



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

# HMHB Resource Watch

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

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

**Volume 9, Issue 3**  
**February 6, 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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## **Get Involved with HMHB**

**We need YOU!**



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



We are in the planning stages of our yearly health fair. This year we are moving the health fair to 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).

# HMHB in the Community

February 9<sup>th</sup> 10:00 a.m.- 6 p.m. – February 10<sup>th</sup> 11:00 a.m.- 5:00 p.m. Gwinnett Center Family Fest, Gwinnett Center

February 9<sup>th</sup> 9:00- 1:00 p.m. – Sister to Sister, Twelve at Atlantic Station, 361 17<sup>th</sup> Street, NW, Atlanta GA

February 9<sup>th</sup> 11:00 – 3 p.m. – Black Heritage Festival/ Health Expo, Savannah Civic Center, Savannah, GA

February 28<sup>th</sup> 10 a.m.- 3 p.m. 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 a.m. -1 p.m. Healthy Kids Day Albany, GA Albany YMCA

March 13<sup>th</sup> 8 a.m.-3 p.m. 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 a.m. -2:00 p.m. Atlanta Fulton Public Library Second Annual Health Fair Atlanta, GA

April 5<sup>th</sup> 10-2 Health, It’s a Family Affair, Savannah State University, Savannah, GA

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

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

## Get Involved in your Community

### Diabetes EXPO Atlanta

**When:** Saturday, March 8, 2008

**Where:** Georgia World Congress Center  
Building C/Hall C4

**Time:** 9:00 a.m. - 4:00 p.m.

**Register [Online](#) for Free VIP Admission**

**[Get your \\$4.00 Diabetes EXPO Parking Coupon](#)**

**Diabetes EXPO is for people with diabetes, those at risk for diabetes, and anyone interested in healthy living. Here's what to expect:**

How-to Product Demonstrations

Free Health Screenings - (while supplies last)  
A1C, Blood Pressure, Cholesterol,  
Eye, Foot, Kidney, Bone Density

Healthy Cooking & Exercise Demonstrations

Exciting Workshops & Speakers

Interactive Youth Zone for kids of all ages

Medical Professionals on hand to answer quest



## Public Health News

### Breast milk linked to greater mental development in preterm infants, fewer re-hospitalizations

Extremely low birth weight premature infants who received breast milk shortly after birth — while still in intensive care units — had greater mental development scores at 30 months of age than did infants who were not fed breast milk, according to research from the National Institute of Child Health and Human Development. Moreover, infants fed breast milk were less likely to have been re-hospitalized after their initial discharge than were the infants not fed breast milk. The study, a follow up to a previous study in which the same infants were tested at age 18 months, shows that the breast-fed infants held the developmental gains seen in the earlier study.

The study appears in the Oct. 1 issue of *Pediatrics*. "These findings strongly suggest that, whenever possible, preterm infants should routinely be given breast milk during their stay in the intensive care unit," said NICHD Director Duane Alexander, MD. Extremely low birth weight infants are the tiniest and most fragile of premature infants, weighing less than 2.2 pounds at birth, explained Rose Higgins, MD, the NICHD author of the current study and program officer for the NICHD Neonatal Research Network. This category of infants makes up about 1 percent of all U.S. births, or roughly 40,000 each year.

Researchers have long known the benefits of breast milk for full term infants, but its potential effects in preterm infants had not been well studied, Higgins said. Full-term infants given breast milk are less likely to develop diarrheal diseases, skin allergies, ear infections or upper respiratory infections. Some studies indicate that they are less likely to be overweight or obese as adults. To conduct the study, the researchers tracked the breast milk intake of 773 extremely low birth weight infants in the neonatal intensive care units at 12 sites in the NICHD Neonatal Research Network, between 1999 and 2001.

The children in the current study were divided into five groups by the quantity of breast milk they had ingested while in the neonatal intensive care unit. The majority of the infants had been given at least some breast milk while in the unit. Only about one-fifth of the children in the study had not been fed any breast milk.

