



HMHB Resource Watch

HEALTHY MOTHERS, HEALTHY BABIES
Coalition of Georgia

Improving the health status of Georgia's families.

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Please note: This valid November 19- December 14, 2007.

Give a gift of membership to HMHB and help us shape policies to improve health status for Georgia's families.

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HMHB 21st Annual Legislative Breakfast

You spoke and we listened.....

Planning is now underway for the 21st Annual Legislative Breakfast. This year's event will take on a new format and offer you more time to speak with your legislator and network.

Check out our website for more details at www.hmhbga.org

HMHB in the Community



healthy mothers, healthy babies

HEALTHY MOTHERS, HEALTHY BABIES

Coalition of Georgia



On April 5, 2008 from 10:00 am to 2:00 pm, Healthy Mothers, Healthy Babies Coalition of Georgia, Inc. (HMHB) in partnership with Chatham-Savannah Youth Futures Authority (YFA) will be hosting a community health expo. The event is entitled, “*Health, It’s a Family Affair*” Expo.

EVENT DESCRIPTION

A one-day health expo to enhance Savannah area residents’ knowledge on healthcare access in their community and on the importance of a healthy lifestyle.

Key Event Highlights:

Health Screenings and referral
Food/Health Demonstrations
Fitness and Nutrition Classes
Face Painting and Clowns
Crafts for kids/Kids town
Celebrity Walk-a-thon

Goal: To promote wellness to over 500 health expo participants.

There are 3 major objectives for the community health fair:

To: Increase health awareness and early detection by providing health screenings, immunizations, health related activities and materials, demonstrations, and an educational information toolkit.

To: Increase awareness of state and local health services and resources and to promote utilization of these resources.

To: Motivate participants to make positive health behavior changes and to teach self-care practices.

Location: To Be Announced January ‘08

Date: April 5, 2008 from 10am to 2pm

Target audiences: Chatham County families and children

Admission: FREE

We would like to thank WellCare for their generous sponsorship of the “*Health, It’s a Family Affair*” Expo.

News From National Healthy Mothers, Healthy Babies— December 10, 2007

MATERNAL-INFANT HEALTH NEWS

1) REPORT EXAMINES HORMONAL ROLE IN PERINATAL MOOD DISORDERS

A new report from the Society for Women's Health Research and the National Institute of Mental Health (NIMH) at NIH shares lessons learned about mood disorders and hormonal transitions in women – specifically focusing on pregnancy, postpartum and perimenopause. "Mood Disorders and Hormonal Transitions: The Ups and Downs" summarizes findings from a recent leaders' roundtable on efforts to understand the effects of hormonal transitions on basic affective neuroscience, depression and bipolar disorder in pregnancy and postpartum, and mood disorders during perimenopause. The report includes a glossary and references, and is available for download at: http://www.womenshealthresearch.org/site/DocServer/SWHR_NIMH_Roundtable_Report.pdf?docID=1821.

2) NATIONAL CESAREAN RATE HITS RECORD HIGH

According to a new report from the CDC's National Center for Health Statistics (NCHS), the US cesarean rate has reached an all-time high of 31.1 percent. The report, "Births: Preliminary Data for 2006," notes that cesarean rates rose three percent in 2006. The rise in cesareans comes on the heels of CDC's August report that the maternal death rate is on the rise for the first time in decades. For the complete NCHS report, which also includes 2006 data on low birthweight deliveries, preterm birth and teen birth rates, go to http://www.cdc.gov/nchs/data/nvsr/nvsr56/nvsr56_07.pdf.

