



# HMHB Resource Watch

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

*Improving the health status of Georgia's families.*

## **HMHB's 21st Annual Legislative Breakfast**

**Volume 9, Issue 4**  
**February 20, 2008**

We would like to thank the sponsors and SUPPORTERS of our 21st Annual Legislative Breakfast who made this event possible.

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## **Premature births lower in women taking folic acid**

Women who take folic acid supplements for at least a year before becoming pregnant can greatly reduce their risk of delivering a baby prematurely.

For the complete article turn to page 4.

## HMHB in the Community

**February 28<sup>th</sup> 10 am - 3 pm** Black History Health Fair, Atlanta Technical College

**March 8<sup>th</sup> 9 am - 4 pm** Georgia World Congress Center Atlanta, Georgia

**March 15<sup>th</sup> 9 am -1 pm** Healthy Kids Day Albany, GA Albany YMCA

**March 13<sup>th</sup> 8 am - 3 pm** Southwest Georgia Chapter of Alzheimer’s Association 12<sup>th</sup> Annual Caregiver Conference, Sherwood Baptist Church, Albany, GA

**March 15<sup>th</sup> 10:00 am -2:00 pm** Atlanta Fulton Public Library Second Annual Health Fair Atlanta, GA

**April 5<sup>th</sup> 10am -2pm** HMHB Health Fair, “Health, It’s a Family Affair” Expo, Savannah State University, Savannah, GA

**Come out and support us.....**

**To volunteer for an event call our office at 770-451-0020, ext. 302**



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

## Get Involved with HMHB



### We need YOU!

We are in the planning stages of our yearly health fair. This year we are having the health fair in Savannah (Chatham County) and partnering with the Chatham-Savannah Youth Futures Authority. Please assist us by volunteering or pledging a tax-deductible donation. We are hoping to make this the biggest health fair Savannah has seen– to find out more visit our website at [www.hmhbg.org](http://www.hmhbg.org).

## GA– AAP EPIC Breastfeeding Program

This summer the Chapter launched a new EPIC program on Breastfeeding Education for members and their office staff. The EPIC Breastfeeding Program is off to a great start, as of November 07, the EPIC Breastfeeding Program has completed 20 programs with over 150 attendees receiving the program. Evaluations of the program have been positive and the program is well received. This free 1-hour program, modeled after our successful Immunization EPIC program, can be presented in your practice, usually during the lunch hour. CME credit will be awarded to physicians, CEU for nurses, and CERP for lactation consultants. We're seeking physicians, mid-level providers, lactation counselors, nurses, and dietitians with an interest in lactation support to become trainers in the program. There have been over 40 train-the-trainer sessions across the state of Georgia. The program is still in need of physician trainers in Columbus and Valdosta. If your office would like to schedule a program or you'd like to become a trainer, contact Kristy Fors, RN, IBCLC, Breastfeeding EPIC Program Director at 404-881-5095 or email her at [kfors@gaaap.org](mailto:kfors@gaaap.org).



## The First Annual Cribs for Kids® Conference

**Register for the First Annual Cribs for Kids® Conference  
'Breaking the Cycle – A Safe Sleep Summit'  
And Receive FREE  
Safe Sleep Public Service Announcement  
Cribs for Kids® Instructional Video and  
Safe Sleep for Your Baby – Right from the Start Educational Video**

The First Annual Cribs for Kids® Conference, *Breaking the Cycle – A Safe Sleep Summit*, will be held in Pittsburgh, April 10 – 13, 2008. (Go to [www.cribsforkids.org](http://www.cribsforkids.org) for details.) Thanks to the growth of the Child Death Review System and increased use nationwide of the CDC protocol for infant death scene investigation, there is now widespread recognition of the risk factors infants face when they are placed in unsafe sleep environments. We invite anyone, whose professional lives are impacted by these often preventable deaths, to join us and be a part of this national dialogue. In addition to best practices of Cribs for Kids® programs from across the country, the conference will feature presenters from the Centers for Disease Control and Prevention, Scripps-Howard News Service, National Center for Child Death Review and the American Academy of Pediatrics who will discuss safe sleep guidelines and the need for reform in the way infant deaths are investigated and reported.