The researchers found that the benefits of breast milk first seen at 18 months were still present at 30 months. Children who had been given breast milk received higher scores on the Mental Developmental Index, a test measuring the children's overall intelligence. The average score was 76.5 for children who had not received any breast milk in the intensive care unit, compared to a score of 89.7 for children who had received the greatest amount of breast milk. Children who had been given breast milk also showed greater ability to control and appropriately respond to emotions and were also less likely to have been readmitted to the hospital after their discharge and before 30 months.

There was no difference in the amount of growth or the rate of cerebral palsy in children who had received breast milk in the neonatal intensive care unit compared with those who had not. The researchers hypothesized that breast milk may boost the children's immunity against respiratory infections, the principal reason children who had not received breast milk were hospitalized. "Breast milk offers immune advantages for the infant," Higgins said. "It has natural substances that protect against infection."

Because they are unable to feed themselves, premature infants receive fluids and nutrients intravenously. Gradually, breast milk is dripped into their stomachs through a feeding tube. When the infants are healthy enough, the intravenous tube can be removed and the baby can receive all its nutrition from the feeding tube. In the previous study, the researchers found that infants who had ingested breast milk were able to leave the neonatal intensive care unit sooner and were able to make the transition faster from intravenous feeding to receiving all their nutrition through a feeding tube than were infants receiving formula.

Higgins explained that earlier studies of term infants had found that infants who were breastfed tended to score higher on tests of mental development than did those who were not. She noted that mothers who breastfeed their infants tend to have more education than those who do not breast feed. For this reason, the researchers were unsure whether the breast fed infants' higher test scores resulted from their consumption of breast milk or from the fact that their more educated mothers were able to provide them with greater intellectual stimulation.

In the current study, mothers who provided breast milk for their infants also tended to have more education than those who did not. However, in their analysis of the data, the researchers mathematically compensated for the mothers' educational levels. With this adjustment, the researchers concluded that consumption of breast milk had a positive effect on infants' mental development scales, independent of mothers' educational levels.

The researchers concluded that all health care professionals — obstetricians, neonatologists, lactation consultants and primary care providers — who come in contact with pregnant women and with new mothers should explain to them the benefits of breast feeding.

APHA (2007). *Breast milk linked to greater mental development in preterm infants, fewer re-hospitalizations* [Electronic Version]. Retrieved February 5, 2008, from <http://www.apha.org/publications/tnh/current/Dec07Jan08/WebExclusives/BreastfeedWebEx.htm?NRMODE=Published&NRNODEGUID=%7bF293E585-6F8B-45BF-A335-BC16D6094D0B%7d&NRORIGINALURL=%2fpublications%2ftnh%2fcurrent%2fDec07Jan08%2fWebExclusives%2fBreastfeedWebEx.htm&NRCACHEHINT=NoModifyGuest&PF=true>,

Story courtesy National Institutes of Health, Oct. 1, 2007. This story does not contain original reporting by The Nation's Health staff. Not an APHA member? Want more of the latest public health news? [Subscribe](#) to The Nation's Health newspaper!



## News From National Healthy Mothers, Healthy Babies— February 4, 2008

### MATERNAL-INFANT HEALTH NEWS

**1) REPORT: DHA & ARA IN INFANT FORMULAS MAY BE LINKED TO GASTROINTESTINAL PROBLEMS** The National Alliance for Breastfeeding Advocacy (NABA) recently contributed to a report published by The Cornucopia Institute on DHA and ARA in infant formula. “Replacing Mother: Imitating Human Breast Milk in the Laboratory” details research on adding novel oils omega-3 and omega-6 fatty acids, produced in labs and extracted from algae and fungus, into infant formula products. The report presents findings indicating that these additives may endanger the health of some formula-fed newborns and toddlers by causing diarrhea or other gastrointestinal problems, despite aggressive marketing campaigns suggesting the products are close replications of breast milk. To download the free report, go to <http://cornucopia.org/index.php/replacing-mother-infant-formula-report>. The webpage also links to an Action Alert, stemming from a petition filed with the FDA by NABA and The Cornucopia Institute, recommending a warning label on infant formula containing these novel oils.

