healthcare

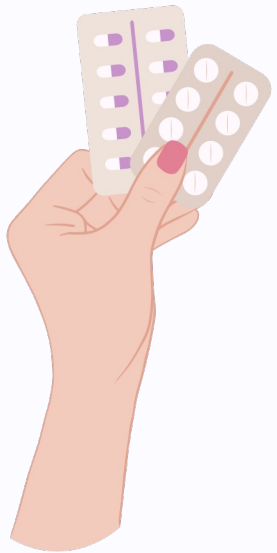
- People of any age in CA can access birth control or pregnancy-related care, including abortion, without parental consent.
- People age 12+ in CA can also receive care for testing, treatment, or prevention of STDs/HIV, including vaccines for HPV & Hepatitis B, without parental consent.
- CA healthcare providers are banned from releasing medical records of people seeking abortion care to law enforcement (Office of Governor).

# Contraception Tips for Survivors Experiencing Birth Control Sabotage

- Discreet and longer-acting forms of birth control are available, such as intrauterine devices (IUD), also known as intrauterine contraception (IUC).
- Clinicians can cut IUC strings short
- Clinician can provide emergency contraception in a plain envelope.
- Find more information at [Pregnant Survivors](#) and the [Take Control Initiative](#).



# Contraception Access for Survivors Experiencing Birth Control Sabotage



- Family Planning, Access, Care, and Treatment (FPACT) is an insurance option for CA residents.
- Confidential program for individuals with low incomes— covers prescription and over-the-counter birth control methods, STI testing & treatment, HIV testing & more.
- For survivors unable to maintain confidentiality in their health insurance plans, refer them to enroll in Family PACT.

# Resource Guide: [AbortionSafeHaven.LACounty.gov](https://AbortionSafeHaven.LACounty.gov):

	<p>Who Provides Abortions in LA County?</p>		<p>Where Can I Find Local and National Surgical and Medical Abortion Sites and Info?</p>
	<p>How Do I Pay For an Abortion?</p>		<p>Where Can I Get Birth Control or Other Contraceptive Care?</p>
	<p>Where Can I Find Mental Health Support?</p>		<p>Abortion and Contraceptive Rights in California</p>
	<p>Where Can I Find Information about Doula Support?</p>		<p>Beware of Misleading Information</p>

1. Abortion providers in LA County
2. Information on national in-clinic & medical abortion sites
3. Abortion funding
4. Contraception providers
5. Mental health support
6. Abortion & contraceptive rights in California
7. Doula support
8. Crisis pregnancy centers



# MULTILINGUAL RESOURCES

These resources are available in Los Angeles County for anyone who needs abortion care, family planning care, or related services. Below, you can also find information about clinics that offer information and services about abortion, but do not actually provide them.

We will regularly update the list to reflect the changing landscape of abortion access and reproductive health care in the County as the Safe Haven is developed.

Providers: If you offer abortion services, family planning services, and other related care that should be listed here, please contact the Office of Women's Health at [AbortionLAC@ph.lacounty.gov](mailto:AbortionLAC@ph.lacounty.gov).



Who Provides Abortions in LA County?



Where Can I Find Local and National Surgical and Medical Abortion Sites and Info?



How Do I Pay For an Abortion?



Where Can I Get Birth Control or Other Contraceptive Care?



Where Can I Find Mental Health Support?



Abortion and Contraceptive Rights in California



Where Can I Find Information about Doula Support?

## WHO PROVIDES ABORTIONS IN LA COUNTY?

Abortion care is available and accessible in LA County. Abortion is covered by health insurance in California, including Medi-Cal. Note that all people with low incomes in California have access to Medi-Cal during pregnancy, regardless of immigration status. Abortion can be performed with medication (pills) or through in-clinic procedure, depending on patient preference, individuals' health status and living situation, and the stage of pregnancy.

In some cases, people's private obstetricians/gynecologist (ob-gyn) physicians or nurse practitioners/nurse midwives can provide abortion care when it's needed. In most cases, abortion is accessed through specialized health care providers.

Abortion providers in Los Angeles County include:

### Cedars Sinai | Family Planning Program

<https://www.cedars-sinai.org/programs/gynecology/clinical-programs/family-planning.html>

310-423-9268 (Open Monday - Friday, 8 am - 4:30 pm)

In person clinic that offers a full range of family planning services as well as medical and surgical abortion care.

### Choix

[www.choixhealth.com](http://www.choixhealth.com)

858-203-0531 (Open Mon-Fri 8:30am - 4:30pm PST)

Choix is a private telemedicine clinic providing sexual and reproductive healthcare in California, Colorado, Illinois, New Mexico, and Virginia.

