

# Introduction to Maternal and Child Health



## What is it?

Maternal and Child Health focuses on improving the well-being of mothers, infants and children. Their well-being determines the next generation's health and can impact future public health challenges for families, communities and the health care system.

## Roles and Responsibilities

- Support newborn screening, vaccination care and prenatal care programs.
- Promote, identify and teach behavioral, social and healthy habits.
- Provide methods of healthy family planning.
- Create policy change through advocacy.
- Providing community public health education.

## Academic Requirements

- Studies focus on women and children's developmental, mental, social and behavioral health.
- Learn how to improve physical and mental health by examining demographics, environmental, educational and socioeconomic effects on women, infants and children.
- Those interested in pursuing a career in maternal and child health often pursue a bachelor's degree in public health.
  - Specializations for this degree program may focus on maternal and child health or a more inclusive focus such as health planning or family health.
  - Many maternal and child health professionals also hold a Master's of Public Health.
  - Students get a more concentrated focus on the health needs of individuals within this group, providing a solid foundation for careers that center around the health of families.

## Careers

- Social and community service managers
- Health educator
- Community health worker
- Nutritionists
- Dieticians
- Substance abuse, mental health and behavioral disorder counselors



# Additional Resources

Click on the items below to visit it's corresponding links



## Kentucky Undergraduate Schools

- [Eastern Kentucky University Admissions](#)
- [University of Kentucky Undergraduate Admissions](#)
- [University of Louisville Undergraduate Admissions](#)
- [Western Kentucky University Admissions](#)

## Industry Websites

- [Administration for Children and Families \(DHHS\)](#)
- [Anne E. Casey Foundation](#)
- [Association of Maternal and Child Health Programs](#)
- [Division of Maternal and Child Health](#)

Note: The schools listed are in partnership with C4FH. Public Health education opportunities may be available at other colleges and universities.

Source: 1. <https://www.publichealthdegrees.org/specializations/maternal-child-health/#what-is-maternal-and-child-health>  
2. <https://www.mphonline.org/job-description-mch-specialist/>