3) SAVE THE DATE: FOLIC ACID AWARENESS WEEK WEBINAR

On Tuesday, January 8 from 1 to 2 p.m. ET, the National Council on Folic Acid invites you to a free educational webinar, "Preventing Birth Defects with Folic Acid: What You Need to Know, What You Can Do." Aimed at public health educators, nurses, physicians and social workers, the webinar will feature presentations from the following speakers: Leslie Harrison, MPH and Denise D'Angelo, MPH, Pregnancy Risk Assessment Monitoring System (PRAMS), Division of Reproductive Health at CDC; Adriane Griffen, MPH, CHES, acting chair of the National Council on Folic Acid and director of health promotion and partnerships, Spina Bifida Association; Catherine Ruhl, CNM, MS, associate director of women's health programs at the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN); and Eileen Shannon Carlson, JD, RN, mother of a 10-year-old child who has spina bifida. Complete details will be posted to <http://www.mchcom.com> and <http://www.folicacidinfo.org>.

4) LAMAZE RELEASES REVISED CARE PRACTICE PAPERS

The Lamaze Institute for Normal Birth has updated its six care practice papers, publishing them in The Journal of Perinatal Education and making them available online for free viewing and download. The practice papers include: 1) "Labor Begins on Its Own," 2) "Freedom of Movement Throughout Labor," 3) "Continuous Labor Support," 4) "No Routine Interventions," 5) "Spontaneous Pushing in Upright or Gravity-Neutral Positions" and 6) "No Separation of Mother and Baby, with Unlimited Opportunities to Breastfeed." The updated Lamaze care practice papers are now available for childbirth educators and others working with pregnant women. Go to <http://www.lamaze.org/ChildbirthEducators/ResourcesforEducators/CarePracticePapers/tabid/90/Default.aspx>.

CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

5) FDA ISSUES WARNING ON BED-WETTING DRUG

Last week the US Food and Drug Administration (FDA) issued a public alert regarding the deaths of two patients who were treated with desmopressin, a prescription medication to control bed-wetting. According to FDA, it is unclear whether the drug contributed to the deaths, but the nasal version of desmopressin is no longer approved for treating bed-wetting. Desmopressin is sold under several names: DDAVP Nasal Spray, DDAVP Rhinal Tube, DDVP, Minirin and Stimate Nasal Spray. FDA says non-nasal forms of the drug "should be used cautiously" in patients at risk of sodium imbalances that can be caused by over-hydration. For the complete FDA notice, go to <http://www.fda.gov/cder/drug/InfoSheets/HCP/desmopressinHCP.htm>.

6) NIH & NCNW JOIN FORCES TO REDUCE CHILDHOOD OBESITY

The National Institutes of Health (NIH) and the National Council of Negro Women (NCNW) are collaborating to help African American children maintain a healthy weight. NCNW members across the nation will offer a fast-paced, fun training program for parents, and one for children, developed by the NIH. Based on NIH's successful "We Can!" national education initiative for children ages eight to 13, some of the program components use a community-based facilitator to explain the practical strategies in the materials to both parents and children. NCNW members will fill this purpose, scheduling workshops and demonstrating the materials to members

of their respective communities. They'll also be involved in media outreach, partnership development with over 40 national and corporate partners, resources for parents and healthcare providers, and a website. For more on the "We Can!" program, go to <http://wecan.nhlbi.nih.gov>.

ADVOCATES IN ACTION

7) INVITATION TO JOIN NATIONAL "COVERING KIDS & FAMILIES" NETWORK

The National "Covering Kids and Families" Network invites you to join as a member organization, helping to sustain and build upon the collective expertise of its grantees, as well as other organizations and partners. The goal of the network is to enhance the ability of members to advance healthcare policies that increase access to quality healthcare coverage and services, and to reduce the number of uninsured children and families across the country. The Robert Wood Johnson Foundation has provided the network with a two-year grant to support the formation of the network and its activities, and the nonprofit Community Health Councils, Inc. is serving as the administrative lead. To learn more and join the network, go to <http://coveringkidsandfamilies.org/docs/?DocID=1017>.

NONPROFIT MANAGEMENT

8) RESOURCE: MODERN DONOR NEWSLETTER

Modern Donor is a free, international web-based monthly newsletter on philanthropy and fundraising, aimed at professional managers in the nonprofit sector. Each edition includes articles on a wide range of nonprofit sector issues, developed by nonprofit trend analyst and consultant Judith Nichols and information services specialist to the nonprofit sector Jim Hilborn, who also publishes the newsletter Canadian FundRaiser. To learn more and subscribe, go to <http://www.moderndonor.com>.

