



HEALTHY MOTHERS, HEALTHY BABIES
Coalition of Georgia

HMHB Resource Watch

Improving the health status of Georgia's families.

Public Health News American Diabetes Month

Vol. 12 Issue 4
November 5, 2009

Healthy Lifestyle Can Keep Pre-Diabetes under Control

By: St. Joseph's Hospital
<http://www.stjosephsatlanta.org/healthlibrary/content.aspx?pageid=P09501>

DIABETES HEALTH

Experts say lifestyle changes, coupled with a reduction in heart disease risks, will go a long way toward preventing pre-diabetes from progressing to the full-blown disease.

Pre-diabetes occurs when blood sugar levels are elevated, but not quite to the point defined as diabetes. More than 56 million Americans currently suffer from pre-diabetes, according to the **Centers for Disease Control and Prevention (CDC)**.

"Diabetes has become the major problem in the United States," says Dr. Harold Lebovitz, at the State University of New York Health Sciences. Dr. Lebovitz notes that diabetes is the main cause of kidney failure and most blindness in adults, and causes about 60 percent of cardiovascular diseases. "The issue is, do you wait until patients really develop these catastrophic complications?" says Dr. Lebovitz. "Last year, it cost \$170 billion in direct and indirect costs to take care of people with diabetes." The growing epidemic of diabetes in the US will continue to cost more, unless something is done to halt it, notes Dr. Lebovitz. "Diabetes starts at an earlier stage, called pre-diabetes," he says. "The question arises, should you wait for pre-diabetic patients to develop diabetes and the complications, or should you take a preventive approach?"

First Push: Exercise and Healthy Diet

The **American Association of Clinical Endocrinologists (AACE)** is pressing for aggressive action to keep pre-diabetes from progressing to full-blown diabetes. The first step involves lifestyle changes, such as diet and exercise. "It will cost a lot of money to develop lifestyle programs, but in the long run we will save trillions of dollars in health care," says Dr. Lebovitz. Many people question whether pre-diabetes is actually a disease, notes Dr. Lebovitz. "The important message is that pre-diabetes is not something people don't have problems with," he says. "Sure, they don't have any problems when they're 30, but when they're 50, they've had their heart attack and now they have an ulcer on the foot."

Second Push: Control Heart Problems

In addition to lifestyle changes, the **AACE** thinks that pre-diabetes needs to be treated more aggressively. Since there are no medication therapies approved by the **US Food and Drug Administration (FDA)** for treating pre-diabetes, the **AACE** suggests another way to get them: Reduce the number at which blood sugar levels define diabetes. That would make current medications available to people who are now classified as pre-diabetic. In addition, those who cannot modify their cardiovascular risk by lifestyle changes need to be treated for high blood pressure, high cholesterol, and should have medications to control blood sugar levels.

"The data show that there is a spectrum of severity, with the most severely affected approaching the risks of people with diagnosed type 2 diabetes," says Dr. Daniel Einhorn, vice-president of **AACE**. "In these highest-risk individuals, who represent a minority, pharmacologic strategies may be appropriate if intensive lifestyle therapies fail." Dr. Einhorn says, "Regardless, all individuals at risk for diabetes should be aware of the level of their risk factors and be prepared to take action."

Always consult your physician for more information.

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healthy mothers, healthy babies

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HMHB in the Community

The Medical Center of Central GA - Macon, GA

November 6, 2009 | Do U Care for Kids Conference
7:45 a.m. - 5:00 p.m.

Atlantic Station – Atlanta, GA

November 7, 2009 | Women's Health Expo
10:00 a.m. - 3:00 p.m.

Four Seasons Hotel - Atlanta, GA

November 13, 2009 | Big Voice for Georgia's Children Award
7:00 p.m. - 10:00 p.m.

Georgia Dental Association- Atlanta, GA

November 20, 2009 | Medicaid Meeting
10:00 a.m. - 12:00 p.m.



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News From National Healthy Mothers, Healthy Babies – November 2, 2009

This Week:

- 1) CPSC Issues Warning on Defective Pacifiers
- 2) ACOG Recommendations on Air Travel During Pregnancy
- 3) Impact of Obesity on Fertility in Young Women
- 4) Webinar: H1N1 Influenza – A Health Center Update
- 5) From NAPNAP: Brochure on Pediatric Vaccines
- 6) Women's Health USA Data Book

MATERNAL-INFANT HEALTH NEWS

1) CPSC ISSUES WARNING ON DEFECTIVE PACIFIERS The US Consumer Product Safety Commission (CPSC) is asking parents and caregivers to stop using "My Baby Soother" pacifiers. These pacifiers, distributed by T & L Trading Corp. of Brooklyn, NY, failed to meet federal safety standards because the nipples can easily separate from the base, posing a choking hazard to infants and toddlers. On its Web site, the CPSC notes that it is issuing this warning because the company has refused to recall these pacifiers, which were sold at grocery stores, delis and discount stores in Bronx, Brooklyn, Broadway and Coney Island, New York from August 2007 through July 2009. Consumers are advised to immediately discard the defective pacifiers. For more information, including a picture and description of the pacifiers, go to <http://cpsc.gov/cpscpub/prerel/prhtml10/10021.html>.

