



healthy mothers, healthy babies

**HEALTHY MOTHERS, HEALTHY BABIES**

*Coalition of Georgia*

# HMHB Resource Watch

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

**Volume 9, Issue 10**

**May 21, 2008**

## **You're Invited to.....**

*Inside this issue:*

### **2nd Annual Healthy Mothers, Healthy Babies Appreciation Gala**

**When: Saturday May 31st from 6:00-9:00 pm**

**Where: The Michael C. Carlos Museum at Emory University**

**Register Online at [www.hmhbga.org](http://www.hmhbga.org)**

**or**

**Call 770-451-0020**

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Coalition Members, Friends, and Supporters,

It is with mixed emotions that I announce that I have resigned from my position as Executive Director here at Healthy Mothers, Healthy Babies Coalition of Georgia. My last day at HMHB will be Friday June 27, 2008. While it is difficult to say goodbye to HMHB and to each of you, my family has made the decision to relocate to Germany with the Army.

It has been a pleasure working with each of you as we have made improvements to the health status of Georgia's families, worked to improve access to healthcare and thereby strengthening families.

As I close this chapter of my career, I invite you all to attend HMHB's Appreciation Gala on May 31, 2008 at the Carlos Museum at Emory University. Please visit [www.hmhbga.org](http://www.hmhbga.org) for more information and to register.

I look forward to saying goodbye to each of you at the Gala and I wish you all success in future endeavors.

Together we can!  
Arnita Rena Hall, EdD.

## Public Health News

### Breast-feeding Might Shield Women From Rheumatoid Arthritis

By Robert Preidt

TUESDAY, May 13 (HealthDay News) -- Women who breast feed for more than one year reduce their risk of rheumatoid arthritis (RA) by half, according to a new Swedish study.

The researchers also found that having children but not breast-feeding offered women no protection against the disease. Taking oral contraceptives also failed to reduce the risk of RA. It's been suspected that oral contraceptives offer protection against the disease because they contain hormones that are elevated during pregnancy.

The Malmo University Hospital study included 136 women with rheumatoid arthritis and 544 women without the disease. Women who breast-fed for 13 months or more were half as likely to get RA as those who never breast-fed. Women who had breast-fed for one to 12 months were 25 percent less likely to get the disease than those who never breast-fed. Over the past 30 years, the number of women breast-feeding for more than six months has increased dramatically, the researchers noted. They said it's difficult to say whether there's a link between higher rates of breast-feeding and a corresponding decline in the number of women with rheumatoid arthritis.

However, the results of this study offer yet another reason why women should breast-feed their babies, the researchers concluded.

The study findings were published online May 13 in the *Annals of the Rheumatic Diseases*.

Rheumatoid arthritis is a chronic disease, characterized by inflammation of the lining -- or synovium -- of the joints. It can lead to long-term joint damage, resulting in chronic pain, loss of function and disability, according to the Arthritis Association.

Retrieved May 20, 2008 [http://www.nlm.nih.gov/medlineplus/news/fullstory\\_64555.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_64555.html)

## HMHB in the Community

**May 23, 2008** from 9:00 am -1:00 p.m. Clayton County Head Start 667 South Ave. Forest Park

**June 8, 2008** from 10:00am– 4:00pm Celebra la Vida con Salud 4166 Buford Highway Atlanta, GA

**July 26, 2008** from 10:00 am-3:00 p.m. National Medical Association Child Health Festival 210 Peachtree St. Atlanta GA

**If you are having an event, and would like an HMHB staff member to attend or would like HMHB supplies-- Please contact us at 770-451-0020, ext. 302. Word of mouth is the best way to educate the citizens of Georgia on HMHB.**



## News From National Healthy Mothers, Healthy Babies— May 19 2008

### MATERNAL-INFANT HEALTH NEWS

#### 1) MCH BUREAU WEBCAST: "THE BUSINESS CASE FOR BREASTFEEDING"

The US Department of Health and Human Services (HHS) Health Resources and Services Administration's Maternal and Child Health Bureau (MCHB) will host a free webcast to share information about the subject of its new resource kit, "The Business Case for Breastfeeding," on Tuesday, May 27 from 1 to 2:30 p.m. EST. The presentation, with speaker Cathy Carothers, BLA, IBCLC, RLC and co-director of Every Mother, Inc., will give an overview of this comprehensive kit and the national training and technical assistance initiative developed by the MCH Bureau. The project is designed to improve on-site lactation support in the workplace. To register and participate, go to <http://www.mchcom.com>. An archived version of the webcast will be made available at the website within a few days after the live event.

