



**HEALTHY MOTHERS, HEALTHY BABIES**  
Coalition of Georgia

# HMHB Resource Watch

*Improving access to healthcare for Georgians women and children.*

## Public Health News

**Vol. 12 Issue 7**

### Healthy Mothers Healthy Babies Legislative Reception - A Great Success!!!!

**February 18, 2010**

#### *Inside this issue:*

The Legislative Reception was a great success. Several organizations, legislators, and community members came together to discuss and help support Healthy Mothers, Healthy Babies Legislative Agenda. We would like to thank the Mayor, Kasim Reed and all other representatives for participating in the Legislative Reception.

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Attendees enjoying presentation by Childkind representative, Joe Sarra.



Mindy Binderman speaking on behalf of HMHB's Legislative Agenda



Participants enjoying conversation with Mayor Kasim Reed



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*We would like to thank the sponsors, supporters, exhibitors, and advocates of our Annual Legislative Reception who helped to make this event possible.*

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### *Advocates*

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*Healthcare Georgia Foundation*

*Help a Child Smile*

### *Exhibitors*

*Childkind*

*Pediatrics*



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## Public Health News American Heart Month

### Red Grapes "Wonder Cure" for High Cholesterol, Blood Pressure

Tuesday, February 17, 2009 by: David Gutierrez, staff writer

(NaturalNews) An extract made from components of red grapes that are regularly discarded by vineyards may dramatically reduce the risk of heart disease, above and beyond the well-known health benefits of red wine, researchers have found.

In a study published in the journal *Nutrition*, researchers from Complutense University of Madrid, Spain, produced an extract called Grape Antioxidant Dietary Fiber (GADF) from the seeds and skin of red grapes. For 16 weeks, they added the GADF extract to the meals of 34 non-smoking adults.

By the end of the study, the [blood](#) pressure of participants who had taken the GADF extract had gone down by as much as 5 percent, while their total [cholesterol levels](#) had decreased by up to 14 percent. Levels of LDL ("bad") cholesterol had also decreased significantly. The GADF extract also appeared to improve participants' lipid profile, which is a measure of [heart disease](#) risk based on a variety of cardiovascular tests.

Among the 13 participants with [high cholesterol](#), the cholesterol reductions were even more striking. High cholesterol patients who took GADF extract experienced a 14.2 pc reduction in total cholesterol and an 11.6 pc decrease in LDL levels.

These cardiovascular benefits were not seen in nine control participants, whose diet was not supplemented with GADF extract.

"GADF showed significant reducing effects in lipid profile and blood pressure," researcher Jara Perez Jimenez said. "The effects appear to be higher than the ones caused by other dietary fibers, such as oat [fiber](#) or psyllium, probably due to the combined effect of [dietary fiber](#) and antioxidants."

Most heart health supplements are high in either antioxidants or fiber, both of which are known to lower the risk of [cardiovascular disease](#). GADF extract, however, contains high levels of both. A single 7.5 gram supplement taken daily, Perez Jimenez said, could increase the average dietary fiber intake of the [Western diet](#) 5 to 10 grams over its current average of 20 grams per day.

"Further [research](#) on the relative contributions of fibers and flavonoids to prevent cardiovascular [disease](#) is needed," Perez Jimenez said.

Red [grapes](#) have long been praised as a heart superfood, largely due to their high content of the antioxidant chemical [resveratrol](#). Studies have linked resveratrol to increased life span, decreased [risk](#) of heart disease and [cancer](#), and reductions in levels of inflammation and blood sugar. However, resveratrol alone has never been enough to explain the [health benefits](#) of diets that include significant quantities of [red wine](#), such as the Mediterranean diet.

The so-called Mediterranean diet is high in whole grains, legumes, [fruits and vegetables](#) and fish, and monounsaturated fats. It contains low to moderate levels of alcohol - particularly red [wine](#) - and low levels of red [meat](#), poultry, dairy products and [saturated fat](#). Numerous studies have shown that people who regularly eat a Mediterranean diet tend to live longer and have a lower risk of cardiovascular disease than those who eat a Western diet low in fruits and [vegetables](#) and high in meat, dairy and saturated fat.

Reference: [http://www.naturalnews.com/025654\\_blood\\_disease\\_red\\_grapes.html](http://www.naturalnews.com/025654_blood_disease_red_grapes.html)



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## HMHB in the Community

Vineville United Methodist Church-Macon, GA	February 18, 2009   GAIRS Meeting 10:00 a.m. - 3:00 p.m.
Atlanta Technical College - Atlanta, GA	February 26, 2010   Health Fair 10:00 a.m. - 3:00 p.m.
Glen Haven Elementary School – Atlanta, GA	March 18, 2010   Health Fair 4:00 p.m. - 6:30 p.m.
Holy Trinity Catholic Church - Peachtree, GA	March 20, 2010   Dia de la Familia Health Fair 8:00 a.m. - 12:00 p.m.
Celebration of Motherhood - Atlanta, GA	March 27, 2010   Grady Hospital Health Fair 9:00 a.m. - 2:00 p.m.

