



IRIS CANTOR-UCLA
WOMEN'S HEALTH
CENTER

EDUCATION
AND
RESEARCH CENTER

2023 Iris Cantor UCLA Women's Health Education & Research Center Impact Report

Funders for Community
Engagement Activities



Executive Advisory Board of the



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WOMEN'S HEALTH
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Engaging Diverse Community Partners



MISSION STATEMENT



The Iris Cantor - UCLA Women's Health Education & Research Center has been nationally recognized since being established in 1995 as a leader in research, community engagement, and advocacy for women's health.

Through a social justice perspective, the Center addresses women's health beyond a genetics and gender lens. The Center aims to reduce health inequities by partnering with cross sector collaborators in reaching women in under resourced communities.

COMMUNITY ENGAGEMENT PROGRAMS

Women's Health Student Leadership Internship Program

Mentorship and job shadowing opportunities are offered for students to gain "real-world" experiences and skills to become women's health leaders.

Interns work on a variety of education and community engagement projects, including grant writing, community participatory research, curriculum development, program outreach, and designing educational materials.

Students learn from numerous women's health leaders from community-based and government agencies through program and research collaborations.



Women's Health & Money

Women's Health & Money is a financial capabilities training and coaching program. It is aimed at helping low income women balance their health and financial challenges and choices.



The program moves women towards optimal health, self-sufficiency, and economic security. Programs are held in conjunction with community-based organizations, job training centers, schools, government agencies, community development agencies, and health care organizations. Participants gain the tools to advancing their financial goals and health status.

Caring for Lesbian, Bisexual & Queer Women's Health



The Los Angeles County Lesbian, Bisexual and Queer Women's Health Collaborative (LBQWHC) trains health care providers and social service professionals to deliver inclusive and culturally sensitive care to LBQ women. The Center is the lead agency managing the LBQWHC.

The purpose of the allyship trainings are to create long-term systemic changes to the health care and social service systems. Participants learn about the unique health issues facing LBQ women, recognizing implicit biases, and how to provide care in a nurturing and welcoming environment that builds trust and disclosure.

Women's Health & the Environment

The *Promoting a Healthy Body and Home* program addresses how women can lower their risks of exposure to toxins at home, work, and in the community.

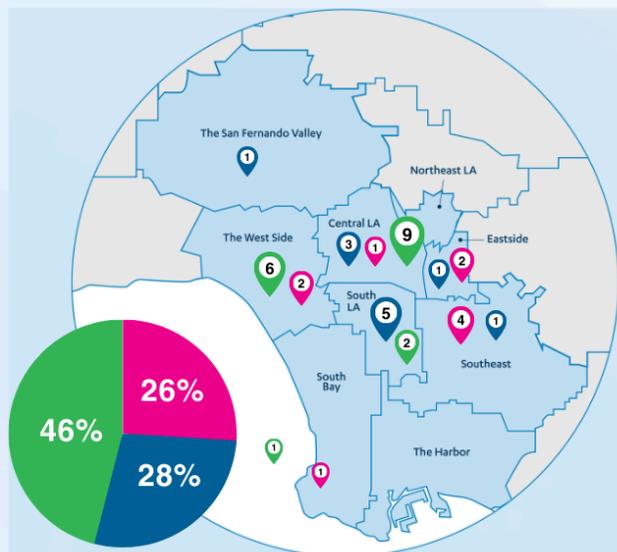
One component is training women to become Community Health Workers to educate friends and family about the impact of environmental toxins on reproductive health and breast cancer.

The Center hosts evidence-based seminars to educate health professionals, environmental justice advocates, community development professionals, women's health leaders, and scientists on current research, policies, and advocacy efforts.



Map of Community Partners by Program Focus

-  **Women's Health & Money**
-  **Women's Health & the Environment**
-  **Lesbian, Bisexual, and Queer Women's Health**



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Aims of the Women's Health & Money @ Work Program

The goal of the Women's Health & Money @ Work (WHMW) program is to advance health equity and financial empowerment of women in LA County by providing low-to-moderate (LMI) women with the knowledge, tools, and coaching to balance their health and financial challenges and improve their life choices on and off the job.

Target Audience

The target audience of the program is women earning 25% to 30% of the Area Median Income (AMI).

Impact of Financial Stress on Health^{1*}

With 75% of Americans reporting finances as their main stressor, it is clear that financial struggles and stress are linked, and stress can affect health. For example, 27% of people reporting high debt stress had ulcers or digestive-tract problems, compared to only 8% of individuals with lower debt stress. Additionally, 29% of those with high debt stress suffered severe anxiety, while only 4% of those with low debt stress did.

Unbanked Households^{2**}

Unbanked women lack access to government issued savings or opportunities to build credit, incur risks of theft, fraud and loss, and can become prey to expensive predatory products and services that make it harder for them to achieve financial security. Overall, 9.7% of households in Los Angeles, Long Beach, and Santa Ana region are unbanked and 11% of unbanked individuals report poor health status.

Medical Debt^{3***}

Medical debt is the #1 source of personal bankruptcy filings in the US. Almost 20% of people with medical bill problems have declared bankruptcy and 45% of Americans say they have difficulty paying an unexpected \$500 medical bill. Additionally, 40% of Americans racked up debt resulting from a medical issue.

