Thousands in Southern California are expected to lose out on Medi-Cal after April 1.

**Opinion: A Solution For Keeping Kids Out of the ER:** Making Sure They Have Enough to Eat

A new initiative aims to address the root causes of ER visits among children by ensuring they have access to healthy food. The program focuses on community engagement and education to promote healthy eating habits. It emphasizes the importance of nutrition in preventing health issues.

Health system CIOs focus on automation as other capital tech investments slump

As healthcare technology continues to evolve, chief information officers (CIOs) are prioritizing investments in automation to improve efficiency and patient care. However, other areas of capital tech spending are experiencing a downturn, which could impact future healthcare innovations.

Meet our New Program Director, Dr. Karina Melgar!

Dr. Karina Melgar discusses her values, inspiration, challenges as a woman leader, and how she leads. She is the Executive Vice President and Chief Administrative Officer of the country's largest federally qualified health center. Listen to part two of our interview with Dr. Escobar as she advances health equity in the US.

The AltaMed Institute for Health Equity hosts leaders who are working on the frontlines to advance health equity in the US. Find all episodes on Spotify or your favorite podcast app.

We are looking forward to meeting them in person and starting their family medicine training. We want to congratulate and welcome our new physician residents to the AltaMed Family Medicine Residency Program at South Gate Clinic. We are all very excited for all of them to join our team! Their dedication and passions will contribute significantly to achieving our clinic and medicine training.

**Hobbies:**
- Golfing
- Cooking
- Sci-fi and place

**Hometown:** Fullerton, California

**Medical School:** Western University of Health Sciences College of Osteopathic Medicine of the Pacific

**Medical Program:** Family Medicine Residency Program at South Gate Clinic

Dr. Karina Melgar was born in El Salvador and immigrated to the United States when she was a year old. She graduated with a degree in Physiological Science from UCLA. Dr. Melgar started her career as an Elementary school teacher before entering Medicine. She graduated from the UC Davis School of Medicine and completed her specialty training in Family Medicine at the Long Beach Memorial Family Medicine Residency Program. She went on to do a Fellowship in Community Medicine at Kaiser Permanente in California.

Before being recruited to AltaMed as the Associate Program Director, she was faculty at the Long Beach Memorial Family Medicine Residency Program. She represents at the capitol to advocate for FQHC’s.

**Long Beach, California**

**Medical School:** University of California, Riverside School of Medicine

**Medical Program:** Family Medicine Residency Program

Dr. Melgar's clinical interests are women’s health, behavioral health, public health/policy, global health, and addressing social determinants of health, and community empowerment. Family is essential to Dr. Melgar. In her free time, she likes to spend time with her newlywed husband and their two dogs, Daphne and Canela, staying healthy, and community empowerment. Family is essential to Dr. Melgar. In her free time, she likes to spend time with her newlywed husband and their two dogs, Daphne and Canela, staying healthy, and community empowerment.

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