#### 2) HOSPITALS ANNOUNCE CAMPAIGN TO PREVENT BIRTH INJURIES

A group of 16 hospitals across the US coordinated by the Premier alliance has launched a campaign to prevent birth injuries. Participating hospitals are voluntarily implementing a set of guidelines that have been shown to reduce the risk of five common problems linked to the majority of birth injuries, including: failing to recognize when an infant is in distress, failing to perform a necessary cesarean section, failing to properly resuscitate an infant, inappropriately using medication to induce labor and inappropriately using a vacuum or forceps during delivery. Although representatives from Premier say the investment needed to develop clear plans may be expensive, it will ultimately be cost-effective by reducing hospital expenses and avoiding lawsuits. Hospitals in Wisconsin, Arizona, Illinois, Kentucky, Massachusetts, Minnesota, New Mexico, Ohio, Tennessee, Texas, Washington and West Virginia are participating in the 21-month campaign. For more information, go to <http://www.premierinc.com/about/news/08-may/perinatal.jsp>.

#### 3) LAMAZE WEBINAR: "STARTING CONVERSATIONS OF CHANGE"

Lamaze International will host a free webinar on Thursday, May 22 from 12 to 1 p.m. EST. The event, "Starting Conversations of Change," is designed for professionals and advocates who see a need for improving women's birth experiences in their facility or community. The speaker is Debra Bingham, executive director of the California Maternal Quality Care Col-

laborative and chair of the Lamaze Institute for Normal Birth. Bingham will discuss strategies you can use to initiate change, including how to create a plan for influencing decision-makers, strategies for diverse settings and tips for effectively communicating your message with various audiences. For more information and to register, go to <https://www1.gotomeeting.com/register/795454310>.

#### 4) BREAKTHROUGH IN MENINGITIS VACCINE TO PROTECT INFANTS

Researchers have made a breakthrough with a meningitis vaccine that has proven effective in infants in British studies. The series of three immunizations given in trials to infants in three doses, starting at two months of age, have shown a strong protective immune response against the meningococcal B strain, which causes approximately 72 percent of meningitis infections in Europe. According to researchers, an effective vaccine against meningitis B could virtually eliminate this deadly and difficult to diagnose bacterial infection. Vaccines against group C meningitis and Hib meningitis have already significantly reduced outbreaks of disease. For Reuters reporting on these clinical trials, go to <http://www.reuters.com/article/healthNews/idUSHO42663920080514>.

#### 5) JUNE 17: SURGEON GENERAL'S CONFERENCE ON THE PREVENTION OF PRETERM BIRTH OPEN TO PUBLIC

The Surgeon General's Conference on the Prevention of Preterm Birth is set for June 16-17 in Bethesda, Maryland, and day two of the event is free and open to the public. Individual registration is required online, and space will be available to the first 150 individuals on a first-come, first-served basis. This conference fulfills the requirements set forth in the PREEMIE Act, aimed at increasing awareness of the problem of preterm birth in the US, reviewing research findings, and establishing an agenda in both the public and private sectors to address the problem. For more information and to register, go to <http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=bfc7c1d7-bdfd-41b6-acda-e35a043ea8cb>.

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

#### 6) NEW MULTILINGUAL HEALTH INFORMATION SERVICE

The National Library of Medicine (NLM) at the National Institutes of Health (NIH) has announced that a new service from MedlinePlus is now available and can be accessed directly from the NIH website. The multilingual feature from MedlinePlus provides access to quality health information in languages other than English and Spanish, benefiting people who need consumer health information in their native language. It will also benefit the information and health care providers who serve them. To check out this new collection with its more than 2,500 links to information in over 40 languages on 250 health topics, go to <http://www.nlm.nih.gov/medlineplus/languages/languages.html>.

### ADVOCATES IN ACTION

#### 7) VICTORY FOR CONSUMER ADVOCATES, AS HOUSE & SENATE PASS CHILD PRODUCT SAFETY BILLS

In December 2007 the US House of Representatives responded to consumer concern about the year's many recalls and safety warnings on children's products by passing legislation that would reform the Consumer Product Safety Commission (CPSC), ban lead in children's products and increase scrutiny of imported toys. Then in March, the US Senate passed its own CPSC reform proposal, which additionally bans phthalates – believed to be toxins that can disrupt development – in children's products. Next, the House and Senate will conference in an attempt to bring together these two pieces of legislation. Last week, US PIRG organized a "stroller rally" and press conference with parents and children on Capitol Hill, and they are working with other consumer advocacy groups to monitor these bills as they move forward. To learn more, go to <http://www.uspirg.org/issues/product-safety>.