2) ACOG RECOMMENDATIONS ON AIR TRAVEL DURING PREGNANCY Air travel is safe for most pregnant women, according to a revised Committee Opinion from The American College of Obstetricians and Gynecologists (ACOG). This is a stronger, more detailed recommendation than the one issued by ACOG in 2001. Recent studies have shown no increase in adverse pregnancy outcomes among occasional air travelers. However, pregnant women who have medical or obstetric conditions that may be worsened by air travel or that could require emergency care should not fly at any time during their pregnancy. For those with uncomplicated pregnancies, most commercial airlines allow pregnant women to fly up to 36 weeks of gestation, but restrictions may vary with each carrier. The updated Committee Opinion also discusses concerns about exposure to toxic radiation during air travel. While even the longest intercontinental flights expose passengers to only a small percentage of the recommended limit of radiation exposure, it is possible that the flight crew or frequent flyers may exceed the recommended exposure limit. The Federal Aviation Administration has created a Web site tool at <http://jag.cami.jccbi.gov/cariprofile.asp> to help estimate radiation exposure from specific flights. More information about ACOG's recommendation is available at http://www.acog.org/from_home/publications/press_releases/nr09-21-09.cfm. Access the revised Committee Opinion at http://journals.lww.com/greenjournal/Citation/2009/10000/ACOG_Committee_Opinion_No__443__Air_Travel_During.43.aspx.

3) IMPACT OF OBESITY ON FERTILITY IN YOUNG WOMEN According to new research, women who become obese before the age of 18 are more likely to become infertile and develop polycystic ovarian syndrome (PCOS). The study was published in the October 7, 2009 online edition of Fertility and Sterility, the journal of the American Society for Reproductive Medicine. Researchers asked women who were undergoing bariatric surgery to complete surveys about their medical and sexual histories. Of women who had tried to conceive, 41.9% experienced infertility, with 61.4% reporting a live birth after experiencing infertility. In addition, women who were obese by 18 years of age were more likely to report PCOS and infertility

and less likely to have ever been pregnant, compared with women who became obese later in life. To access the study online, go to [http://www.fertstert.org/article/S0015-0282\(09\)03491-8/abstract](http://www.fertstert.org/article/S0015-0282(09)03491-8/abstract).

CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

4) WEBINAR: H1N1 INFLUENZA – A HEALTH CENTER UPDATE The National Association of Community Health Centers (NHCHC) will sponsor a webinar, "Novel H1N1 Influenza – A Health Center Update" on November 3rd from 2:00-3:30pm ET. The 1.5 hour session will feature speakers from the Centers for Disease Control and Prevention (CDC), Health Resources and Services Administration (HRSA) and the Bureau of Primary Health Care. Discussion will include an update on the latest information on H1N1 and HRSA guidance for grantees. There will be time for questions, but participants are strongly encouraged to submit questions in advance of the webinar to mmelbourne@nachc.com. For more information, or to register, go to <http://www.nachc.com/2009flu.cfm>. Once registered, participants will receive an email with log-on information for the webinar.

5) FROM NAPNAP: BROCHURE ON PEDIATRIC VACCINES The National Association of Pediatric Nurse Practitioners (NAPNAP) has developed a brochure designed to educate parents, caregivers, and families about the importance of all pediatric vaccines and the need to keep their child's vaccination record up to date. "Vaccinations: Keeping Children Healthy for a Lifetime!" was made possible through an unrestricted educational grant from Wyeth Pharmaceuticals. The brochure is available in both English and Spanish and provides information on vaccines and all of the diseases they prevent, offers Web sites as resources for families, and discusses the importance of staying on the recommended vaccination schedule. To access the brochure online, go to <http://www.napnap.org/PNPResources/PatientInformation.aspx>.