To thank you for attending *Breaking the Cycle – A Safe Sleep Summit* and to welcome you to Pittsburgh during its 250<sup>th</sup> birthday celebration, you will receive a professionally produced 30-second Safe-Sleep Public Service Announcement (PSA). This PSA, tagged with your contact information, can be aired on your local TV stations. This will assure that a uniform safe-sleep message will be broadcast throughout the country.

Attending *Breaking the Cycle – A Safe Sleep Summit* will be the only opportunity you will have to obtain the PSA and educational videos at no charge.

For more information on *Breaking the Cycle – A Safe Sleep Summit* please go to [www.cribsforkids.org](http://www.cribsforkids.org) or call Judy Bannon at 412-322-5680 Ext. 3. This groundbreaking Safe-Sleep Summit is the first of its kind to bring together proponents of reform in the way infant deaths are investigated. It will also be the first time Cribs for Kids® Parters from across the country will meet to compare best practices and at the same time give prospective partners an opportunity to learn about ways to begin a Cribs for Kids® Program in their areas.

I hope to see you at the Safe-Sleep Summit. Remember.....it's for the babies!

Sincerely,  
Judy Bannon, Founder  
Cribs for Kids®  
Conference Coordinator  
412-322-5680 Ext. 3  
412-322-5686 Fax  
[www.sids-pa.org](http://www.sids-pa.org)  
[www.cribsforkids.org](http://www.cribsforkids.org)



# Public Health News



## Premature births lower in women taking folic acid

Thu Jan 31 09:09:57 UTC 2008

By Will Dunham

WASHINGTON (Reuters) - Women who take folic acid supplements for at least a year before becoming pregnant can greatly reduce their risk of delivering a baby prematurely, researchers said on Thursday, January 31st. Folic acid, a B vitamin, already is known to prevent major birth defects that involve a baby's brain or spine.

This study shows it may provide another benefit -- cutting down on premature births in which babies have less time to develop in the womb and are more likely to experience serious medical problems. The study tracked about 35,000 pregnant women between 1999 and 2002 who disclosed their folic acid intake.

It found that women who took folic acid supplements for at least a year before pregnancy cut their chances for very early pre-term births -- 20 to 28 weeks into the pregnancy -- by 70 percent compared to other women.

These very early pre-term babies in particular face a high risk of complications such as cerebral palsy, mental retardation, chronic lung disease and blindness.

Women taking folic acid for at least a year before getting pregnant saw their risk fall by about 50 percent for premature births occurring 28 to 32 weeks into the pregnancy.

Most pregnancies take about 40 weeks. A premature birth is one that occurs more than three weeks before the due date.

'VERY EXCITING'

"We have a very exciting and promising potential prevention method for pre-term birth," Dr. Radek Bukowski of the University of Texas Medical Branch at Galveston, who led the study, said in a telephone interview.

"It's exciting not the least because it's a very simple thing that's very easy to be implemented, and it has a very powerful effect," added Bukowski.

The findings were presented at a meeting of the Society for Maternal-Fetal Medicine in Dallas.

Folic acid helps the body make healthy new cells. It is important for women to get enough of it before and during a pregnancy to prevent major birth defects called neural tube defects including spina bifida and anencephaly, experts say.

Leafy green vegetables, fruits, dried beans, peas and nuts are some of the foods that contain folic acid. Enriched breads, cereals and other grain products also have it. Folic acid can be taken as a dietary supplement, for example in a multivitamin.

Taking it for less than a year before pregnancy provided lesser protection from pre-term births, Bukowski said.

The March of Dimes, an advocacy group that works to prevent birth defects, premature births and infant mortality, called the findings important.

"I think it's promising and I think there should be some confirmational studies," Janis Biermann of the March of Dimes said in an interview. "If it holds true, it supports a message that we've been promoting for many years -- that it's important for women of child-bearing age to take folic acid every day as part of a healthy diet."