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News From National Healthy Mothers, Healthy Babies— December 3, 2007

MATERNAL-INFANT HEALTH NEWS

1) STUDY: EARLY RETURN TO WORK CONTRIBUTES TO LINGERING POST-PARTUM HEALTH PROBLEMS

A study published in the November/December issue of the *Annals of Family Medicine* finds that many women still experience fatigue, headaches, back pain, low sex drive, postpartum depression, breast or nipple soreness, cold symptoms or other health problems three months after giving birth. The research team from the University of Minnesota says their findings call into question the assumption that postpartum recovery takes about six weeks and requires little medical assistance beyond a single check-up. They found that in fact, women commonly have mild to moderate symptoms that can persist for months. Women in the study who had returned to work by the 11th week postpartum were found to have more lingering health problems than women who had not returned to work. The research team argues for the need to limit new mothers' job stress with flexible work arrangements and a delayed, gradual return to part-time hours. They also emphasize the positive impact of supportive co-workers and employers. For the abstract, go to <http://www.annfammed.org/cgi/content/abstract/5/6/519>.

2) USDA UNVEILS NUTRITIONAL PYRAMID FOR PREGNANCY & BREAST-FEEDING

The US Department of Agriculture (USDA) has released a new module for its Nutritional Pyramid, focusing specifically on pregnancy and breastfeeding. "MyPyramid for Moms" offers an interactive feature allowing women to customize nutritional advice by entering their own information. A menu of topics organizes the specialized Nutritional Pyramid, nutritional needs of pregnancy, prenatal weight gain, dietary supplements, special health needs, food safety, nutritional needs during breastfeeding and weight loss while breastfeeding. It also includes links to additional sources of information. To check out this new USDA resource, go to <http://www.mypyramid.gov/mypyramidmoms>.

3) NEWBORN SCREENING RESOURCE AVAILABLE IN 16 LANGUAGES

The New England Public Health Genetics Education Collaborative (NEPHGEC), in conjunction with the New England Regional Genetics Group (NERGG), has announced a new newborn screening resource available in English and 15 other languages. "Newborn Screening Tests: They Could Save Your Baby's Life," is a general informational brochure that has been translated into Arabic, Bosnian/Serbo-Croatian,

Chinese (traditional and simplified), French, Haitian Creole, Italian, Khmer, Lao, Polish, Portuguese, Russian, Somali, Spanish and Vietnamese. The resource was written by a board certified genetic counselor, professionally translated and reviewed by both genetics practitioners and laypeople fluent in these languages. To access the brochure, go to <http://www.nerpp.org/nbsbrochures.php>.

CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

4) NCBDDD SHARES IMPORTANCE OF FAMILY MEDICAL HISTORY

The National Center on Birth Defects and Developmental Disabilities (NCBDDD) at the CDC is reminding parents that awareness of your father's diabetes or your cousin's cystic fibrosis could be a lifesaver for your child. To mark Thanksgiving 2007 as the fourth annual National Family History Day, NCBDDD developed a special web feature: "Collecting Your Family's Medical History Could Save Your Child's Life." To access this feature and share with colleagues, family and friends, go to <http://www.cdc.gov/Features/FamilyHistory>.

5) "TIPS FOR TEENS WITH DIABETES" FROM NDEP

In response to data suggesting that diabetes rates are increasing among children and teens, the National Diabetes Education Program (NDEP), co-sponsored by the NIH and CDC, has introduced a new resource set to help adolescents manage the disease. The new "Tips for Teens with Diabetes" series of tip sheets and an online quiz are created specifically for adolescents, to help them reduce their risk for diabetes complications. Topics include "What is Diabetes?," "Be Active," "Make Healthy Food Choices," "Stay at a Healthy Weight," "Dealing with the Ups and Downs of Diabetes" and "Lower Your Risk for Type 2." These resources are available at no cost from the NDEP. Go to <http://ndep.nih.gov/diabetes/youth/youth.htm>.