6) WOMEN'S HEALTH USA DATA BOOK

The eighth edition of the Women's Health USA data book is available now from the Health Resources and Services Administration (HRSA). Women's Health USA 2009 is a collection of current and historical data on some of the most pressing health challenges facing women, their families, and their communities. The book is intended to be a concise reference for policymakers and program managers at the federal, state and local levels to identify and clarify issues impacting the health of women. New topics in this edition include data and information on women veterans, bleeding disorders, hearing problems, and severe headaches and migraines. A new section provides state-specific data on leading causes of death, overweight and obesity, and smoking among women. Access the data book online at <http://mchb.hrsa.gov/whusa09/>.

Sources:

<http://cpsc.gov/cpscpub/prerel/prhtml10/10021.html>
<http://jag.cami.jccbi.gov/cariprofile.asp>
http://journals.lww.com/greenjournal/Citation/2009/10000/ACOG_Committee_Opinion_No__443__Air_Travel_During.43.aspx
<http://mchb.hrsa.gov/whusa09/>
http://www.acog.org/from_home/publications/press_releases/nr09-21-09.cfm
[http://www.fertstert.org/article/S0015-0282\(09\)03491-8/abstract](http://www.fertstert.org/article/S0015-0282(09)03491-8/abstract)
<http://www.nachc.com/2009flu.cfm>
<http://www.napnap.org/PNPResources/PatientInformation.aspx>

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News From National Healthy Mothers, Healthy Babies – October 26, 2009

This Week:

- 1) Resources on Pregnant Women and Flu
- 2) Breastfeeding Coalitions Conference
- 3) Pregnancy and Future Cardiovascular Health
- 4) National Breast Cancer Awareness Month
- 5) AMCHP Annual Conference
- 6) Shot of Prevention Blog

MATERNAL-INFANT HEALTH NEWS

1) RESOURCES ON PREGNANT WOMEN AND FLU

Both the season flu and H1N1 (swine) flu can cause medical complications in pregnant women, even those who are healthy. The Centers for Disease Control and Prevention (CDC) Web site includes resources for pregnant women on preparing for the flu season and other information about both types of flu. Pregnant women should get both vaccines as soon as possible, and are considered priority groups to receive the H1N1 vaccine. To access "Pregnant Women and Flu: Five Things You Need to Know," go to <http://www.flu.gov/individualfamily/parents/pregnant5tips.html>. This resource also includes a link to a flu shot locator, to find a location to get vaccinated in your community. For more on H1N1, including the signs of the disease and tips for pregnant women, go to <http://www.flu.gov/pdfs/pregnantwomen.pdf>.

2) BREASTFEEDING COALITIONS CONFERENCE

Register now for the Third National Conference of State/Territory/Tribal Breastfeeding Coalitions (NCSBC), scheduled for January 23-25, 2010 at the Doubletree Hotel Crystal City-National Airport in Arlington, Virginia. With a theme of "Empowering Coalitions: Power Tools for Change," the conference brings together nearly 400 breastfeeding coalition representatives from every US state and territory. Attendees will include peer counselors, community volunteers, parents, lactation professionals and health care providers. For more information, or to register for the Conference, go to the US Breastfeeding Committee Web site at <http://www.usbreastfeeding.org/Coalitions/NationalConference/2010Conference/tabid/95/Default.aspx>.

3) PREGNANCY AND FUTURE CARDIOVASCULAR HEALTH Recent studies have shown that mothers who have hypertension, diabetes or preeclampsia during pregnancy are at higher risk of cardiovascular issues later in life, and should be monitored more closely than other women. In, "Hypertensive Pregnancy disorders and subsequent cardiovascular morbidity and Type 2 diabetes in the mother," the authors found that hypertensive pregnancy disorders are strongly associated with subsequent type 2 diabetes mellitus and hypertension. They note that the severity, parity and recurrence of these hypertensive pregnancy disorders increase the risk of cardiovascular events.

CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

4) NATIONAL BREAST CANCER AWARENESS MONTH October is National Breast Cancer Awareness Month (NBCAM). During the month and throughout the year, a partnership of national public service organizations, professional medical associations, and government agencies work together to promote breast cancer awareness, share information on the disease, and provide greater access to screening services. NBCAM focuses on educating and empowering women to take charge of their own breast health by practicing regular self-breast exams to identify any changes, scheduling regular visits and annual

mammograms with their healthcare provider, adhering to prescribed treatment, and knowing the facts about recurrence. While October is recognized as National Breast Cancer Awareness Month, the NBCAM Web site is a year-round resource for breast cancer patients, survivors, caregivers, and the general public. For more information, access the NBCAM Web site at <http://www.nbcam.org/index.cfm>.