## *Healthy Mothers, Healthy Babies: A Night of Family, Health, and Fun*

*In Partnership with Chatham County School System and Youth Futures Authority*

*Date: April 10, 2010*

*Health Fair - 7:00 p.m.*

*Location: Myers Middle School, Savannah GA*

*Screen on the Green - 8:00 p.m.*

*Family Fun Activities  
Health Information  
Movie Showing*

*\* If you would like to be an exhibitor or sponsor, please contact Para Malden at (770) - 451- 0020 x 309*



**HEALTHY MOTHERS, HEALTHY BABIES**  
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## News From National Healthy Mothers, Healthy Babies – February 15, 2010

This Week:

- 1) Text4baby Tuesday from HMHB
- 2) CDC Online Presentation February 18th: Folic Acid for Prevention of Birth Defects
- 3) Use of Antidepressants and Breastfeeding
- 4) AMCHP Annual Conference
- 5) Household Routines and Childhood Obesity

### MATERNAL-INFANT HEALTH NEWS

#### 1) TEXT4BABY TUESDAY FROM HMHB

Sign up to receive Text4baby Tuesday, a weekly e-newsletter from the National Healthy Mothers, Healthy Babies Coalition (HMHB) focused on our newest program, text4baby! Text4baby is a free mobile information service that provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Signup for Text4baby Tuesday to receive news from the national campaign and get program updates on partners' innovative promotion across the country. For more information on text4baby, go to <http://www.text4baby.org/>. To subscribe to Text4baby Tuesday go to <http://eepurl.com/h9h3>.

**2) CDC ONLINE PRESENTATION FEBRUARY 18TH: FOLIC ACID FOR PREVENTION OF BIRTH DEFECTS** "Folic Acid in the Prevention of Birth Defects" is the topic for an upcoming online Public Health Grand Rounds presentation from the Centers for Disease Control and Prevention (CDC). Scheduled for February 18, 2010 from 9:00am to 10:15am EST, the session will be presented by Dr. Joseph Mulinare, Prevention Research Team Lead at the National Center on Birth Defects and Developmental Disabilities and Dr. William Dietz, Director of the Division of Nutrition, Physical Activity, and Obesity at the National Center for Chronic Disease Prevention and Health Promotion. The Public Health Grand Rounds is a monthly series created to strengthen CDC's common scientific culture and encourage discussion and debate on major public health issues. For more information on how to participate in the Grand Rounds, go to <http://www.cdc.gov/about/grand-rounds/>.

**3) USE OF ANTIDEPRESSANTS AND BREASTFEEDING** A study published in the February edition of the Journal of Clinical Endocrinology and Metabolism found that taking antidepressants may be linked to breastfeeding problems in new mothers. According to the study authors, some of these drugs may suppress milk production by causing a delay in the initiation of complete milk secretion in the early postpartum period. The category of antidepressants known as selective serotonin reuptake inhibitors (SSRIs) were the most likely to cause the condition. Medications including citalopram (Celexa), fluoxetine (Prozac), paroxetine (Paxil) and sertraline (Zoloft) are all SSRIs. In the study, 431 postpartum women were monitored after delivery to determine their lactation success. Mothers who were not taking antidepressants began lactation 2.9 days after delivery, while mothers who were taking antidepressants began lactating approximately 3.6 days after delivery. To access the study online, go to <http://jcem.endojournals.org/cgi/content/abstract/95/2/837?maxto-show=&hits=10&RESULTFORMAT=&fulltext=antidepressant&searchid=1&FIRSTINDEX=0&volume=95&issue=2&resourcetype=HWCIT>.

### CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

#### 4) AMCHP ANNUAL CONFERENCE

The Association of Maternal and Child Health Programs (AMCHP) will host its 2010 Annual Conference "Moving Ahead Together: Celebrating the Legacy, Shaping the Future of Maternal and Child Health" on March 6-10, 2010, at the Gaylord National Hotel and Convention Center, National Harbor, Maryland. Featured sessions include a speech by Secretary of Health and Human Services Kathleen Sebelius at 8:30am on Monday, March 8th and a mini-march (sponsored by the March of Dimes) for babies after lunch that day to raise awareness of support for prematurity prevention. AMCHP is the national organization representing state public health leaders and others working to improve the health and well being of women, children and youth, including those with special healthcare needs, and families. The 2010 conference will educate, motivate and promote collaboration among its more than 600 attendees and over 40 sponsors and exhibitors. Continuing education will be available for physicians, nurses, health educators and general (CME, CNE, CEH and CEU). In addition, the National Birth Defects Prevention Network (NBDPN) will co-locate its annual meeting at the Gaylord Hotel. Joint activities are being planned for skill building sessions, exhibits, poster sessions and networking. For more information, go to the AMCHP Web site at <http://www.amchp.org/conference>.

