

# Pediatric Advocacy Roundtable

Eliza Agrest Varadi, MD

Jennifer O'Brian, MD

Ceilidh Kiegle

Jan Blanchard

1. Please hold questions and comments until prompted. There will be an opportunity after each panelist speaks to ask questions.
2. Each speaker will share a personal advocacy story
3. Each speaker will share an aspirational advocacy wish/goal
4. Dr Colleen Kraft will present 'Child Advocacy in Our Time'

9:15 AM - 10:00 AM tomorrow morning in Emerald III

“T H E R E   C A N   B E   N O   K E E N E R   R E V E L A T I O N  
**of a society's soul**  
T H A N   T H E   W A Y   I N   W H I C H   I T  
**treats its children.”**

*— Nelson Mandela*

# Steps to advocacy:

1. Pick 1-3 topics you are truly passionate about
2. Learn the facts - be first - be clear - be concise -
3. Really be passionate about your topics
4. If you have a personal story about your advocacy interests it goes a long way.

# My Advocacy Topics

1. Medicaid, Healthcare Financing
2. Immigrant Health
3. Vaccines
4. Preventative Care
5. Breastfeeding Advocacy



# MY STORY

THEN





Departure Number  
**359839206 01**

Immigration and Naturalization Service  
I-94  
Departure Record

ADMITTED AS A REFUGEE PURSUANT TO SEC. 207 OF THE I&N ACT. IF YOU RE-  
PART THE U.S., YOU WILL  
NEED PRIOR PERMISSION  
FROM INS TO RETURN.  
EMPLOYMENT AUTHORIZED

NYC 5/19/89 1835

4. Family Name  
**AGREST**

5. First (Given) Name  
**ELIZA**

7. Country of Citizenship  
**USSR**

16. Birth Date (Day/Mo/Yr)  
**18.02.81**

See Other Side

STAPLE HERE

ewish Community House  
of Bensonhurst  
7802 Bay Parkway  
Brooklyn, N.Y. 11214  
(718) 331-6800

**ELIZA AGREST**  
2069 75 St  
Bklyn, NY 11204  
Date 4/16/90  
Signature Eliza Agrest



# NOW...

## Select **NEWS**

*Helping providers stay ahead*

**CLAS** Culturally and Linguistically  
Appropriate Services

*A United Voice for Multicultural Health Care*

### PHYSICIAN CHAMPION

We'd like to spotlight and thank Eliza Varadi, M.D., a First Choice provider at Pelican Pediatrics in Charleston who speaks Russian, Spanish and Hebrew as well as English. "Having come to this country as an immigrant, I know how difficult it is to navigate everything in a different language and culture. The more I can alleviate that stress for my patients, the better."



Being able to communicate and understand health information is necessary to stay healthy. That's why language services are part of our Culturally and Linguistically Appropriate Services (CLAS) program. For 10 years, Select Health has worked to reduce health care disparities by better understanding the unique backgrounds and cultures of our members. First Choice is the only health plan in South Carolina to achieve the Multicultural Health Care Distinction by the National Committee for Quality Assurance.

by Erin Post ■ Mar 2021

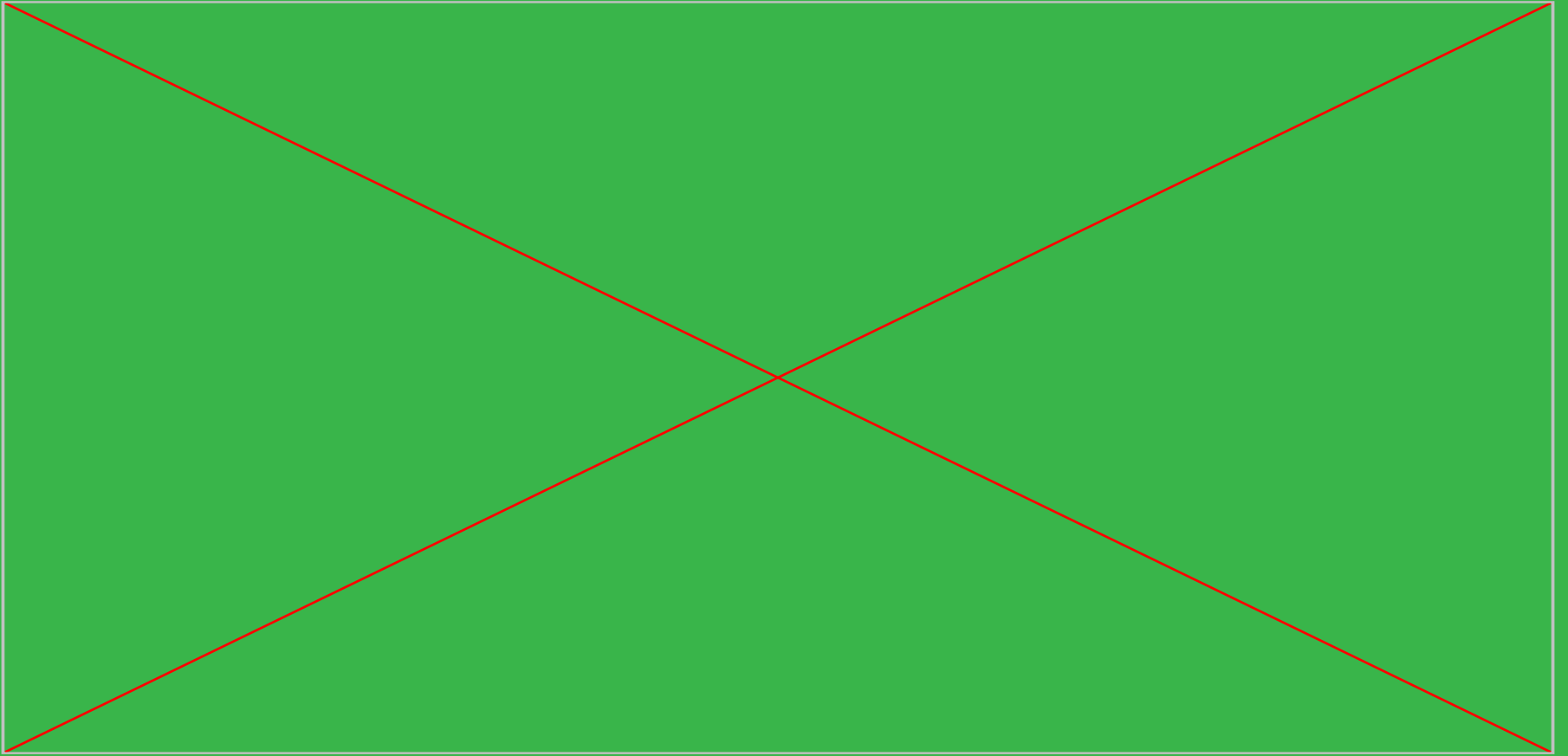
Dr. Eliza Varadi, the owner of Pelican Pediatrics in Charleston, South Carolina, is committed to making sure patients who may have been marginalized in the past have access to the health care they deserve.

