

### About AltaMed

AltaMed Health Services is a non-profit health care provider for underserved communities across Los Angeles and Orange counties. More than 50 years ago, AltaMed started as a single free clinic in East Los Angeles, serving the predominantly Latino population. Today, AltaMed is a trusted community partner—demonstrating agility in responding to challenges and opportunities in health care, from the COVID-19 pandemic, to the nursing shortage, telehealth, and electronic medical records.

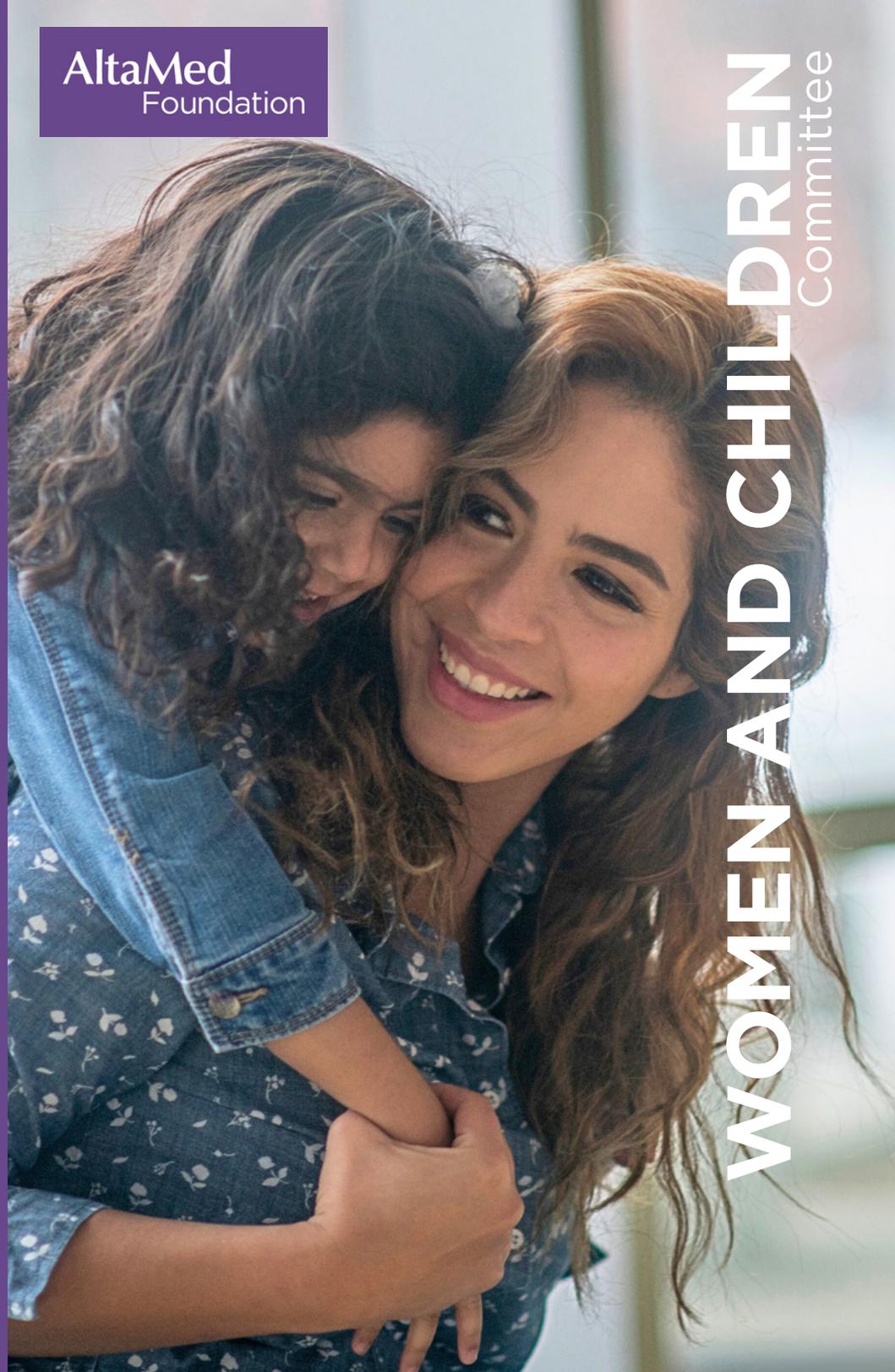
The AltaMed Foundation, the fundraising entity for AltaMed, is embarking on the H.E.L.P. (Health, Equity, Life, Programs) Campaign. This unprecedented effort will raise funds to lead the recovery, rebuilding, and renaissance of our communities by restoring foundational health practices, creating more fair environments in which our patients live, and helping families avoid crises.

### AltaMed Foundation Equity Leaders

Launched this spring, the AltaMed Foundation Equity Leaders is a network of AltaMed champions. Equity Leaders invest a minimum of \$25,000 over the course of a year to support AltaMed Health Services programming, helping ensure AltaMed can continue to eliminate roadblocks to health care access by bringing convenient, culturally sensitive care directly to the communities that need it most. To learn more, please email [DonorRelations@AltaMed.org](mailto:DonorRelations@AltaMed.org).

For more Information, please contact:

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By supporting the AltaMed Women and Children Committee, your dollars ensure we reduce barriers to health care so that women, and their families, in our community can get the care they need.

**Healthy Mothers Lead to Healthy Communities**

Mothers must make high-stakes decisions that affect their entire family’s health and well-being every single day. From navigating life in a food desert, to choosing schools and nurturing happy, healthy families, moms must balance family finances, work and their own mental health. AltaMed is here to help.

To prevent the family unit from falling into crisis, the **AltaMed Women and Children Committee** is working to create a safety net for mothers in our community. As part of this effort, the Committee seeks to provide essential prevention practices that will help increase positive health care outcomes and sustain a network of innovative and accessible community programs.

Expanding advanced prenatal care and mammography imaging services within clinic walls is part of this effort. Making these vital services widely available in the communities we serve reduces the burden on women to seek care far from where they work and live.

Many children were forced to stay out of the clinic setting during the early onset of the pandemic, causing a probable delay in necessary appointments, vaccinations, and wellness assessments. We must prioritize addressing the most pressing needs of children—from closing gaps in pediatric services and assessing social drivers of health to focusing on early childhood development and literacy. Enhancing the health and human services available to our young patients, including migrant children, is also essential to improving overall community health outcomes.

In order to create real change in the overall well-being of our communities, we must make strategic investments in the caregivers who make the important decision in the health care needs of the family.



**\$25,000**

Helps expand screenings and case management for Adverse Childhood Experiences (ACES), to ensure positive health outcomes for children and their families.



**\$15,000**

Helps 166 uninsured women receive a mammogram screening at an AltaMed clinic.



**\$5,000**

Helps 106 pregnant patients obtain lactation kits to promote breast feeding with their newborns.



**\$3,000**

Helps provide 300 developmentally appropriate books for pediatric patients.