### FPA Women's Health

<https://www.fpawomenshealth.com/abortion>

Call or Text 877- 883-7264 (Open 8am - 5pm)

In person, online and telehealth medicine women's health care clinic that provides gynecology, birth control, abortion and sexually transmitted infections (STI) testing.

25 clinics available in CA

<https://www.fpawomenshealth.com/telehealth>

### Her Care

<https://hercare.org/>

213-516-8580

Private family planning, cosmetic surgery, and abortion provider for women ages 15-65 in three LA County locations.

### LA County Department of Health Services (DHS)

<https://dhs.lacounty.gov/>

DHS provides comprehensive reproductive health services including preconception health, sexually transmitted infections (STI) screening, contraceptive care, and abortion.

### Luna Flow

## RESOURCE GUIDE

- English
- Español
- العربية
- ភាសាខ្មែរ
- 繁體中文
- 簡體中文
- فارسی
- Հայերեն
- 한국어
- Русский

- Tagalog
- Tiếng Việt

This guide describes resources available in Los Angeles County for anyone who needs abortion care, family planning care, or related services. We will regularly update the list to reflect the changing landscape of abortion access and reproductive health care in the County as the Safe Haven is developed.



[abortionsafehaven.lacounty.gov](https://abortionsafehaven.lacounty.gov)

### LET'S TALK ABOUT ABORTION: FREQUENTLY ASKED QUESTIONS

Los Angeles County Department of Public Health, Office of Women's Health

**What is abortion?**

Abortion is the **ending of an existing pregnancy**. When a pregnancy ends naturally, it is called a **"spontaneous abortion" or a miscarriage**. When a person takes action to end a pregnancy, it is called an **induced abortion**. **In this conversation we are talking about induced abortion.**

**Is abortion safe?**

Abortion is very **safe and common**. The risks of complications associated with abortion are **14 times lower than the risks associated with carrying a pregnancy to term**. In the United States, approximately 18% of pregnancies end in abortion.

**Is abortion legal in California?**

Yes, **abortion is legal and is a fundamental right in the State Constitution of California**. Individuals can obtain an abortion in California, **regardless of their age, immigration status, or whether they live inside or outside the state.**

**What is the difference between emergency contraception and abortion pills (medication abortion)?**

**Emergency contraception** is used **after sexual intercourse to prevent** a pregnancy from occurring. In contrast, **medication abortion ends an existing pregnancy.**



The image features a white background with two large teal geometric shapes. On the left, a teal triangle points towards the center. On the right, a teal trapezoid is positioned. The text 'Doula Services' is centered between these shapes.

# Doula Services



Photography By:  
<https://www.hilarypetersphotography.com>

# Community Doulas



Jessica Miller

Survivor, LVN, CBE, CLS, Full Spectrum Doula  
President of Jurupa Valley Doulas  
Perinatal Support Program  
4th Generation Birthworker



# Jurupa Valley Doulas

Was Est. 2022 to provide support  
to the Historically Marginalized  
Communities of Jurupa Valley and  
it's local surroundings.

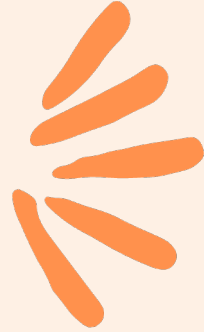
Was the First Doula Group approved  
by California DHCS as Doula  
Benefits Providers.

Photography By:

<https://www.hilarypetersphotography.com>



# What is a Doula?



“...Doulas are birth workers who provide health education, advocacy, and physical, emotional, and non-medical support for pregnant and postpartum persons before, during, and after childbirth, including support during miscarriage, stillbirth, and abortion. Doulas are not licensed and they do not require supervision...”

As defined by: <https://www.dhcs.ca.gov>



Daniel Miller,  
First California DHCS  
Approved Male Doula  
Benefits Provider



# Role of a Doula

## Do

Doulas work alongside the Healthcare Team in collaboration for the benefit of the Client.

Doulas encourage clients to practice using the B.R.A.I.N acronym.

Doulas provide the client respect, support, and a safe space to learn how to voice informed choices.

## Do Not

Doulas do not work for the Healthcare Team.

Doulas do not speak on behalf of client.

Doulas do not make choices for client.

Doulas do not impose own beliefs on client.



# Support During Pregnancy



Doulas can be experts in various specialties and can provide support through first hand experience, evidence-based, religious-based, and traditional practices.

Doulas will bring a unique set of skills and knowledge to the table, allowing them to tackle the complex challenges of maternal mortality from multiple angles and deliver comprehensive solutions to their respective communities.