ADVOCATES IN ACTION

6) ROTARY & GATES FOUNDATION JOIN FORCES AGAINST POLIO

A \$200 million combined grant from Rotary International and the Gates Foundation is expected to be the final push toward the World Health Organization's (WHO) efforts to eradicate polio around the globe. The highly infectious disease, which mostly strikes children under age five, has been nearly eliminated worldwide, but still persists in nations such as Afghanistan, India, Nigeria and Pakistan, according to the WHO. The grant funds are expected to be used to boost mass immunization campaigns in the affected countries, to create and sustain polio-virus surveillance activities and to bolster

community education and outreach. For Rotary International's announcement of the grant partnership, go to http://www.rotary.org/en/MediaAndNews/PressCenter/PressReleases/Pages/071120_pr_gates.aspx.

NONPROFIT MANAGEMENT

7) ONLINE TUTORIAL: WRITING A SUCCESSFUL GRANT PROPOSAL

The Minnesota Council on Foundations offers a free guide on its website, "Writing a Successful Grant Proposal," sharing tips that can benefit beginner and veteran grant writers alike. It includes a point-by-point outline of a standard grant proposal and what each section needs to accomplish – and how. Also included are variations on the traditional grant proposal model and answers to frequently asked questions about grantwriting. Written by nonprofit management consultant Barbara Davis, the free online version of this guide is adapted from a tutorial in the Minnesota Council on Foundation's Guide to Minnesota Grantmakers. To check out this resource, go to <http://www.mcf.org/mcf/grant/writing.htm>.

JOB OPPORTUNITY

8) POSITIONS OPEN WITH NATIONAL CHILDREN'S STUDY

The Program Office of the National Children's Study (Study) at NICHD is recruiting for five positions to conduct the study, the largest study of the effects of environmental and genetic factors on child and human health in the United States. The study, representing a multi-agency federal collaboration, will follow a representative sample of 100,000 children from before birth to age 21, seeking information to prevent and treat pressing health problems. Four positions are open for Health Scientist Administrators to develop and implement this large cohort study. One position is open for a Health Scientist Administrator/Medical Officer, who will serve as the study's senior laboratory officer and as a member of the study's senior scientist team. For more details on the National Children's Study site, go to http://nationalchildrensstudy.gov/get_involved/business_opp.

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Public Health Conferences and Events

December 17, 9:00-11:00

Voices for Georgia's Children, Annual GA-CAN! Pre-Session Meeting
Location: AT&T Midtown
See: www.georgiavoices.org

January 17-18, 2008

Title: International Conference on Health Policy Statistics
Location: Philadelphia, PA
See: www.amstat.org

January 24-26, 2008

Families USA– Health Action 2008, National Grassroots Meeting
Location: Washington, DC
See: <http://www.familiesusa.org/conference/health-action-2008/>

January 27-30, 2008

Title: National Network for Youth
Location: Washington, DC
See: www.nn4youth.org

January 28– February 1, 2008

Title: International Conference on Child and Family Maltreatment
Location: San Diego, CA
See: www.safeta.org

February 6, 2008

HMHB 21st Annual Legislative Breakfast
Location: “Sloppy” Floyd Building
See: www.hmhbga.org

February 27, 2008

Voices for Georgia's Children Policy Watch at the Capitol Legislative Breakfast
See: www.georgiavoices.org

February 27, 2008

G-CAPP Annual Legislative Reception
See: www.gcapp.org



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Healthy Mothers, Healthy Babies Coalition of
Georgia
2300 Henderson Mill Road, Suite 410
Atlanta, GA. 303045
www.hmhbga.org

Phone: 770-451-0020
The PowerLine: 770-451-5501 or 800-822-2539
Fax: 770-451-2466
E-mail: thecoalition@hmhbga.org

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