



HEALTHY MOTHERS, HEALTHY BABIES
Coalition of Georgia

HMHB Resource Watch

Improving the health status of Georgia's families.

Public Health News

Healthy Mothers Healthy Babies Legislative Reception

Vol. 12 Issue 6

January 15, 2010

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Save the Date!!!

Healthy Mothers, Healthy Babies Coalition of Georgia's

Legislative Reception
Wednesday, February 3, 2010
5:30PM-8:00PM
Central Presbyterian Church
201 Washington Street
Atlanta, GA 30303

Join us for an evening of discussion with legislators and policymakers regarding health issues facing Georgians in the 2010 Legislative Session.

- Threats to health benefits - mammograms, pap smears, and childhood immunizations. Legislation and policy changes impacting services for Medicaid and PeachCare clients.
- Funding for pediatric vaccines for underinsured children.
- Statewide trauma care system.
- Legislation to increase the state's tobacco tax.

Register now at www.hmhbga.org as tickets are selling very quickly.

Early registration is now available until February 1, 2010. Several organizations and legislators have pledged to attend. This includes: Senator Gail Buckner, Dr. Alfred Wyatt, Mindy Binderman, and Eric Bailey.

Thank you to our sponsors: Northside Hospital Sanofi Pasteur, Georgia Dental Association, and American Academy of Pediatrics.

Thank you to our advocacy partners: Statewide Independent Living Council of Georgia and Georgia Budget and Policy Institute.

If you would like to become a sponsor, exhibitor or advocacy partner, please contact us at (770) 451-0020.

* Georgia General Assembly has begun its 2010 session, look forward to HMHB keeping you informed with weekly updates.



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Public Health News National Birth Defects Prevention Month

Birth Defect Prevention Begins Before Conception

<http://yourtotalhealth.ivillage.com/birth-defect-prevention-begins-before-conception.print.html>

Jan. 8 (iVillage Total Health) -- January marks the observance of National Birth Defects Prevention Month. Birth defects are the leading cause of death in the first year of a baby's life. Three percent of infants born in the United States - about one in every 33 births each year - have some kind of birth defect, according to the Centers for Disease Control and Prevention.

A birth defect is any abnormality present at birth that results in physical or mental disability or death. The abnormality may affect the child's structure, ability to function or metabolism. There are more than 4,000 different [birth defects](#), according to the American Academy of Family Physicians (AAFP). They vary widely, from structural defects (e.g., [heart defects](#)) to metabolic problems (e.g., [phenylketonuria](#)) and combinations of both. Many birth defects are genetic disorders caused by alterations to genes or chromosomes that affect normal development (e.g., [Down syndrome](#), cystic fibrosis).

A birth defect can develop at any stage of [pregnancy](#). However, most birth defects occur during the first three months of pregnancy, which is the most important stage of [development](#). Any developmental abnormalities that occur during these early stages of development can cause the fetus to grow defectively for the rest of the pregnancy. Any factor that interrupts the proper formation of the organs can result in a birth defect.

Many health organizations, such as the American College of Obstetricians and Gynecologists (ACOG) and March of Dimes are urging women to make efforts to protect or improve their health, which in turn can help prevent some birth defects during pregnancy. Because many birth defects may occur before a woman discovers that she is pregnant, she may unknowingly expose her fetus to conditions that she would otherwise avoid (e.g., drinking alcohol, [smoking](#)) if she knew that she was pregnant.

Pregnancies that are planned have a reduced risk of birth defects. Women who plan their pregnancies tend to take care of themselves as though they were pregnant. This is particularly beneficial because many steps to prevent birth defects are best initiated before conception. For example, [fetal alcohol syndrome](#) can be prevented by avoiding alcohol during pregnancy. Taking 400 micrograms of folic acid (a type of B vitamin) daily has been shown to reduce the risk of neural tube defects (e.g., [spina bifida](#)) by 70 percent, according to the AAFP. However, it must be taken both before and during pregnancy.