# Examples of Pregnancy Support

## Community Resources

- Support Groups
- Food Banks
- Transportation
- Home Visitation programs

## Health Navigation

- Understanding the Health System
- Accompany client to visit or procedure

## Childbirth Education

- Birthing techniques
- Understanding stages of pregnancy
- Understanding stages of labor
- Lactation

## Advocacy

- Teaching client the importance of Self-Advocacy
- B.R.A.I.N (Benefits, Risks, Alternative, Intuition, Nothing)
- What is Informed Consent

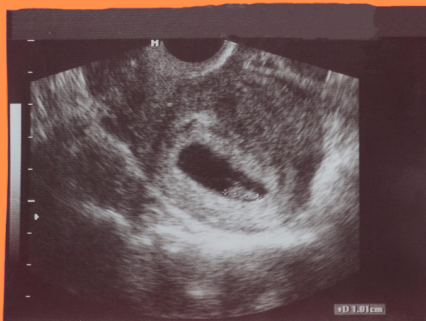




# Examples of Abortion Support

## Client-centered Care

- Provide support, during, and after an abortion.
- Support varies by client and their emotional, physical, and spiritual needs.



## Can look like

- Meeting at the clinic
- Holding hand
- Providing comfort during and after procedure
- Honoring the loss of life
- Providing bereavement support
- Honoring loss with a Ceremony
- Develop and implement strategic post-abortion support plan to promote client to go through stages of grief without feeling judged for their reproductive choice.





# Self reported reasons for Abortion

According to: <https://www.medicalnewstoday.com/articles/reasons-for-abortions>

## Finances

- Housing Insecurity
- Unsuitable Housing
- Food Insecurity
- Teenager
- Lack of Medical Insurance
- Other Responsibilities  
(Older children)

## Timing

- Age related
- Future opportunities
- Lack of maturity
- Lack of Stability
- Pressured by others due to age

## Partner

- Unsupported partner
- Not yet married
- Abusive partner
- Partner not wanting baby
- Unstable relationship



our bodies  
our minds  
our power



# Self reported reasons for Abortion

According to: <https://www.medicalnewstoday.com/articles/reasons-for-abortions>

## Health

- Mental health
- Chemical dependency
- Worsening of own existing health
- Effects of drug use to fetus

## Fatal

- Fatal to pregnant person and chose to preserve own life:
- Severe Preeclampsia
  - Cancer diagnosis
  - Premature amniotic sac rupture causing intrauterine infection

## Anomalies

- Fetal anomalies:
- Genetic
  - Structural
  - Fatal
  - Fetal Demise



our bodies  
our minds  
our power





# List of Free Services or Funding



Est. 1929

24 Locations Across California

Abortion Support

Family Planning

Gynecology

Text 877-883-7264

Info@fpawomenshealth.com

FPA Women's Health



Helps by removing financial and logistical barriers to abortion access.

Multi-State Effort

<https://abortionfunds.org/contact/>

National Network of  
Abortion Funds



Healthcare Provider can contact them on Patient's behalf for funding of Abortion Services and emergency contraceptive  
<https://wrrap.org/assistance-services/>

Women's Reproductive Rights  
Assistance Project



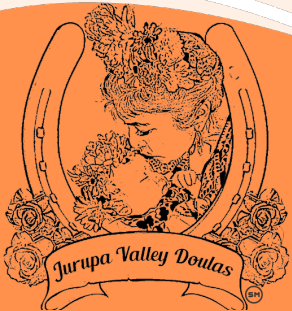
# California Momnibus Act

- Was signed by Governor Gavin Newsome in 2021.
- Aimed to improve perinatal outcomes and address racial disparities in maternal and infant health.
- Several counties participated in Pilot Doula Access Programs which provided families with access to Free Doula Support prior to it officially going into effect January 1, 2023 all across the State of California for Medi-Cal qualifying families.