### 2) ACNM ANNOUNCES WOMEN’S HEALTH EXPO, COINCIDING WITH ANNUAL MEETING

Registration is now open for the American College of Nurse-Midwives 53rd Annual Meeting and Exhibit, set for May 23-29 in Boston. More than 2,000 certified nurse-midwives, certified midwives, women’s health professionals, exhibitors and speakers are expected to attend. The meeting will feature sessions on more than 100 topics given by internationally-known women’s health experts, as well as keynote speaker Dr. Eugene Declercq of the Boston University School of Public Health. ACNM will also host its first-ever Women’s Health Expo on Saturday, May 24 – a consumer-focused event that is free to the public and will feature health information, book signings, film screenings, more than 200 women’s health product and service exhibitors and a chance to network with leaders in the field. To learn more and register, go to <http://www.midwife.org/am>.

### 3) NHTSA UNVEILS NEW CAR SEAT RATING SYSTEM

The National Highway Traffic Safety Administration (NHTSA) has announced a new five-star government rating system for child safety seats, evaluating car seats on how easy they are to properly install. Under the new ratings, expanded criteria are used to evaluate the seats, which are awarded an overall star rating, as well as individual ratings in four categories: securing the child, vehicle installation features, labeling and instructions. The new system does not measure how effectively a seat protects a child in the event of a crash, but rather compares how easy one seat is to use over another. NHTSA data suggests that seven out of 10 car seats are either the wrong size for the child seriously misused, ultimately reducing their

effectiveness in a crash. NHTSA says it will add and rate new models as they become available on the market. The complete list of rankings is available at <http://www.nhtsa.dot.gov>.

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

**4) RESOURCES FOR CHILDREN’S DENTAL HEALTH MONTH** To mark February as Children’s Dental Health Month, and the American Academy of Pediatrics (AAP) has partnered with Oral-B Stages to share the message that tooth decay is the most common chronic childhood disease today – five times more common than pediatric asthma. AAP has produced a new brochure for the parents of young children, “First Steps to a Healthy Smile,” available for download at: [http://www.aap.org/publiced/BR\\_firststepshealthysmile.pdf](http://www.aap.org/publiced/BR_firststepshealthysmile.pdf). The American Dental Association (ADA) is also offering free online resources for Children’s Dental Health Month, including activity sheets and games for kids, presentation materials, posters and planning kits. Go to <http://www.ada.org/prof/events/featured/ncdhm.asp>.

### 5) CDC: ADULTS BEHIND ON IMMUNIZATIONS

A new report from the Centers for Disease Control and Prevention (CDC) finds that American adults are falling behind on immunizations that can help protect against the spread of infectious diseases. In particular, CDC reports that the numbers of newly vaccinated adults are surprisingly low, despite the high level of public attention brought to new vaccines protecting against whooping cough, cervical cancer and shingles. For example, only about two percent of adults age 18 to 64 have taken the booster shot against whooping cough (Tdap) in its two years on the market. The whooping cough vaccine given to infants and toddlers begins to wear off by adolescence – and unprotected adults can easily spread the illness to not-yet-vaccinated infants, who can experience health complications or even death from the bacterial infection, also known as pertussis. One factor that may play a role: Cost. Insurance coverage varies for the sometimes expensive immunizations, and no national program guarantees access to low-income adults. For more about immunization from CDC, go to <http://www.cdc.gov/vaccines>.

### ADVOCATES IN ACTION

**6) PRESENTATION OFFERS OVERVIEW OF CHILDREN’S ISSUES IN PRESIDENTIAL CAMPAIGN** Every Child Matters has produced a multimedia presentation provid-

ing a basic overview of the critical issues and statistics on children that are at the forefront of the US presidential election campaign. The presentation may be shared with colleagues, used to inform your community about the issues affecting children this election season, and to communicate with the candidates about making children a priority in their campaign platforms. To view and download the presentation from Every Child Matters and view relevant state rankings related to child health and safety, go to <http://www.everychildmatters.org/homelandinsecurity/homeland2008.html>.

### NONPROFIT MANAGEMENT

#### **7) FEBRUARY 6: LOW-COST TELESEMINAR ON MEDIA OUTREACH**

This Wednesday, February 6 from 2 to 3 p.m. EST, NonprofitMarketingGuide.com’s Learning Center will offer a low-cost teleseminar, “Getting Reporters to Cover Your Nonprofit: How to Tell Your Story, So They’ll Tell It, Too.” Registration is \$20 for this toll-free conference call hosted by veteran reporter Claire Meyerhoff interviewing Nonprofit Marketing Guide’s Kivi Leroux Miller, followed by Q&A with participants. Registrants will “learn what reporters love (and hate) to see in press releases, and the dos and don’ts of pitching reporters to cover your organization’s work.” To learn more and register, go to [www.nonprofitmarketingguide.com/webinars/mediaattention.htm](http://www.nonprofitmarketingguide.com/webinars/mediaattention.htm).