#### 5) HOUSEHOLD ROUTINES AND CHILDHOOD OBESITY

A study in the February edition of the journal Pediatrics examines the impact of specific household routines on the prevalence of obesity in preschool children. Routines studied included: regularly eating the evening meal as a family (more than five nights per week), getting adequate sleep on weekdays (more than 10.5 hours per night), and limited screen-viewing time (less than two hours per day of television, video or DVD). The study authors conducted a cross-sectional analysis of a nationally representative sample of over 8,500 four-year-old children in the US who were assessed in 2005 in the Early Childhood Longitudinal Study, Birth Cohort. Analyses were adjusted for the child's race/ethnicity, maternal obesity and education, household income and living in a single parent household. The prevalence of obesity was 14.3% among children who were exposed to all three routines and 24.5% among those who were not exposed to any of the routines. The study authors conclude that targeting these routines may be an effective method for obesity prevention in early childhood. To access the study online, go to <http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-0417v1>.

Sources:

<http://eepurl.com/h9h3>  
<http://jcem.endojournals.org/cgi/content/abstract/95/2/837?maxto-show=&hits=10&RESULTFORMAT=&fulltext=antidepressant&searchid=1&FIRSTINDEX=0&volume=95&issue=2&resourcetype=HWCIT>  
<http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-0417v1>  
<http://www.amchp.org/conference>  
<http://www.cdc.gov/about/grand-rounds/>  
<http://www.text4baby.org/>

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# News From National Healthy Mothers, Healthy Babies – February 8, 2010

This Week:

- 1) March 5th Workshop on Labor Support Skills
- 2) Study: SIDS and Serotonin Levels
- 3) Young Scholar Award in Perinatal Bioethics
- 4) Surgeon General's Vision for a Healthy and Fit Nation
- 5) Association Between Parental and Child Dental Care

**MATERNAL-INFANT HEALTH NEWS**

**1) MARCH 5TH WORKSHOP ON LABOR SUPPORT SKILLS** Register now for a one-day workshop designed for nurse managers, midwives, staff nurses and other health care providers who care for women. Lamaze Evidence-Based Nursing Care: Labor Support Skills is scheduled for March 5, 2010 in Hollywood, Florida. The workshop is intended to provide education and training for labor and delivery nurses to increase labor support skills and the use of non-pharmacologic pain management strategies. Potential benefits for participants include increased expertise in labor support skills and increased job satisfaction, increased patient satisfaction, improved maternal/child well-being and reduced incidence of adverse outcomes. For more information, or to register, go to the Lamaze Web site at <http://www.lamaze.org/ChildbirthEducators/WorkshopsConference/SpecialtyWorkshops/LaborSupportSkills/tabid/496/Default.aspx>.

**2) STUDY: SIDS AND SEROTONIN LEVELS**

A study in the February 3, 2010 edition of the Journal of the American Medical Association (JAMA) has found that the brains of infants who die of sudden infant death syndrome (SIDS) appear to produce low levels of serotonin. This brain chemical conveys messages between cells and plays a key role in the regulation of breathing, heart rate and sleep. The researchers conducted an autopsy study and found that serotonin levels were 26 percent lower in tissue from infants who died from SIDS in comparison with tissue from infants who had died unexpectedly from other causes. There were also 22 percent lower levels of tryptophan hydroxylase, another enzyme needed to make serotonin. To access the study online, go to <http://jama.ama-assn.org/cgi/content/short/303/5/430?home>. For information on reducing the risk of SIDS, go to the National Institute of Child Health and Human Development (NICHD) Web site at [http://www.nichd.nih.gov/health/topics/Sudden\\_Infant\\_Death\\_Syndrome.cfm](http://www.nichd.nih.gov/health/topics/Sudden_Infant_Death_Syndrome.cfm).