(Editing by Xavier Briand)

<http://www.reuters.com/article/domesticNews/idUSN3024373620080131>

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## News From National Healthy Mothers, Healthy Babies— February 18, 2008

### MATERNAL-INFANT HEALTH NEWS

**1) AWHONN LAUNCHES NEW CONSUMER MAGAZINE** The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) has announced the launch of a new quarterly consumer magazine in March 2008. Health for Women will be distributed free to female patients by more than 3,000 nurses at private medical offices, women's health centers, corporate health and wellness centers, women's cancer and heart centers, and specialty clinics throughout the US and Canada. It will also be available to subscribers. Produced with Wiley-Blackwell, the magazine's contributors include leading women's health nurse specialists and featured columnists Dr. Mehmet Oz and Dr. Michael Roizen, sexuality expert Dr. Anne Katz, and nutrition expert Jennifer Hellwig. To learn more, go to <http://www.health4womenonline.com>.

### **2) MARCH OF DIMES, ACOG RESPOND TO PRESS COVERAGE ON ALCOHOL DURING PREGNANCY**

March of Dimes and the American College of Obstetricians and Gynecologists (ACOG) are responding to a recent and controversial segment on ABC Television's "Good Morning America," which explored the question of whether pregnant women could safely drink alcohol in moderation. Last week March of Dimes reiterated its position warning pregnant women and those trying to conceive not to consume alcohol in any amount, "in order to avoid serious physical and mental birth defects in their babies." In the statement March of Dimes Senior Vice President and Medical Director Dr. Alan Fleischman says, "According to our professional partner, the American College of Obstetricians and Gynecologists, patients who saw the show are asking their ob/gyns for clarification about whether moderate – or even light – alcohol will impact the health of their baby. That's why we're repeating the message: There is no safe level of alcohol use during pregnancy or when you're trying to have a baby." For more from March of Dimes, go to [http://www.marchofdimes.com/aboutus/22684\\_28752.asp](http://www.marchofdimes.com/aboutus/22684_28752.asp). For more from ACOG, go to [http://www.acog.org/from\\_home/publications/press\\_releases/nr02-06-08-1.cfm](http://www.acog.org/from_home/publications/press_releases/nr02-06-08-1.cfm).

### **3) CHANGES PROPOSED TO FAMILY AND MEDICAL LEAVE ACT (FMLA)**

Last week the US Department of Labor announced a proposed change to the Family and Medical Leave Act (FMLA), which has been criticized by Senate Health, Education, Labor and Pensions Committee Chair Edward Kennedy [D, Mass] and Labor Committee Chair George Miller [D, Calif]. Opponents argue that the revision will make it harder for workers to take leave after the birth or adoption of a child. Currently, FMLA allows employees to take two days off before officially requesting the protected unpaid leave from their employers. The proposed change would require workers to request leave before taking it, and would also require some workers to prove proof of "fitness-for-duty" before

returning. The Department of Labor has opened a 60-day public comment period on the proposal. To view it as a PDF from the Federal Register, go to <http://a257.g.akamaitech.net/7/257/2422/01jan20081800/edocket.access.gpo.gov/2008/pdf/E8-2062.pdf>.

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

#### **4) ONLINE FEATURE EDUCATES ABOUT DUCHENNE MUSCULAR DYSTROPHY**

To mark Duchenne Muscular Dystrophy (DMD) Awareness Week, February 10-16, the National Center on Birth Defects and Developmental Disabilities at CDC has developed an online feature about this most common form of muscular dystrophy in children. DMD is typically diagnosed in children between ages three and six, with early signs including delays in walking, frequent falling and difficulty getting up from sitting or lying positions. Muscles become weaker over time, and children who have DMD usually become unable to walk by age 12. Due in part to breathing and heart problems, children with DMD have life expectancies only into the teens or early 20s. To access the NCBDDD feature and share it with colleagues, go to <http://www.cdc.gov/Features/MuscularDystrophy>.

#### **5) REGISTRATION OPEN FOR FEBRUARY 21 "EMERGING ISSUES" CALL**

Registration is open for the next in the "Emerging Issues in Maternal and Child Health" series of webcasts, sponsored by NACCHO and CityMatCH. Set for this Thursday, February 21 from 3 to 4:30 p.m. EST, the call will highlight the national We Can! (Ways to Enhance Children's Activity and Nutrition) program. The program focuses on improving food choices, increasing physical activity and reducing screen time to help children maintain a healthy weight. The webcast will focus on the ways in which health departments are implementing the We Can! Program and will feature speakers including the Acting Surgeon General Dr. Steven Galson; representatives of public health departments across the country; and the coordinator of the Obesity Education Initiative at the National Heart, Lung and Blood Institute at NIH. To register for this free event, go to <http://webcasts.naccho.org>.