Planning a pregnancy also allows women to treat or control any conditions (e.g., [obesity](#), [diabetes](#), seizures, [high blood pressure](#), thyroid disorders) that may threaten a fetus' development before their pregnancy. In addition, the ACOG is now recommending that all pregnant women get screened for Down syndrome. Previous recommendations advised screening for pregnant women over age 35. However, newer, less invasive screening options are now available and can detect Down syndrome early in pregnancy. Down syndrome is a chromosomal disorder that cannot be cured, but early detection can offer parents and physicians time to prepare.

Other things a woman can do prior and during her pregnancy to reduce the chance that her child will be born with a birth defect include eating a healthy, well-balanced [diet](#), getting plenty of rest and engaging in moderate [exercise](#). A woman should discuss how much exercise she needs with a physician, preferably her obstetrician/gynecologist.

Pregnant women need to avoid smoking (including secondhand smoke), alcohol and recreational drugs. Other substances to be avoided include radiation (e.g., [x-rays](#)) and cat litter, which may carry the [toxoplasmosis](#) protozoa. Women who are pregnant or planning to become pregnant also should discuss all medications (including over-the-counter medications) and vaccinations with a physician. It is also important for a woman to review recent medications and vaccinations with a physician immediately after finding out about her pregnancy.

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HMHB in the Community

Carrollton, GA

January 19, 2010 | Health Fair
8:00 a.m. - 5:00 p.m.

State Capitol - Atlanta, GA

January 20, 2010 | Junior League of Atlanta Legislative Reception
8:00 a.m. - 10:00 a.m.

Columbus Trade and Convention Center – Columbus, GA

January 23, 2010 | WTVM's 9th Annual Health Expo
9:00 a.m. - 1:00 p.m.

Central Presbyterian - Atlanta, GA

February 3, 2010 | HMHB Legislative Reception
5:30 p.m. - 8:00 p.m.



healthy mothers, healthy babies[®]

HEALTHY MOTHERS, HEALTHY BABIES
Coalition of Georgia

News From National Healthy Mothers, Healthy Babies – January 11, 2010

This Week:

- 1) H1N1 in Pregnant and Postpartum Women
- 2) Study: Low-Dose Aspirin and Preterm Infants
- 3) 2010 Immunization Schedules Now Available
- 4) National Healthy Start Association Conference
- 5) HRSA Chartbook on Health and Well-Being of Children
- 6) HMHB of Georgia Legislative Reception

MATERNAL-INFANT HEALTH NEWS

1) H1N1 IN PREGNANT AND POSTPARTUM WOMEN

H1N1 influenza continues to be a potential threat for increased risk of severe illness in pregnant and postpartum women. A study published in the January 7, 2010 edition of the New England Journal of Medicine examines demographic and clinical data reported in California from April 23 through August 11, 2009 for all H1N1-infected women of reproductive age who were hospitalized or died. They also examined data for non-pregnant women, pregnant women, and postpartum women (who had delivered less than 2 weeks previously). Of 94 pregnant women and 8 postpartum women who contracted H1N1, 18 pregnant women and 4 postpartum women required intensive care and 8 died. The study authors note that 2009 H1N1 influenza may increase the 2009 maternal mortality ration in the United States. Access the study online at <http://content.nejm.org/cgi/content/abstract/362/1/27>.

2) STUDY: LOW-DOSE ASPIRIN AND PRETERM INFANTS A study published in the January edition of the journal "Pediatrics" examines the impact of low-dose aspirin (LDA) treatment on short and long-term outcomes of very preterm infants. LDA given during pregnancy may alter brain development in these infants. The study authors used data from the French Etude Epidemiologique des Petites Ages Gestationnels (EPIPAGE) cohort study, which includes all infants born before 33 weeks of gestation in nine French regions in 1997. They focused on 656 children born to 584 women with an obstetric history of placental vascular disease or with chronic hypertension or renal or autoimmune diseases. LDA was not found to be significantly associated with mortality, cerebral lesions, cerebral palsy or global cognitive impairment of the children at five year of age. The authors conclude that the results actually suggest that LDA may be associated with a reduction in neurobehavioral difficulties. To access the study online, go to <http://pediatrics.aappublications.org/cgi/content/abstract/125/1/e29>.

CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

3) 2010 IMMUNIZATION SCHEDULES NOW AVAILABLE The 2010 Child and Adolescent and Immunization schedules are now available from the Centers for Disease Control and Prevention (CDC). Both of the schedules for individuals aged 0 through 18 years have been approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP). Changes include a revision to hepatitis A guidelines to allow vaccination of children older than 23 months, and a recommendation for revaccination with meningococcal conjugate vaccine for children who remain at increased risk of meningococcal disease. Access copies of the schedule at <http://cdc.gov/vaccines/recs/schedules/child-schedule.htm>. Information about changes to this year's schedule is published in the January 8, 2010 CDC Morbidity and Mortality Weekly Report (MMWR), available at http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5851a6.htm?s_cid=mm5851a6_e.

4) NATIONAL HEALTHY START ASSOCIATION CONFERENCE The National Healthy Start Association (NHSA) will host its 11th Annual Spring Conference on March 14-17, 2010 at the Hyatt Regency Washington on Capitol Hill in Washington, DC. The conference will explore current research and best practices through the following tracks: 1) Mental Health; 2) The Life-Course Perspective; 3) Advocacy and Health Policy; 4) Family Involvement; 5) Research and Evaluation; and 6) Woman, Child and Adolescent Health. Workshops and plenary sessions will address topic areas related to reducing infant mortality nationwide and improving perinatal health disparities, including preconception and interconception health care and services, perinatal and postpartum depression, and male involvement and fatherhood initiatives. Register before February 14th to get the "early bird" rate. For more information, go to <http://www.healthystartassoc.org/hprogram.html>.

5) HRSA CHARTBOOK ON HEALTH AND WELL-BEING OF CHILDREN The Health Resources and Services Administration (HRSA) has announced the availability of an online version of its chartbook, "The Health and Well-Being of Children: A Portrait of States and the Nation 2007." The publication is based on data from the 2007 National Survey of Children's Health and includes both national and state-level data. The Survey collected information on 91,642 children and provides information about the oral, physical and mental health of children from birth to age 17. It revealed significant state-to-state differences across a wide range of children's health issues. To access the chartbook online, go to <http://mchb.hrsa.gov/nsch07/#>. Hard copies of the publication are also available by contacting the HRSA Information Center toll-free at 1-888-ASK-HRSA or via the HRSA Web site at <http://ask.hrsa.gov/>.

ADVOCATES IN ACTION

6) HMHB OF GEORGIA LEGISLATIVE RECEPTION Healthy Mothers, Healthy Babies Coalition of Georgia will host a legislative reception on Wednesday, February 3rd from 5:30pm until 8:00pm at the Central Presbyterian Church in Atlanta, GA. The evening will focus on discussion with legislators and policymakers regarding health issues facing Georgians in the 2010 Legislative Session. Topics will include: threats to health benefits, mammograms, pap smears and childhood immunizations; legislation and policy changes impacting services for Medicaid and PeachCare clients; funding for pediatric vaccines for underinsured children; the state-wide trauma care system; and legislation to increase the state's tobacco tax. To register, go to <http://www.hmhbga.org/>.