Dr. Eliza Varadi, the owner of Pelican Pediatrics, speaks English, Russian, Hebrew and Spanish. A second full-time pediatrician speaks Spanish. The practice's part-time pediatrician speaks Punjabi. The practice's administrator, Vladimir Varadi (Dr. Varadi's husband), speaks Russian, Estonian and German. Staff members are from Russia, Estonia, India, Mexico, Panama and Ireland. A part-time nurse practitioner is African American and she also speaks Spanish. The group represents three different religions.

The diversity of the team is intentional, says Dr. Varadi, as the patients they serve in Charleston, S.C., reflect a multitude of backgrounds and life experiences.

"It's always been my goal to be able to serve as large and diverse of a community as I can," says Dr. Varadi. "Especially a community that may otherwise be





“CHILDREN ARE ONE-THIRD  
OF OUR POPULATION AND  
**all of our future.”**

*— Select Panel for the Promotion of Child Health, 1981*





“It is not enough, however, to work at the individual bedside in the hospital. In the near or dim future, the pediatrician is to sit in and control school boards, health departments, and legislatures. He is a legitimate advisor to the judge and jury, and a seat for the physician in the councils of the republic is what the people have a right to demand.”

*Abraham Jacobi, MD*  
FATHER OF AMERICAN PEDIATRICS







# Stay in the Boat!





ARC of Northwest Mississippi

ARC Mid-South

<https://thearc.org/find-a-chapter/>

# Crohn's Disease

<https://www.crohnscolitisfoundation.org/awarenessweek>

<https://worldibdday.org/>

<https://www.crohnscolitisfoundation.org/get-involved/be-a-n-advocate/advocacy-priorities>

<https://www.improvecarenow.org/>



# Advocacy Priorities

Support...

Access to Care

Medical Research

Awareness

Restroom Access



# Pediatric Advocacy Resources

AAP Advocacy Hub:

<https://www.aap.org/en/advocacy/>

AAP Community Health and Advocacy Grant

<https://www.aap.org/en/advocacy/community-health-and-advocacy/>

PCC's Advocacy Blog

<https://blog.pcc.com/tag/patient-advocacy>

# Advocacy Issues

- Healthcare Access/Coverage
  - ensure access to high quality, age appropriate, affordable coverage for all kids
- Mental and Emotional Development
  - support a comprehensive approach that includes; prevention, early treatment, crisis response
- Firearm Violence Prevention
  - address firearm violence as a public health issue
- Vaccines
  - ensure all communities are protected from vaccine-preventable diseases
- Patient/Physician Relationship
  - speak out against policies that threaten the trusted relationship between a patient and their physician
- Online Protections
  - support policies that protect young people online
- Immigrant Child Health
  - speak out against policies that are detrimental to immigrant child health



# 10 Steps for Community Advocacy

1. Identify the problem
2. Define the baseline
3. Learn the literature
4. Explore existing resources
5. Develop your road map
6. Build a coalition or engage with community partner(s)
7. Ensure things are done WITH the community
8. Work diligently to accomplish goals and objectives
9. Develop tools for effective evaluation
10. Regularly re-evaluate and reflect on plan and project related work

Source: [https://downloads.aap.org/AAP/PDF/CommunityAdvocacyGrantsPrimer\\_Handout.pdf](https://downloads.aap.org/AAP/PDF/CommunityAdvocacyGrantsPrimer_Handout.pdf)

# Open Discussion

What advocacy issue do you want to address?

Do you connect with the stories shared?

What makes you feel inspired?

What are your blockers?

Are you missing information or resources?

How can we find time for advocacy?

Please fill out the course survey in the  
app

Thank You!!!