### ADVOCATES IN ACTION

#### **6) COALITION RESPONDS TO FINDINGS ON BABY PRODUCT TOXICS**

A coalition of public health and environmental NGOs is calling for a moratorium on Bisphe-nol A (BPA) in baby bottles, food and beverage containers, based on the results of a new study's findings that the toxic chemical leaches from plastics when heated. The study, commissioned by Environmental Defense of

Canada and researched in the lab of University of Missouri faculty, found that when new bottles are heated, those manufactured by Avent, Evenflo, Dr. Brown's and Disney/First Years leached significant amounts of BPA. And recent animal research suggests that even BPA levels lower than these may disrupt normal child development. The synthetic sex hormone, which mimics estrogen and is used to make hard polycarbonate plastic, is used in the making of approximately 95 percent of all baby bottles on the US market. To date, nine states are considering legislation to restrict the use of BPA in children's products: California, Connecticut, Hawaii, Maine, Maryland, Massachusetts, Minnesota, New York and Pennsylvania. To learn more and download the study, go to [http://www.chej.org/BPA\\_Website.htm](http://www.chej.org/BPA_Website.htm).

### NONPROFIT MANAGEMENT

#### **7) MARCH 3: DEADLINE TO APPLY FOR TAPROOT FOUNDATION SERVICE GRANTS**

The Taproot Foundation - an unconventional foundation awarding pro bono consulting services (service grants) in marketing, IT, human resources and strategy management to nonprofits - is accepting applicants until March 3, 2008 for its next round of awards. Grants provide \$50,000 worth of professional services. Applicant missions must fit within one of the following four categories: health, environment, social services or education (pre-K or K-12). Eligible nonprofits will have 501(c) (3) status or operate under the fiscal sponsorship of a 501 (c) (3). Applicants must also be headquartered within one of the foundation's service areas - New York City, Boston, the San Francisco Bay area, Chicago, Seattle or Washington, DC. To learn more and apply, go to <http://www.taprootfoundation.org>.

### JOB OPPORTUNITY

#### **8) ZERO TO THREE SEEKS SENIOR MANAGER, GOVERNMENT GRANTS & CONTRACTS**

Zero to Three: National Center for Infants, Toddlers and Families is accepting applicants for the position of Senior Manager of Government Grants and Contracts in its Washington, DC office. The individual in this position will identify and respond to government RFPs, coordinate and manage the internal RFP application process, seek new agencies and sources of public funds, build relationships with contracts and grants officers at all levels, and develop strategies to influence decision-makers in the public sector. To learn more about the position and to apply, go to <http://www.zerotothree.org>.

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## News From National Healthy Mothers, Healthy Babies— February 11, 2008

### MATERNAL-INFANT HEALTH NEWS

#### 1) BABY PRODUCTS LINKED TO HIGHER PHTHALATE LEVELS

A new study published in the journal *Pediatrics* finds evidence that infants are absorbing phthalates, chemicals widely used in baby products, through the skin. Phthalates have been found in recent studies to have toxic effects on the developing endocrine and reproductive system. The research team in this study tested urinary concentrations of 163 infants, finding that all of the samples contained at least one phthalate at measurable levels, and 80 percent contained measurable amounts of at least seven types of phthalates. The associations between the use of phthalate-containing baby products – such as shampoos, lotions and powders – and urine concentrations were strongest in infants younger than eight months old, whose immature metabolic systems may make them most vulnerable to toxicity. Currently, manufacturers in the US are not required to label the phthalate content of products. The authors suggest that parents limit the amount of infant care products they use, and apply lotions or powders only if medically necessary. Parents can also look for baby products whose labels specifically state that they are “phthalate-free.” For the abstract, go to <http://pediatrics.aappublications.org/cgi/content/abstract/121/2/e260>.