Information is reported as provided and does not necessarily represent the view of or the endorsement by the National Healthy Mothers, Healthy Babies Coalition. A complete copy of HMHB's disclaimer is available on the HMHB Web site at <http://www.hmhb.org/disclaimer.html>

## News From National Healthy Mothers, Healthy Babies— May 12, 2008

Last Week:

### MATERNAL-INFANT HEALTH NEWS 1) TOYS “R” US, WAL-MART & PLAY- TEX TO GO BPA-FREE

According to reports from the Associated Press, retail giant Toys “R” Us plans to phase out all plastic baby bottles containing bisphenol A (BPA) from its stores by the end of the year, and Wal-Mart Stores, Inc. says it will stock only BPA-free bottles by early 2009. According to US News & World Report, Playtex has also committed to stop using BPA in its products. The chemical, commonly used in plastics such as those used in baby bottles, sippy cups and other children’s dishes, has increasingly raised safety concerns after rat studies have linked it to changes in behavior and the brain, premature puberty and pre-cancerous conditions in the breast and the prostate. Canada is currently considering a national ban on the use of BPA in baby bottles. To date, the National Toxicology Program in the United States has acknowledged “some concern” about the chemical’s use. For US News & World Report’s consumer guide to avoiding BPA, go to <http://health.usnews.com/usnews/health/articles/070808/8bisphenola.htm>.

### 2) NEW FINDINGS SUPPORT BREAST-FEEDING-IQ LINK

A large study published in the May issue of the Archives of General Psychiatry finds that children who are exclusively breastfed for the first three months of life or longer score an average of nearly six points higher on IQ tests at the age of six than children who were not breastfed exclusively. The study, conducted among women from the eastern European country of Belarus, found benefits in both verbal and nonverbal intelligence. Previous studies have produced similar findings on the breastfeeding-intelligence connection, as well as finding that breastfed infants have fewer ear infections, diarrhea, allergies, rashes, hospital admissions and medical problems, compared to formula-fed babies. For the abstract, go to <http://archpsyc.ama-assn.org/cgi/content/short/65/5/578>.

### 3) STUDY: TREATING SYMPTOMS DURING PREGNANCY CAN PREVENT POSTPARTUM DEPRESSION

A study published in the journal BMC Psychiatry finds that helping women who suffer from depressive symptoms during pregnancy – and especially during the third trimester – can reduce their risk of postpartum depres-

sion (PPD). The research team found that the strongest predictor of PPD was whether or not a woman was depressed shortly before giving birth, known as antenatal depression. They also identified seven major risk factors for antenatal depression, including antenatal anxiety, low self-esteem and low levels of social support. According to the authors, targeted interventions for depressive symptoms can both prevent PPD and significantly lessen early parenting stress. For the abstract, go to <http://www.biomedcentral.com/1471-244X/8/24/abstract>.

### CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS 4) CDC REPORTS ON MEASLES OUT- BREAKS, NEED FOR IMMUNIZATION

The Centers for Disease Control and Prevention (CDC) is reporting a measles outbreak, with a total of 64 confirmed reports of measles across the country from January 1 through April 25, 2008. Cases have been reported from nine states, and outbreaks are ongoing in four (Wisconsin, Arizona, Michigan, and New York). Most of the cases were among unvaccinated individuals – Thirteen of them were infants under 12 months (too young to be vaccinated routinely), seven were toddlers ages 12-15 months (not yet vaccinated), and 21 cases were among children ages 16 months to 19 years. CDC says the outbreaks “serve as a reminder that measles can and still does occur in the US,” that vaccination is an important protection, and that there is a real risk from unvaccinated individuals who transmit measles to others (including infants too young to be vaccinated). For more on the outbreaks, go to <http://www.cdc.gov/Features/MeaslesUpdate>.

### 5) AAP SHARES SUMMER SAFETY TIPS FOR ALL AGES

The American Academy of Pediatrics (AAP) has issued its updated summer safety tips for parents and families, offering advice and reminders on topics such as sun protection, heat stress, pool safety, playground dangers, insects, bikes and skateboards, and lawnmower safety. The tip sheet is available online in both English and Spanish, along with a “send to a friend” email function. To access this resource, visit <http://www.aap.org/advocacy/releases/summertips.cfm>.