Sources:

<http://ask.hrsa.gov/>
<http://cdc.gov/vaccines/recs/schedules/child-schedule.htm>
<http://content.nejm.org/cgi/content/abstract/362/1/27>
<http://mchb.hrsa.gov/nsch07/#>
<http://pediatrics.aappublications.org/cgi/content/abstract/125/1/e29>
http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5851a6.htm?s_cid=mm5851a6_e
<http://www.healthystartassoc.org/hprogram.html>
<http://www.hmhbga.org/>

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News From National Healthy Mothers, Healthy Babies – January 4, 2010

This Week:

- 1) National Birth Defects Prevention Month
- 2) Latest Report on Vital Statistics in the US
- 3) Assessing Disparities in American Indian Prenatal Care
- 4) National Influenza Vaccination Week
- 5) Booster Seat Ratings from IIHS
- 6) Input Needed on CDC Disability and Health Web Site

MATERNAL-INFANT HEALTH NEWS

1) NATIONAL BIRTH DEFECTS PREVENTION MONTH January is National Birth Defects Prevention Month. Sponsored by the National Birth Defects Prevention Network (NBDPN), this year's theme for the month is addressing diabetes in women of childbearing age as a risk factor for birth defects. Keeping blood glucose in a target range, both before and during pregnancy, is the key to a healthy pregnancy for a woman with diabetes. Babies born to women with diabetes are still at greater risk for birth defects, especially if the diabetes is poorly controlled. Diabetes prevalence in women of childbearing age has doubled in the last decade, impacting 1.3 million women nationwide. Resources for promoting the Month are available on the NBDPN Web site, and include pamphlets fact sheets, and posters (in English and in Spanish) a sample news release and proclamation and other links to information about birth defects. To access information about the Month online, go to <http://www.nbdpn.org/current/resources/bdpm2010.html>.

2) LATEST REPORT ON VITAL STATISTICS IN THE US According to a new report, the number of births recorded in 2007 is the highest ever, with more than 4.3 million births recorded. Published December 21st in the online journal Pediatrics, the "Annual Summary of Vital Statistics: 2007" shows that birth rates increased among all age groups (15 to 44 years). This is a change from 1991-2005, when there was a decline in birth rates among teens. Births among unmarried women are also rising and infant mortality rates remain higher in the US than in many other countries, including France and Japan. States in the southeastern US had the highest infant and fetal mortality rates. To access the report online, go to <http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-2416v1>.

3) ASSESSING DISPARITIES IN AMERICAN INDIAN PRENATAL CARE A study in the January 2010 edition of the American Journal of Public Health examines national data on prenatal care among American Indians/Alaska Natives (AIANs). The study authors sought to determine whether aggregate national data for this group mask geographic variation and disparities in use of prenatal care. Data for US births from 1995 to 1997 and from 2000 to 2002 were examined for AIAN and non-Hispanic White mothers, with late entry into prenatal care and inadequate utilization of prenatal care as indicators. Disparities varied dramatically in the 12 states with the largest AIAN birth populations, with some states showing substantial reductions in disparities over time, while other states showed significant increases. The authors note that conclusions about AIAN health disparities need to be geographically specific and that conclusions at the national level may be unsuitable for policymaking at state and local levels. Access the study online at <http://ajph.aphapublications.org/cgi/content/abstract/100/1/122>.

CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

4) NATIONAL INFLUENZA VACCINATION WEEK January 10-16th is National Influenza Vaccination Week (NIVW), a national observance designed to highlight the importance of continuing influenza vaccination and promote greater use of flu vaccine after the holiday season into January and beyond. This year's NIVW was rescheduled from early December. NIVW will also be a time to maintain or increase the use of 2009 H1N1 flu vaccination. One goal of the week is to engage at-risk audiences who are not yet vaccinated, hesitant about vaccination, or unsure about where to get vaccinated. For more information about NIVW, including a media toolkit, information on NIVW activities and links to resources on influenza immunization, go to <http://www.flu.gov/news/nivw.html>.

