California Black Women's Health Project

www.cabwhp.org

H.R. 1 AND OUR HEALTH:

What Black Individuals, Families & Communities in California Need to Know

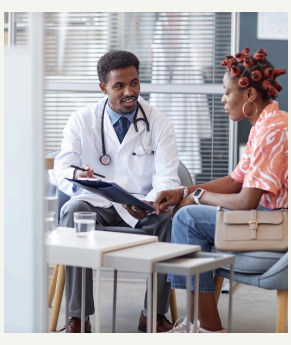
A California Black Women's Health Project Community Education Guide

This guide explains key areas of H.R. 1 and how changes to Medi-Cal, CalFresh, healthcare access and other public benefits may affect Black individuals and families in California.

For more resources visit cabwhp.org

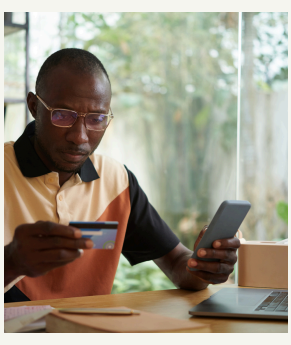
COVERAGE

H.R. 1 changes federal rules for Medi-Cal and other health coverage programs, **putting some Californians at risk of losing insurance**. For Black individuals and families who rely on affordable coverage for preventive care, chronic disease management, and prescriptions, **staying informed and responding to notices is essential**.



ELIGIBILITY

H.R. 1 **changes who qualifies for certain health and food assistance programs**, including new requirements for some adults. Eligibility depends on individual circumstances, so Black community members should **verify their status rather than assume their qualifications remain the same**.



RENEWALS

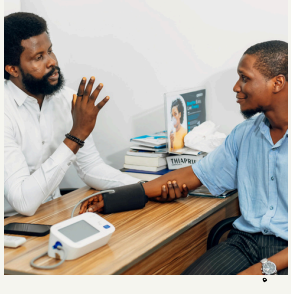
Beginning in 2027, **certain Medi-Cal members will need to renew their coverage every six months instead of annually**. More frequent reviews increase the risk that eligible people could lose coverage because of missed deadlines or incomplete paperwork.

FUNDING

H.R. 1 **reduces federal Medicaid funding and changes how states finance health care services**, while shifting some CalFresh administrative and benefit costs to California. These changes create state budget and implementation challenges that may affect public programs and providers serving low-income communities.

ACCESS

Reduced federal Medicaid funding and changes to program rules may put pressure on California's health care providers and make maintaining coverage more difficult for some residents. Black communities should monitor **changes that could affect access to community clinics, hospitals, mental health services, prescriptions and ongoing treatment**.

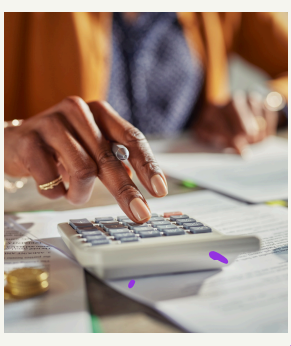


WORK

Beginning January 1, 2027, **certain Medi-Cal expansion adults generally must complete 80 hours per month of qualifying work, education, training or community service or meet applicable earnings requirements**, unless exempt. Some CalFresh recipients have faced expanded work requirements since June 2026, so people should check which rules apply to their program and whether they qualify for an exemption.

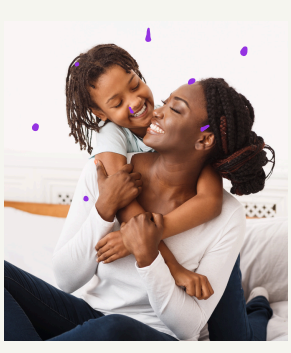
COSTS

Some households may face **reduced food benefits or changes in health insurance affordability**, while California and its providers face new financial pressures. The impact will vary by household, so residents should **review benefit notices and explore available coverage and assistance options** to make informed decisions about care.



IMMIGRATION

Beginning October 1, 2026, some individuals who immigrated to the U.S. will lose eligibility for federally funded full-scope Medi-Cal, although **California is providing temporary state-funded coverage for affected members through June 30, 2027**. CalFresh restrictions for certain individuals who immigrated to the U.S. began in April 2026, making individualized benefits guidance especially important for immigrant families and families with individuals with differing immigration backgrounds.



NUTRITION

H.R. 1 **reduces federal funding for CalFresh** and changes benefit calculations, immigration eligibility and work requirements. These changes may reduce food assistance for some households, making it important for families to **check their benefits and connect with local food banks and nutrition programs when needed**.

California Black Women's Health Project (CABWHP) is the only statewide, non-profit organization that is solely committed to improving the health of California's 1.2 million Black women and girls through advocacy, education, outreach and policy. CABWHP focuses on empowering Black women to take personal responsibility for our own health and to advocate for changes in policies that negatively affect Black women's health status.

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