Photography By:

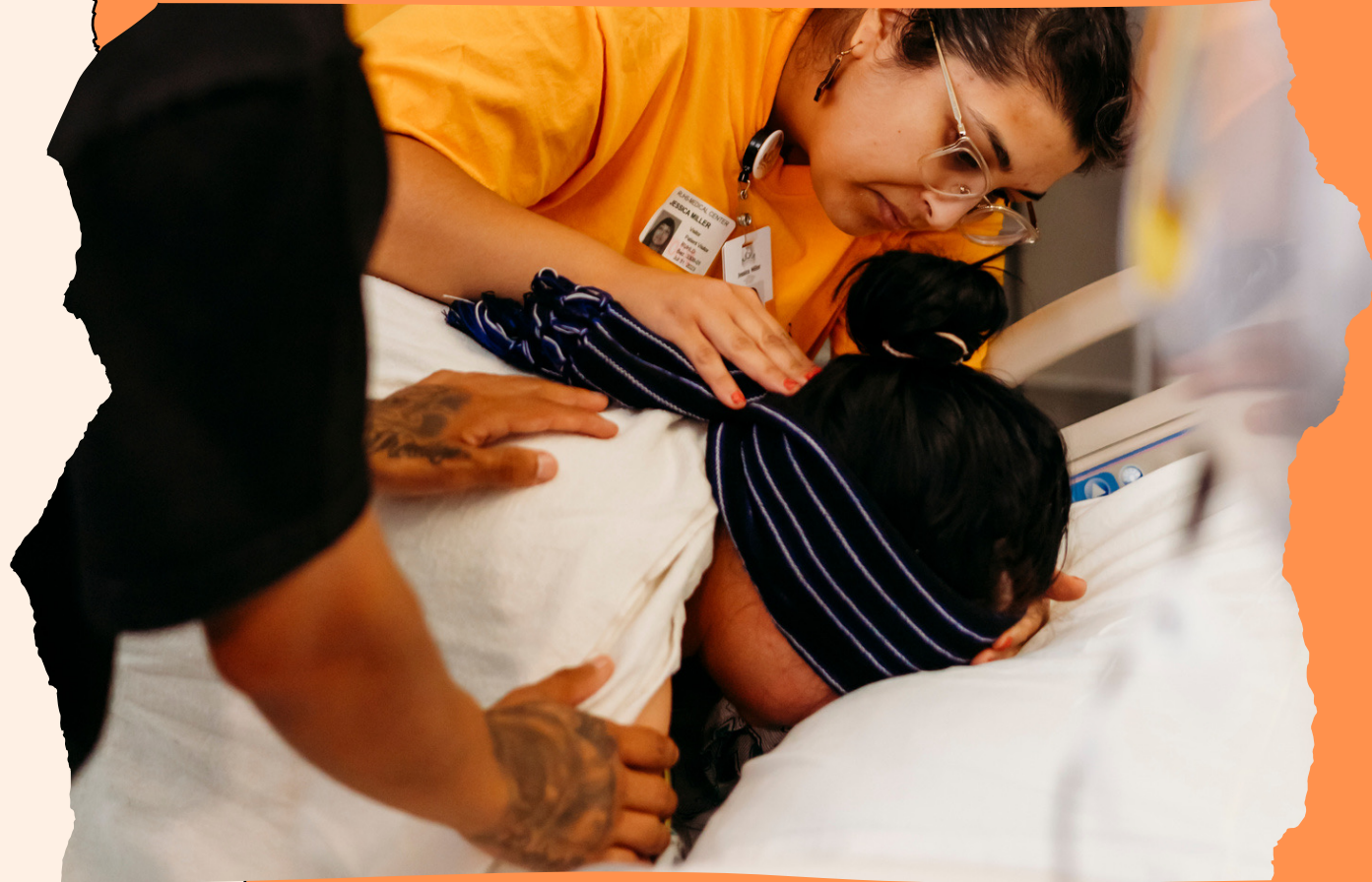
<https://www.hilarypetersphotography.com>



# Medi-Cal Doula Benefits

The following are the services covered by Medi-Cal:

- 1 initial visit.
- 8 visits (prenatal/postpartum)
- Support during labor and delivery (Vaginal, Cesarean Section, VBAC, Abortion, Miscarriage, Stillborn)
- 2 Postpartum visits of 3 hours
- Up to 9 additional postpartum visits



Photography By:

<https://www.hilarypetersphotography.com>



# Requirements Needed

The following are the requirements for Doula Benefit Services covered by Medi-Cal:

- Written recommendation in beneficiary's record.
- Standing order for doula services by plan, physician group or other group by a licensed provider.
- Standard form signed by a licensed provider that a beneficiary can provide to a doula.
- Currently Pregnant or have been pregnant within the past 12 months.



President of Jurupa Valley Doula: Jessica Miller  
Vice-President of Jurupa Valley Doula: Daniel Miller



# Any Questions?



Lead Birthworker of  
Jurupa Valley Doula:  
Trina Blackwell



Today's Presentation was in Honor of:  
Mi Abuela Mercedes Cabrera-Tinoco  
Who will forever be 39 years old  
as a result of  
Racial and Ethnic Disparities in Health Care



Questions? Comments?

THANK YOU.