

# MADRES Newsletter



Spring 2023 Issue: 14

## Mission Statement

To learn about how the environment affects a woman's pregnancy and her child's health. To understand more about the effects of air pollutants, chemicals and stress on a mother's weight during and after pregnancy, on her baby's birth weight, growth and early life health.



YOU'RE INVITED TO A  
MOTHER'S DAY

CELEBRATION

SATURDAY, MAY 20TH 11AM-2PM

AT THE MADRES CENTER

1845 NORTH SOTO ST.

LOS ANGELES, CA 90032

RSVP to Andrea by May 5th

323-442-2790 | [madres@usc.edu](mailto:madres@usc.edu)

*Raffles + Food + Games*

\*Raffle items to show our appreciation for your participation include  
Disneyland tickets\*

## MADRES Timeline

### 1st Trimester

Visit @ USC:  
Questionnaires,  
measurements,  
samples



### 2nd Trimester

Questionnaire  
by phone

### 3rd Trimester

Visit @ USC:  
Questionnaires,  
measurements,  
samples



### Birth

Birth Samples

### 7-14 days

Brief  
questionnaire by  
phone



### 1 Month

Visit @ USC  
Questionnaires,  
measurements  
(mom/baby),  
samples (baby)



### 3,6 & 9 Months

Questionnaire  
by phone



### 12 Months

Visit @ USC:  
Questionnaires,  
measurements  
(mom/baby),  
samples(mom/baby)

## MADRES follow up

MADRES has launched a follow up study for families who previously participated. We will be contacting you this year to ask you to participate.

Participation involves completing in person visits...

- Around your child's birthday

and questionnaires...

- Six months in between your child's birthday

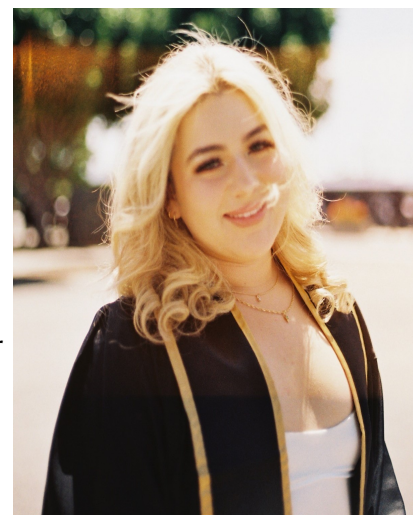


## Q&A with: Gaby Gomez

Gaby currently conducts the 3-month, 6-month and 54-month phone questionnaires.

### 1. What is the best advice your mom has given you?

*The best advice my mom has given me thus far is to simply not worry. Growing up we had issues with poverty and uncertainty that further translated into a general anxiousness around my adulthood. But my mom has always been a very strong and optimistic individual so much so that it felt like she was God's favorite. There were moments where we were unsure whether we'd make it out of adversity but through her graceful tenacity we always did.*



### 2. What is your family's story?

*My parents came to the US at around 8 years old. They built for my siblings and I a life of ease and opportunity by working hard to give us proper education and not allowing us to be discouraged by any setbacks whether it was poverty, failure, anxiousness, etc.*

### 3. What is your favorite part of the study?

*My favorite part of the MADRES study is being able to connect with women of similar Hispanic backgrounds. I've had many instances where participants express their gratitude to me for simply listening to their feelings and struggles throughout their journey with us. It has been extremely rewarding to know I can help ease some of their burden and overall has helped shape me into the woman I am.*

## Community Resources



**Weekly fresh fruits and vegetables distribution on Thursdays.**  
**12PM at St James Park**  
**W Adams Blvd & Severance St, Los Angeles, CA 90007**



**Weekly food distributions on Mondays, Wednesdays and Thursdays. Free Diapers Mondays, and much more.**  
**9:00am - while supplies last**  
**2900 Whittier Boulevard, Los Angeles, CA 90023**  
**Call 323-754-3191 for more information.** <https://www.ymcala.org>



**Headspace is a mindfulness and wellbeing smartphone application that is currently free for all LA County residents.**  
**Visit [headspace.com/lacounty](https://headspace.com/lacounty)**

