

HeRCARe: Building Better Care for Mothers and Babies

Program accomplishments, research and impact

Bryan T. Oshiro, MD • Ronald B. Johnson, MD • Sabreen White, Program Director

Thank you for believing in the idea.

First 5 Riverside County made it possible to build a program that continues to serve mothers and babies.

What First 5 helped make possible

ACCESS

Expanded high-risk pregnancy specialty access

CONNECTED CARE

Built telehealth, referral and care-coordination pathways

PREVENTION

Launched targeted maternal-health interventions

EVIDENCE

Created capacity to study, publish and improve

Access grew where it mattered

MFM ultrasound visits

2,702 → 5,437

2021 to 2025

Telehealth visits

159 → 767

2021 to 2025

Expanding capacity and virtual care helps connect high-risk patients with specialty expertise.

From clinical need to evidence and action

Smoking cessation

Partnering with Loma Linda University School of Public Health on maternal smoking cessation research and programs.

Low-dose aspirin

Partnering with Stanford and CMQCC on low-dose aspirin uptake and preeclampsia prevention research.

Identify need → Study barriers → Implement → Measure → Improve

Ahmed et al. Tob Induc Dis. 2025;23. doi:10.18332/tid/210321

Lee et al. Fortune J Health Sci. 2025;8(3):798–816.

Statewide recognition and collaboration

External engagement

Work recognized by state Surgeon General, CMQCC and ACOG leadership.

Low-dose aspirin

Stanford/CMQCC partnership to improve preeclampsia prevention.

Iron deficiency

Focus on identifying and treating iron deficiency before anemia develops.

Broader influence

Riverside contributes to statewide perinatal quality improvement.

A growing maternal-health research program

Published work

Published studies and collaborations: LLU School of Public Health (smoking cessation); Stanford/CMQCC (low-dose aspirin).

AI-assisted preeclampsia detection

Newly approved collaboration with an AI technology company to help patients recognize early warning signs and symptoms of preeclampsia and alert their care teams sooner.

Research is an ongoing capability—not a one-time grant deliverable.

Published work: Ahmed et al., Tob Induc Dis (2025); Lee et al., Fortune J Health Sci (2025).

The next chapter: regional perinatal excellence

Perinatal mental health

Develop integrated screening, referral, treatment and postpartum follow-up.

Telehealth access

Extend specialist support to maternity care deserts and community facilities.

Research nurse

Explore dedicated support for recruitment, coordination and study follow-up.

Repository and biobank

Plan governed data and biospecimen infrastructure for future research.

A more connected maternal-child health system

Reproductive health and prevention

Partner with primary care to optimize chronic conditions before pregnancy and ensure access to reliable, patient-chosen contraception so people can plan pregnancy when their health is optimal.

Public health and equitable outreach

Work more closely with public health and community partners to reach underserved populations, including people experiencing homelessness, and connect them with reproductive and maternity care.

Prevention begins before pregnancy • Equitable access extends beyond the clinic

Thank you, First 5 Riverside County

You had faith in our team and provided the opportunity to turn an idea into a lasting program.

That investment continues to support access, prevention, research, statewide collaboration and a stronger future for Riverside County families.

Questions