#### 2) NEW ACOG GUIDELINES ON ASTHMA MANAGEMENT DURING PREGNANCY

A new Practice Bulletin released by the American College of Obstetricians and Gynecologists (ACOG) recommends that asthmatic women should remain on their asthma medication in the lowest dose possible during pregnancy, in order to effectively manage symptoms. The bulletin also states that women with moderate or severe asthma should be monitored throughout pregnancy for fetal growth restriction and signs of preterm birth. These recommendations are based on a review of the research on asthma and pregnancy, and support the findings of the National Asthma Education Prevention Program that “it is safer for pregnant women with asthma to be treated with asthma medications than it is for them to have asthma symptoms and exacerbations.” Asthma attacks during pregnancy may deprive the fetus of oxygen and have been linked to both fetal complications and morbidity and mortality in women. According to Dr. Andrew Satin, chair of ACOG’s Committee on Practice Bulletins-Obstetrics, “Previously there was limited guidance regarding the management of asthma during pregnancy. With the growing number of asthmatics in the US, it became a priority to formalize recommendations for ob-gyns, who will likely see an increasing number of asthmatic patients.” For more on ACOG’s recommendations for asthma

management during pregnancy, go to [http://www.acog.org/from\\_home/publications/press\\_releases/nr02-01-08-1.cfm](http://www.acog.org/from_home/publications/press_releases/nr02-01-08-1.cfm).

#### 3) STUDY: ACCULTURATION RAISES HISPANIC WOMEN’S PRETERM BIRTH RISK

According to a new study, acculturation is an obstetric risk factor for low-income Hispanic women living in the US. Findings published in the February issue of the journal *Obstetrics & Gynecology* suggest that as these women become more adapted to American culture, they are more likely to have preterm births. The team from the University of Texas-Galveston Medical Branch followed the pregnancies, hormone levels and birth outcomes of almost 500 low-income Hispanic women. They found that women who have adopted the behaviors, beliefs and values of mainstream US culture (including English-language proficiency) are four times more likely than their less acculturated peers to give birth prematurely. In line with these findings are previous studies showing that as Hispanics living in the US become more acculturated, their health declines. For the abstract, go to <http://www.greenjournal.org/cgi/content/abstract/111/2/309>.

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

#### 4) POLICY BRIEF: “REDUCING MATERNAL DEPRESSION & ITS IMPACT ON YOUNG CHILDREN”

Columbia University’s National Center for Children in Poverty (NCCP) has announced a new policy brief, “Reducing Maternal Depression and Its Impact on Young Children: Toward a Responsive Early Childhood Policy Framework.” According to the NCCP, maternal depression is a major risk factor affecting the school-readiness and broader wellbeing of young children – and that low-income mothers experience disproportionately high levels of depression, often in alongside other risk factors. The policy briefing offers an overview of the importance of addressing maternal depression as an effort central to early childhood development and early school success. To download the free report, go to [http://www.nccp.org/publications/pub\\_791.html](http://www.nccp.org/publications/pub_791.html).

### ADVOCATES IN ACTION

#### 5) GRANT OPPORTUNITY FROM DANNON CO.

In 2008 the Dannon Company will award a grant of \$30,000 to one program nurturing healthy eating habits among children in each of the communities where a Dannon facility is located. These communities include Ohio counties of Auglaize, Darke, Mercer and Shelby; Salt Lake County in Utah; Tarrant County in Texas; and Westchester County in New York. Qualifying organizations will be tax-exempt nonprofits who

have a current nutrition education program for children up to age 18, or who are able to launch such an initiative in late 2008. Programs should be creative, involve community partners, include professional nutrition staff or consultants, and be designed to impact children’s healthy nutrition habits. Deadline to apply is March 31. For more information, go to <http://www.dannon.com/dannoncares.aspx>.

### NONPROFIT MANAGEMENT

#### 6) FREE RESOURCE: GUIDE TO BLOG ADVOCACY

Global Voices has released the second edition of their guide to nonprofit blogging, “Blog for a Cause: The Guide to Blog Advocacy.” This 21-page downloadable PDF covers frequently asked questions about what blog advocacy is, the key elements of a successful advocacy blog, steps to creating your blog and making it a successful community of participants, and tips for keeping blog activists safe online. They also cover the difference between “crisis” and “issue” blogs and the benefits this medium can offer. To learn more and download the guide, go to <http://www.globalvoicesonline.org/2008/01/30/blog-for-a-cause-the-global-voices-guide-of-blog-advocacy>.