5) BOOSTER SEAT RATINGS FROM IIHS The Insurance Institute for Highway Safety (IIHS) has released new ratings on belt-positioning booster seats. Of 60 seats evaluated, eleven are not recommended because they do a poor job of fitting the seat belt. The fit of the belt is important because safety belts are designed for adults, not children. Nine booster seats were rated "best bets" and six were rated "good bets." According to IIHS, a good booster seat routes the lap belt flat across a child's upper thighs and positions the shoulder belt at midshoulder. The new ratings cover almost all models currently sold in the US. Boosters that are not recommended by IIHS include: the Harmony Secure Comfort Deluxe backless with clip, Combi Kobuk dual-use highback, Evenflo Express highback (combination), Eddie Bauer Deluxe highback (combination), and Evenflo Sightseer highback. Also on the list are 3-in-1s including the Safety 1st Alpha Omega Elite, Alpha Omega Elite, Eddie Bauer Deluxe 3-in-1, Safety 1st All-in-One, Alpha Omega Luxe Echelon, and Alpha Omega. For more information, including a list of the seats that are rated best bets and good bets, go to <http://www.iihs.org/news/rss/pr122209.html>.

6) INPUT NEEDED ON CDC DISABILITY AND HEALTH WEB SITE The Centers for Disease Control and Prevention (CDC) Disability and Health team needs input to help improve their Web site. An online interactive database application is currently in development which will store and display data about people with disabilities across a variety of health topics. A first step in this project is a survey on information needs, useful features and how this tool can be most effective and user friendly. To participate in a survey on this project, go to http://webeffective.keynote.com/v.asp?inv=CDC_DisabilityHealth_WebSurvey. The survey should take approximately 30 minutes to complete. For questions about the project, contact Marcia Miller a mfv9@cdc.gov.

- Sources:
- <http://ajph.aphapublications.org/cgi/content/abstract/100/1/122>
 - <http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-2416v1>
 - http://webeffective.keynote.com/v.asp?inv=CDC_DisabilityHealth_WebSurvey
 - <http://www.flu.gov/news/nivw.html>
 - <http://www.iihs.org/news/rss/pr122209.html>
 - <http://www.nbdpn.org/current/resources/bdpm2010.html>

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Public Health Conferences and Events

- **Indoor Air Quality (IAQ) Tools for Schools National Symposium** - (Environment Protection Agency (EPA) U.S.) January 14-16, 2010, Washington, DC.
- **CDC's 11th International Symposium on Biosafety** - (Centers for Disease Control and Prevention (CDC)) - January 23-27, 2010, Atlanta, GA.
- **2010 Annual Conference on Antimicrobial Resistance** - (National Foundation for Infectious Diseases (NFID)) - February 1-3, 2010, Bethesda, MD
- **NIH State-of-the-Science Conference: Enhancing Use and Quality of Colorectal Cancer Screening** - (National Institutes of Health (NIH)) - February 2-4, 2010, Bethesda, MD
- **9th Annual New Partners for Smart Growth Conference** - February 4-6, 2010, Seattle, WA
- 2010 National Health Policy Conference - (Academy Health, Health Affairs) - February 8-9, 2010, Washington, DC.
- **Association for Community Health Improvement Annual Conference** - (Association for Community Health Improvement (ACHI)) - March 4-5, 2010, Jacksonville, FL
- **2010 Public Health Preparedness Summit** - February 16-19, 2010, Atlanta, GA.

January Health Observances

1-31

Cervical Health Awareness Month

National Cervical Cancer Coalition (NCCC)
www.nccc-online.org

1-31

Glaucoma Awareness Month

Prevent Blindness America
www.preventblindness.org

1-31

National Birth Defects Prevention Month

National Birth Defects Prevention Network
www.nbdpn.org

1-31

National Radon Action Month

Office of Radiation and Indoor Air
www.epa.gov/radon/nram

1-31

Thyroid Awareness Month

American Association of Clinical Endocrinologists
www.aace.com

1-31

National Folic Acid Awareness Month

National Council on Folic Acid
www.folicacidinfo.org



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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 Kayla Brown at kayla.brown@hmhbga.org.

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