^{1*} 2008 Associated Press – AOL health poll (http://surveys.ap.org/data/SRBI/AP-AOL%20Health%20Poll%20Topline%20040808_FINAL_debt%20stress.pdf)

^{*} Financial Stress Institute Report (2015)

^{2**} FDIC Report (https://www.fdic.gov/householdsurvey/2012_unbankedreport.pdf PEW Health)

^{**} Group Report (http://unitedwayla.org/wp-content/uploads/2011/11/PEW-Unbanked-Report_FINAL.pdf)

^{3***} Health and Financial Well-Being: Two Good Things that Go Better Together

^{***} The Case for Credit Union and Health Care Collaboration © 2018 National Credit Union Foundation

Women's Health & Money Program

Organization Name/Community Program	Month	# of Attendees
Building Skills Partnership	January	13
Building Skills Partnership	February	10
Building Skills Partnership	December	6
TOTAL: 29 women		

The curriculum for Women's Health and Money has been updated from Cathay Bank funding. The curriculum reflects updated materials from the FDIC "Money Smart" program to focus on current practices related to credit building, fixing credit, and budgeting. The health education component of the program reflects more emphasis on mindfulness and resiliency to address stress. The curriculum also incorporates our issues of cultural diversity and the impact of family on financial and health decision making.

WOMEN'S HEALTH & MONEY™

A series of two 1-hour health education and financial wellness programs to help women achieve optimal health and financial security

CONDUCTED IN ENGLISH OR SPANISH VIA ZOOM

For non-profit organizations, social service agencies, health care organizations, government agencies, faith based organizations, and other community based organizations serving women



HEALTH EDUCATION

- ✓ Healthy eating
- ✓ Active living
- ✓ Managing chronic conditions
- ✓ Health behavior changes
- ✓ Reducing risks for COVID-19



COACHING

- ✓ Patient navigation
- ✓ Health insurance enrollment
- ✓ Securing a medical home
- ✓ Credit counseling
- ✓ Eligibility for public benefit
- ✓ COVID-19 recovery entitlements



FINANCIAL LITERACY

- ✓ Asset building
- ✓ Timely bill payments
- ✓ Saving money
- ✓ Emergency planning
- ✓ Financial goal setting

Complete the survey to request a training:
<https://forms.gle/appo31J1A5p4mMop6>



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January 2023

How Better Financial Literacy Could Improve Women's Health

Closing the Knowledge Gap

The [Iris Cantor - UCLA Women's Health Education and Research Center](#) (WHERC) is attempting to close this knowledge gap and provide a valuable service for women. Founded in 1995, the Center aims to fuse research, medical instruction, clinical care for women and public health education around the common goal of improving women's health throughout the life cycle.

The program format and curriculum for one of the public programs offered by the Center, called Women's Health & Money, were built on a [focus group study](#) conducted by WHERC to explore the connection between finances and mental health among Latinas in Los Angeles. The study concluded that interventions should incorporate peer support, education on financial products and tools and therapeutic approaches to addressing financial stress.



Two instructors of the Women's Health & Money public program offered by The Iris Cantor – UCLA Women's Health Education and Research Center are Consultant Health Coach Luz Chacón (left), a wellness coach, and Financial Capabilities Coach Erika Toriz-Kurkjian (right), founder and executive director of Haven Neighborhood Services.

Lesbian, Bisexual, and Queer Women's Health Programs for Allies and Supporters

Organization Name/Community Program	Month	# of Attendees
Caring for LBQ Women's Health	February	66
Caring for LBQ Women's Health	March	13
Caring for LBQ Women's Health	April	74
Caring for LBQ Women's Health	May	51
Caring for LBQ Women's Health	July	23
TOTAL: 227 women		

Planning for Healthy Home and Body Promotora Training

Organization Name/Community Program	Month	# of Attendees
Promotora Training #1-4	March	84
TOTAL: 84 women		

Future Plans

Expanding Women's Health & Money to move more towards sustained financial security and optimal health requires both programmatic and evaluation changes. We hope to hold a Women's Health & Money conference to emphasize a deliberate, mutually reinforcing, and geographically targeted approach to health improvement and community revitalization intended to effectively reduce health and financial inequities. The conference will serve to advocate for enhancing local economic vitality and regional competitiveness. The attendees will not be LMI women but rather those who serve LMI women. This conference aims to build common understanding, support, and shared commitment to strategic investments in narrowing the health-wealth gap. Conference aims include:

- Addressing the social determinants that predict the health status and financial security of low-to-moderate-income women
- Promote women's health and community development best practices and evidence-based research
- Foster cross-sector collaborations and networking between public health and community development leaders

The impact of the conference is beyond the education gained by participants. The expected outcome is to motivate attendees to adopt cutting-edge strategies and practices advocated at the conference into their work. A conference evaluation will be administered to collect data on the attendees feedback on the conference and to measure their intentions for integrating what they learned into their work. The evaluation outcomes will provide feedback regarding if the conference achieved its objectives but also to identify the needs and interests of attendees for future conferences.