### NONPROFIT JOB OPPORTUNITY

#### 7) APPLICANTS SOUGHT FOR FOUNDING HEAD OF SCHOOL

The Auburn School, a private day school opening in September 2008 in Northern Virginia, is accepting applicants for its founding Head of School. The Auburn School will serve students who have Asperger’s syndrome and nonverbal learning differences/disabilities. The school will initially serve grades K-6, with plans to expand in future years. The successful candidate will be an education leader with a proven track record of success managing high-performing schools or programs that serve students with social and learning difficulties. To learn more and apply, go to [http://www.jobtarget.com/c/job.cfm?site\\_id=630&jb=4112080](http://www.jobtarget.com/c/job.cfm?site_id=630&jb=4112080).

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## Public Health Conferences and Events

### **February 25-27, 2008**

Child Welfare League of America National Conference

Location: Washington, DC

See: [www.cwla.org](http://www.cwla.org)

### **February 27, 2008**

Voices for Georgia's Children

Policy Watch at the Capitol Legislative Breakfast

See: [www.georgiavoices.org](http://www.georgiavoices.org)

### **February 27, 2008**

G-CAPP Annual Legislative Reception

See: [www.gcapp.org](http://www.gcapp.org)

### **February 27 – March 1, 2008**

Learning Disabilities Association of America

Location: Chicago, IL

See: [www.ldanatl.org/conference/index.asp](http://www.ldanatl.org/conference/index.asp)

### **March 1-5, 2008**

Title: Association of Maternal and Child Health Programs Conference

Location: Hilton Alexandria Mark Center, Alexandria VA

See: <http://www.amchp.org/Conference/2008/index.html>

### **March 14-18, 2008**

American Academy of Allergy, Asthma & Immunology Annual Meeting

Location: Philadelphia, PA

See: [www.aaaai.org/members/annual\\_meeting/am2008](http://www.aaaai.org/members/annual_meeting/am2008)

### **March 12-15, 2008**

Title: National After School Association Conference

Location: Fort Lauderdale, FL

See: [www.naaconference.org](http://www.naaconference.org)

### **March 17-21, 2008**

Title: Forum for Improving Children's Healthcare

Location: Miami, FL

See: [www.nichq.org](http://www.nichq.org)



**HEALTHY MOTHERS, HEALTHY BABIES**

*Coalition of Georgia*

## *Improving the health status of Georgia's families.*

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## March Health Observances

1 - 31

National Colorectal Cancer Awareness Month

Cancer Research and Prevention Foundation

[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

1 - 31

National Endometriosis Awareness Month

Endometriosis Research Center

[www.endocenter.org](http://www.endocenter.org)

1 - 31

National Multiple Sclerosis Education and Awareness Month

Multiple Sclerosis Foundation

[www.msfocus.org](http://www.msfocus.org)

1 - 31

National Nutrition Month®

American Dietetic Association

[www.eatright.org](http://www.eatright.org)

1 - 31

Save Your Vision Month

American Optometric Association

[www.aoa.org](http://www.aoa.org)

3 - 7

National School Breakfast Week

School Nutrition Association

[www.schoolnutrition.org](http://www.schoolnutrition.org)

10 - 17

Multiple Sclerosis Awareness Week

National Multiple Sclerosis Society

[www.nationalmssociety.org](http://www.nationalmssociety.org)

13

World Kidney Day

National Kidney Foundation

[www.kidney.org/news/wkd/index.cfm](http://www.kidney.org/news/wkd/index.cfm)

16 - 22

National Poison Prevention Week

National Poison Prevention Week Council

[www.poisonprevention.org](http://www.poisonprevention.org)

25

American Diabetes Alert Day

American Diabetes Association

[www.diabetes.org/communityprograms-and-localevents/americandiabetesalert.jsp](http://www.diabetes.org/communityprograms-and-localevents/americandiabetesalert.jsp)

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This newsletter is being distributed to HMHB Coalition Members. Please submit your questions or comments about this newsletter and or its content to Jessica Hawkins at [jessica.hawkins@hmhbga.org](mailto:jessica.hawkins@hmhbga.org).

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