### NONPROFIT JOB OPPORTUNITY

#### **8) INDEPENDENT SECTOR SEEKS MANAGER, NONPROFIT COMMUNITY COMMUNICATIONS INITIATIVE**

Independent Sector is accepting applicants for a collaborative communications strategist to lead its Nonprofit Community Communications Initiative. The manager in this position should have extensive experience in communications planning and implementation, a background in working with coalitions and partnerships, and a strong understanding of media and policy issues facing the nonprofit community. Requirements include six to eight years experience with public opinion research, communications planning, message development, and analyzing and incorporating feedback into planning. Submit letter, resume, work samples and salary history to: [resumes@independentsector.org](mailto:resumes@independentsector.org). To learn more, go to [www.independentsector.org](http://www.independentsector.org).

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## News From National Healthy Mothers, Healthy Babies— January 28, 2008

### MATERNAL-INFANT HEALTH NEWS

#### 1) NEW FINDINGS ON CAFFEINE & MISCARRIAGE RISK

New research published this month examines caffeine consumption during pregnancy and the risk of miscarriage. One study published in the Journal of Obstetrics and Gynecology looked at 1,063 women and found that those who consumed 200 milligrams or more of caffeine per day during pregnancy – the amount in two five-ounce sips – had double the miscarriage risk as pregnant women who did not drink caffeine, after excluding other risk factors such as maternal age and smoking. A separate study, published in the journal Epidemiology, had very different findings. Based on data from the 2,407 women enrolled, they found that moderate caffeine intake (daily consumption of about 200 milligrams at approximately 20 weeks' gestation) did not increase miscarriage risk. Epidemiologists say findings on this issue may be complicated by multiple factors, including the fact that individuals process caffeine differently. However, the March of Dimes is revising its fact sheet and recommendations on caffeine. They now recommend that "women who are trying to conceive or who are pregnant limit their caffeine intake from all sources to 200 milligrams or less every day." For more on this topic from March of Dimes, go to [http://www.marchofdimes.com/professionals/14332\\_1148.asp](http://www.marchofdimes.com/professionals/14332_1148.asp).

#### 2) MCH LIBRARY ANNOUNCES NEW EDITION OF PRECONCEPTION & PREGNANCY RESOURCE

The MCH Library at Georgetown University has announced a new edition of its Preconception and Pregnancy Knowledge Path, a guide to resources that analyze perinatal health statistics, describe effective prenatal care programs, and report on research aimed at improving access to and quality of prenatal care and outcomes. The Knowledge Path includes consumer health resources and resources specific to areas such as childbirth, depression, drug and alcohol use, environmental concerns, nutrition, oral health, tobacco use, and fertility and infertility. To access the updated edition of this resource, go to [http://www.mchlibrary.info/KnowledgePaths/kp\\_pregnancy.html](http://www.mchlibrary.info/KnowledgePaths/kp_pregnancy.html)

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

#### 3) KAISER FAMILY FOUNDATION TRACKS HEALTH CARE ISSUES ON

#### THE CAMPAIGN TRAIL

The Kaiser Family Foundation has created a website offering resources for following health care developments during the political campaign season. The site, <http://www.health08.org>, is an interactive tool where users can make side-by-side comparisons of the presidential candidates' health care proposals and positions on coverage, cost containment and quality of care. The site also provides frequently-updated syntheses of news coverage about health and the campaign, videos and podcasts from the campaign trail, regular Kaiser polls examining public views on health issues, a calendar of events nationwide and links to resources from other organizations. To sign up for Kaiser's free, weekly email highlighting the most recent updates to the site, go to <http://www.health08.org/email>.