### ADVOCATES IN ACTION

#### 6) NEW REPORTS ON HEALTH INSURANCE CRISIS

According to two new reports from the Com-

monwealth Fund, fewer employers are offering health insurance to their full-time employees - and the cost to the American public for health insurance coverage has increased significantly, while the health-care spending gap between high- and low-wage workers has widened. Nineteen million full-time workers and their dependents were uninsured in 2004, compared with sixteen million in 1999. At the same time, the number of dependents enrolled in public health insurance programs increased 83 percent over that five-year period. The reports also found that in addition to being less likely to get health insurance through their jobs than higher-wage workers, low-wage workers were less likely to have a regular doctor, to go to the doctor when sick or to get preventive care. To view these reports, go to [http://www.commonwealthfund.org/publications/publications\\_show.htm?doc\\_id=683563](http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=683563).

### NONPROFIT MANAGEMENT 7) FREE RESOURCE: MAXIMIZING YOUR TAGLINE

Your organization’s tagline is one of your most powerful marketing tools. But is your current tagline strong enough to get attention while expressing your mission? Nonprofit Online News is offering a free report, available for download online: “High-Impact Nonprofit Taglines.” The report is based on a survey of almost 2,000 nonprofits, to discover what’s working and what’s not. Over 1,000 tagline examples from many different nonprofit fields are featured, in addition to practical tips for fine-tuning your own. Free registration is required at the site. Go to [http://classifieds.nonprofitnews.org/discuss/msgReader\\$438](http://classifieds.nonprofitnews.org/discuss/msgReader$438).

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# May Health Observances

1 - 31  
American Stroke Month  
American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

1 - 31  
Asthma and Allergy Awareness Month  
Asthma and Allergy Foundation of America  
[www.aafa.org](http://www.aafa.org)

1 - 31  
Clean Air Month  
American Lung Association  
[www.lungusa.org](http://www.lungusa.org)

1 - 31  
Mental Health Month  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

1 - 31  
National High Blood Pressure Education Month  
[hin.nhlbi.nih.gov/nhbpep\\_kit/](http://hin.nhlbi.nih.gov/nhbpep_kit/)

1 - 31  
National Physical Fitness and Sports Month  
President's Council on Physical Fitness and Sports  
[www.fitness.gov](http://www.fitness.gov)

1 - 31  
National Teen Pregnancy Prevention Month  
[www.advocatesforyouth.org](http://www.advocatesforyouth.org)



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Georgia's families.*

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# Public Health Conferences and Events

**May 23-May 28, 2008**  
The American College of Nurse-Midwives 53rd Annual Meeting  
Location: Boston, MA  
See: [www.midwife.org/news.cfm?id=1170](http://www.midwife.org/news.cfm?id=1170)

**May 30, 2008, 9:00 AM - 11:00 AM**  
Voices for Georgia's Children  
GA-CAN! 2008 Legislative Session Wrap-Up  
Location: AT & T building at 1025 Lenox Park Boulevard  
See: <http://www.georgiavoices.org/GACAN08Debrief.aspx>

**May 31, 2008**  
**HMHB Appreciation Gala**  
**Location: Michael C. Carlos Museum at Emory University**  
**See: [www.hmhbga.org](http://www.hmhbga.org)**

**June 1 - 3, 2008**  
Association for Healthcare Philanthropy Mid-Atlantic Regional Conference  
Location: Pittsburgh, PA  
See: [www.ahp.org](http://www.ahp.org)

**June 8-11, 2008**  
National Association for the Education of Young Children  
Location: New Orleans, LA  
See: [www.naeyc.org](http://www.naeyc.org)

**June 16-19, 2008**  
Center for Sustainable Health Outreach's Annual Unity Conference  
Location: Albuquerque, NM  
See: [www.usm.edu/csho](http://www.usm.edu/csho)

**June 18-25, 2008**  
American Dental Hygienists' Association Annual Session  
Location: Albuquerque, NM  
See: [www.adha.org/annualsession/index.html](http://www.adha.org/annualsession/index.html)

**June 21 to 25**  
Association of Women's, Obstetric and Neonatal Nurses Convention  
Location: Los Angeles, CA  
See: [www.awhonn.org](http://www.awhonn.org)

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This newsletter is being distributed to HMHB Coalition Mem-  
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and or its content to Jessica Hawkins at [jessica.hawkins@hmhbga.org](mailto:jessica.hawkins@hmhbga.org).

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