

Links and Resources from Kansas Maternal and Child Health Council October Meeting

Box breathing exercise: help decompress and relax during times of uncertainty and anxiety. This exercise helps with managing high stress and emotions.

<https://www.medicalnewstoday.com/articles/321805#how-to-do-it>

Hill to the Heartland: Federal Health Policy Briefing is a product series providing regular updates on federal health policy discussions. Sign up here to receive these summaries and more, and also follow KHI on [Facebook](#), [X](#), [LinkedIn](#) and [Instagram](#). [Hill to the Heartland website](#).

- Full overview of OBBA impact on Medicaid and CHIP <https://www.khi.org/articles/impacts-of-the-obbba-on-medicaid-and-chip-in-kansas/>
- Full overview of OBBA impact on SNAP <https://www.khi.org/articles/what-were-watching-sept-25-2025/>
- *Further information about the Rural Transformation Bill can be found through the following webinars. Live sessions left 10/16 and 10/20.* <https://www.kdhe.ks.gov/CivicAlerts.aspx?AID=1728>

Kansas Transforming Maternal Health (TMaH) - Please email Heidi Hartner at Heidi.x.hartner@ks.gov if you are interested in being a part of the work stream, or interested in being on the advisory council.