#### ADVOCATES IN ACTION

##### 4) CALL FOR PROPOSALS: RONALD MCDONALD HOUSE CHARITIES

Ronald McDonald House Charities is accepting grant proposals from nonprofit, tax-exempt organizations whose national or global programs help to improve the health and wellbeing of children. Deadline is April 28, 2008 for letters of inquiry from any organization with a specific program addressing children's health and wellbeing, which addresses a significant funding gap or critical opportunity, has long-term impact in terms of reach or replication and produces measurable results. They do not fund partisan, political or denominational programs; ongoing general and administrative costs; endowment campaigns; medical research; or advertising or fundraising drives. For complete details, go to <http://www.rmhc.com/grants/#apply>.

#### NONPROFIT MANAGEMENT

##### 5) GOOGLE HELPS NONPROFITS RAISE MONEY & AWARENESS

One of the most powerful Internet search engines also offers an in-kind advertising opportunity for nonprofits. The Google Grants Program allows nonprofit organizations to raise funds - and awareness - in new ways, beyond the grant search, product sales, and planned giving. While businesses purchase "contextual" ads that place corporate messages next to Google search pages related to their product or service, Google allows nonprofits to take advantage of left-over ad space at no charge. If selected by Google to participate in its grants program, your organization can indirectly raise funds with your own contextual ads that draw potential donors to your website,

while also gaining valuable publicity. The ads of grantee organizations run on Google search pages for approximately three months. To find out more and apply to the program, go to <http://www.google.com/grants>.

#### NONPROFIT JOB OPPORTUNITY

##### 6) NATIONAL RESEARCH CENTER FOR WOMEN & FAMILIES SEEKS DEVELOPMENT PROFESSIONAL

The National Research Center for Women and Families is seeking a Development Director or Associate, part-time or full-time, for their Washington, DC office. This small national nonprofit is looking for an experienced professional with excellent organizational and communication skills, great interpersonal skills and dedication to improving the health and safety of women, children and families. The successful candidate will work directly with the Center's president and communications director, and should have a successful track record of raising money for nonprofit causes. Qualified applicants may send a resume and cover letter to: [info@center4research.org](mailto:info@center4research.org). To learn more, go to <http://www.center4research.org>.

#### Sources:

<http://www.nccc-online.org>  
<http://www.marchofdimes.com>  
<http://www.mchlibrary.info>  
<http://www.health08.org>  
<http://www.rmhc.com>  
<http://www.google.com/grants>  
<http://www.center4research.org>

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## Public Health Conferences and Events

**February 6, 2008**

**HMHB 21st Annual Legislative Breakfast**

**Location: "Sloppy" Floyd Building**

**See: [www.hmhbga.org](http://www.hmhbga.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 10-13**

Title: 11th Annual Meeting of the National Birth Defects Prevention Network

City: Washington, D.C.

See: [http://www.nbdpn.org/current/annualmeeting/index08\\_savethedate.html](http://www.nbdpn.org/current/annualmeeting/index08_savethedate.html)

**February 24-26**

Title: "Discover the Connections! Bridging Strategies to Prevent Child Injury and Maltreatment"

City: Sacramento, California

See: [www.cce.csus.edu/conferences/cdph/08](http://www.cce.csus.edu/conferences/cdph/08)

**March 1-4**

Title: AMCHP 2008 Annual Conference

Location: Hilton Alexandria Mark Center, Alexandria VA

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



healthy mothers, healthy babies

**HEALTHY MOTHERS, HEALTHY BABIES**

Coalition of Georgia

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

Healthy Mothers, Healthy Babies Coalition of  
Georgia

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## February Health Observances

**1 - 29**

International Prenatal Infection Prevention Month

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

**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**

National Children's Dental Health Month

American Dental Association

[www.ada.org/goto/ncdhn](http://www.ada.org/goto/ncdhn)

**1 - 28**

National Wise Health Consumer Month

American Institute for Preventive Medicine

[www.healthylife.com](http://www.healthylife.com)

**3 - 9**

National Burn Awareness Week

Shriners International Headquarters

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

**7 - 14**

Congenital Heart Defect Awareness Week

Congenital Heart Information Network

[tchin.org/aware](http://tchin.org/aware)

**10 - 16**

Children of Alcoholics Week

National Association for Children of Alcoholics

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

**24 - March 1**

National Eating Disorders Awareness Week

National Eating Disorders Association

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

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