5) AMCHP ANNUAL CONFERENCE

The Association of Maternal and Child Health Programs (AMCHP) will host its 2010 Annual Conference on March 6-10, 2010, at the Gaylord National Hotel and Convention Center, National Harbor, Maryland. AMCHP is the national organization representing state public health leaders and others working to improve the health and well being of women, children and youth, including those with special healthcare needs, and families. The 2010 conference theme is "Moving Ahead Together: Celebrating the Legacy, Shaping the Future of Maternal and Child Health" in honor of the 75th Anniversary of Title V. The 2010 conference will educate, motivate and promote collaboration among its more than 600 attendees and over 40 sponsors and exhibitors. In addition, the National Birth Defects Prevention Network (NBDPN) will co-locate its annual meeting at the Gaylord Hotel. Joint activities are being planned for skill building sessions, exhibits, poster sessions and networking. Early bird registration fees are available until February 1, 2010. For more information, go to the AMCHP Web site at <http://www.amchp.org/conference>.

6) SHOT OF PREVENTION BLOG

A new blog has been created to foster an open dialogue on the importance of vaccinations and prevention. Shot of Prevention was created by Every Child By Two and is designed as an online space where parents can engage with doctors, nurses and other parents to learn the facts about vaccines. Vaccines have been the focus of much media attention, but there is continued confusion about this topic. Shot of Prevention will include resources to help parents make informed decisions to help protect their children. To access the blog, go to <http://shotofprevention.com/>.

Sources:

- <http://www.amchp.org/conference>
- <http://www.flu.gov/individualfamily/parents/pregnant5tips.html>
- <http://www.flu.gov/pdfs/pregnantwomen.pdf>
- <http://hyper.ahajournals.org/cgi/content/abstract/53/6/944?maxto-show=&HITS=10&hits=10&RESULTFORMAT=&fulltext=hypertensive+pregnancy+disorders&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT>
- <http://www.nbcam.org/index.cfm>
- [http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6W9H-4TK7XBY-1&_user=10&_coverDate=11%2F30%2F2008&_rdoc=23&_fmt=high&_orig=browse&_srch=doc-info\(%23toc%236683%232008%23998439994%23700438%23FLA%23display%23Volume\)&_cdi=6683&_sort=d&_docanchor=&_ct=36&_acct=C000050221&_ver-sion=1&_urlVersion=0&_userid=10&md5=66c799642ba68a6ece0f1c650e0d4d1b](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6W9H-4TK7XBY-1&_user=10&_coverDate=11%2F30%2F2008&_rdoc=23&_fmt=high&_orig=browse&_srch=doc-info(%23toc%236683%232008%23998439994%23700438%23FLA%23display%23Volume)&_cdi=6683&_sort=d&_docanchor=&_ct=36&_acct=C000050221&_ver-sion=1&_urlVersion=0&_userid=10&md5=66c799642ba68a6ece0f1c650e0d4d1b)
- <http://shotofprevention.com/>
- <http://www.usbreastfeeding.org/Coalitions/NationalConference/2010Conference/tabid/95/Default.aspx>

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Public Health Conferences and Events

- [Annual AICR Research Conference on Food, Nutrition, Physical Activity and Cancer](#) - (American Institute for Cancer Research (AICR)) - November 5&6, 2009, Washington, DC
- [SOPHE 60th Annual Conference](#) - (Society for Public Health Education (SOPHE)) - November 5-6, 2009, Philadelphia, PA
- [2009 ASPH Annual Meeting](#) - (Association of Schools of Public Health (ASPH)) - November 7-10, 2009, Philadelphia, PA
- [APHA 2009 Annual Meeting & Exposition](#) - (American Public Health Association (APHA)) - November 7-11, 2009, Philadelphia, PA
- [Public Health Data Standards Consortium 2009 Annual Business Meeting](#) - (Public Health Data Standards Consortium (PHDSC)) - November 12-13, 2009, Hyattsville, MD
- [American Medical Informatics Association \(AMIA\) 2009 Annual Symposium](#) - (American Medical Informatics Association (AMIA)) - November 14-18, 2009, San Francisco, CA

October Health Observances

1-30

[American Diabetes Month](#)
American Diabetes Association
www.diabetes.org

1-30

[Diabetic Eye Disease Month](#)
American Academy of Ophthalmic Executives
www.aao.org

1-30

[Lung Cancer Awareness Month](#)
Lung Cancer Alliance
www.lungcanceralliance.org

1-30

[National Adoption Month](#)
Child Welfare Information Gateway
www.childwelfare.gov/adoption/nam

1-30

[Let's Talk Month](#)
Advocates for Youth
www.advocatesforyouth.org

1-30

[National Alzheimer's Disease Awareness Month](#)
Alzheimer's Association
www.alz.org



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