**3) YOUNG SCHOLAR AWARD IN PERINATAL BIOETHICS** The March of Dimes and the American Society of Bioethics and Humanities (ASBH) are soliciting applications for the Young Scholar Award in Perinatal Bioethics. Applications must be submitted to the ASBH Web site no later than March 3, 2010 at <http://www.asbh.org/meetings/annual/callguidelines.html>. Eligible applicants for the award must be early in their career development, including those who are actively enrolled in graduate school, a post doctoral program or no higher in their career achievement than the assistant professorship level. Applicants are asked to submit proposals in the "Perinatal Ethics" topic category on issues that include but are not limited to: pre-conception health, reproductive decision making, pregnancy, prenatal genetic testing, labor and delivery, newborn screening, neonatal decision making and other topics related to the perinatal time frame. Proposals may address clinical decision making, research or other bioethical or humanities-related topics. A select group of applicants will then be asked to submit a full paper for review by the March of Dimes/ASBH review committee.

The award will be presented at the ASBH Annual Meeting in October 2010, and the award winner will receive an honorarium of \$1,000 and will have the opportunity to present their paper at a plenary session. For more information, go to the ASBH Web site at <http://www.asbh.org/meetings/annual/marchdimes.html>.

**CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS**

**4) SURGEON GENERAL'S VISION FOR A HEALTHY AND FIT NATION** Last week, US Surgeon General Regina Benjamin announced the release of the report, "The Surgeon General's Vision for a Healthy and Fit Nation." Dr. Benjamin utilized her first report to the country to highlight the trend of overweight and obese Americans and to ask the public to join her in a grassroots effort to commit to changes that promote the health and wellness of families and communities. Currently two third of adults and nearly one in three children are overweight or obese, and the prevalence of obesity has more than doubled among adults and tripled among children and adolescents from 1980 to 2004. Recommendations in the Surgeon General's report include: improving our communities; healthy choices and healthy home environments; creating health child care settings; creating healthy schools; creating health work sites; and mobilizing medical communities. To access the Surgeon General's report, go to <http://surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf>.

**5) ASSOCIATION BETWEEN PARENTAL AND CHILD DENTAL CARE**

A study published online February 1st in the journal Pediatrics examines associations between parents' and children's use of oral health services. The study authors used the 2007 National Health Interview Survey to analyze a sample of children aged 2 to 17 years, matched with one parent, and examined associations between parents' and children's use of dental services or deferred dental care because of cost. 77% of children and 64% of children had a dental visit in the previous 12 months. After adjusting for sociodemographic and use variables, children were more likely to have a dental visit when their parents also had a dental visit. Children of parents who did not receive dental care because of cost were also more likely to have not received dental care because of cost. The study authors conclude that eliminating parents' barriers to dental care may help to address children's under-use of oral health services. To access the study online, go to <http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-1417v1>.

Sources:

- <http://jama.ama-assn.org/cgi/content/short/303/5/430?home>
- <http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-1417v1>
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- <http://www.asbh.org/meetings/annual/callguidelines.html>
- <http://www.asbh.org/meetings/annual/marchdimes.html>
- <http://www.jpeds.org/>
- <http://www.lamaze.org/ChildbirthEducators/WorkshopsConference/SpecialtyWorkshops/LaborSupportSkills/tabid/496/Default.aspx>
- [http://www.nichd.nih.gov/health/topics/Sudden\\_Infant\\_Death\\_Syndrome.cfm](http://www.nichd.nih.gov/health/topics/Sudden_Infant_Death_Syndrome.cfm)

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## Public Health Conferences and Events

- **2010 Public Health Preparedness Summit** - February 16-19, 2010, Atlanta, GA.
- **Association for Community Health Improvement Annual Conference** - (Association for Community Health Improvement (ACHI)) - March 4-5, 2010, Jacksonville, FL
- **Preventive Medicine 2010** - (American College of Preventive Medicine (ACPM)) - February 17-20, 2010, Crystal City, VA. The meeting is for professionals in disease prevention and health promotion and includes educational programming and networking opportunities.
- **Association for Community Health Improvement Annual Conference** - (Association for Community Health Improvement (ACHI)) - March 4-5, 2010, Jacksonville, FL
- **Sleep Health & Safety 2010** - (National Sleep Foundation) - March 5-6, 2010, National Harbor, MD. The conference will examine sleep from a clinical and public health perspective.
- **Annual Health Education Advocacy Summit 2010** - (Society for Public Health Education (SOPHE)) - March 6-8, 2010, Washington, DC

## February Health Observances

1-28

**AMD.Low Vision Awareness Month**  
Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

1-28

**American Heart Month**  
American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

1-28

**International Prenatal Infection Prevention Month**  
Group B Strep International  
[www.groupbstrepinternational.org](http://www.groupbstrepinternational.org)

1-28

**National Children's Dental Health Month**  
American Dental Association  
[www.ada.org/prof/events/featured/ncdhm.asp](http://www.ada.org/prof/events/featured/ncdhm.asp)

1-28

**National Wise Health Consumer Month**  
American Institute for Preventive Medicine  
[www.aipm.net/wise](http://www.aipm.net/wise)



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