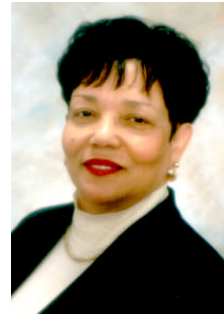


Healthy Babies Coalition

A Message from the Chairperson of the Healthy Babies Coalition



The Anne Arundel County Department of Health and the Anne Arundel County Healthy Babies Coalition hosted a *Keeping Babies Safe Workshop* in December 2008. More than 40 people attended the *Keeping Babies Safe Workshop*. Participants received information, tools and resources to provide safe sleeping, calming a crying baby and home safety education to County pregnant women, families and other caregivers. Pages 4 and 5 of this newsletter have more information about the *Keeping Babies Safe Program*, including the *Keeping Babies Safe Workshop*, *Keeping Babies Safe Training Web Page*, and *Keeping Babies Safe Speakers Bureau*. I encourage all Coalition members to take advantage of the *Keeping Babies Safe Training Web Page*, available at www.aahealth.org/keepingbabiesafe.asp.

As Coalition Chairperson, I would like to thank Baltimore Washington Medical Center's Community Mission Committee for their support of the Healthy Babies Campaign. On the Coalition's behalf, the Committee purchased safe sleep advertisement space and reprints of the resource directory brochure and safe sleep information cards.

Please see page 2 of this newsletter for more information on the Healthy Babies Campaign, including instructions for ordering Healthy Babies educational materials for use with County residents. New information cards on calming a crying baby and home safety are now available. The Healthy Babies educational materials are provided for FREE and are a great resource.

I would also like to extend our best wishes to Frances B. Phillips, R.N., M.H.A. Ms. Phillips formerly served as the Health Officer for Anne Arundel County. She recently became the Deputy Secretary for Public Health for the Maryland Department of Health and Mental Hygiene. The Healthy Babies Coalition was founded under Ms. Phillip's guidance, and she will be deeply missed.

We ask that you continue to support the Healthy Babies Coalition and encourage your colleagues to join the Coalition. For more information about the Coalition, please contact Health Planner Laurie Fetterman, M.S.W. at hdfett00@aacounty.org or 410-222-7203.

Sincerely,

Charlestine Fairley, Ph.D.
Chairperson, Anne Arundel County Healthy Babies Coalition

INSIDE THIS ISSUE:

| | |
|---|-----|
| Healthy Babies Information Campaign Update | 2 |
| Preventing Infant Deaths Due to Preterm Births and Low Birth Weight | 3 |
| Keeping Babies Safe Program | 4-5 |
| Breastfeeding Has Benefits for Moms | 5 |
| Healthy Start Services for Pregnant Women and Children | 6 |
| Encourage the Correct Use of Child Safety Seats | 6 |
| Upcoming Events and Services for County Residents | 7 |

Would you like to submit an article for the July issue of the Healthy Babies Coalition Newsletter?

Is there a maternal or infant health topic that interests you?

If so, please contact Laurie Fetterman at 410-222-7203 or hdfett00@aacounty.org with your ideas.

Healthy Babies Information Campaign Update

The Healthy Babies information campaign was launched in May 2007 to raise awareness of Anne Arundel County's infant death disparity and provide specific risk reduction messages to pregnant women, parents and caregivers.

Campaign materials currently include:

- radio and print advertisements
- resource directory brochures
- information cards on fetal movements, preterm labor, calming a crying baby, home safety, safe sleep and secondhand smoke
- safe sleep information flyers
- health disparity awareness flyers and posters
- press releases

An information card on car seats will be available in March 2009.



From July to December 2008, more than 600 resource directory brochures, 2,680 information cards and 540 safe sleep flyers were distributed to County residents and health care and social service providers. 13 Healthy Pregnancy Kits, 18 Baby Care Kits and 14 Healthy Pregnancy and Baby Care Combination kits were distributed to County residents. The campaign's Web page had over 1,100 visits, averaging over 180 hits a month. New information cards about calming a crying baby and home safety were developed and printed.

Healthy Babies Campaign materials encourage County residents to call the Anne Arundel County Tot's Line (1-877-817-TOTS) or visit the Department of Health's Web site for FREE Healthy Babies kits. The Tot's Line provides additional information, advice and referrals to County resources. Information is also available on the Healthy Mothers and Healthy Babies Web page at www.aahealth.org/healthybabies.asp.

Healthy Babies kits currently available include:

- Healthy Pregnancy Kits
- Baby Care Kits
- Healthy Pregnancy and Baby Care Combination Kits

Healthy Babies kit add-ons are also available. Add-on materials include:

- Women, Infant and Children (WIC) nutrition program brochures
- Maryland Children's Health Program/Medical Assistance for Families applications
- Smoking cessation assistance booklets for pregnant women

During March 2009, the Coalition and the Department of Health will be sending a letter to almost 300 County OB/GYNs, pediatricians and family practice providers. The letter will encourage providers to use the Healthy Babies educational materials in their practice, provide sample materials and include order forms for obtaining additional materials. The letter will also promote the Healthy Mothers and Healthy Babies Web page and the Tot's Line as resources for parents and caregivers. Providers will be encouraged to use the new Keeping Babies Safe Training page.

**To order Healthy Babies Campaign Materials, download the
Healthy Babies Materials Order Form
from http://aahealth.org/App_pdfs/healthybabiesorderform.pdf.**

Preventing Infant Deaths Due to Preterm Births and Low Birth Weight

Article submitted by Jinlene Chan, M.D., M.P.H., Acting Deputy Health Officer for Public Health, Anne Arundel County Department of Health

Preterm birth (a baby born at less than 37 weeks completed gestation) and low birth weight (a baby born weighing less than 5.5 pounds) are the leading causes of infant death in Anne Arundel County. A baby born preterm is almost always low birth weight. While extremely premature babies have the highest risk of death, even babies who are born near term are at risk of more health problems compared to babies born at term.

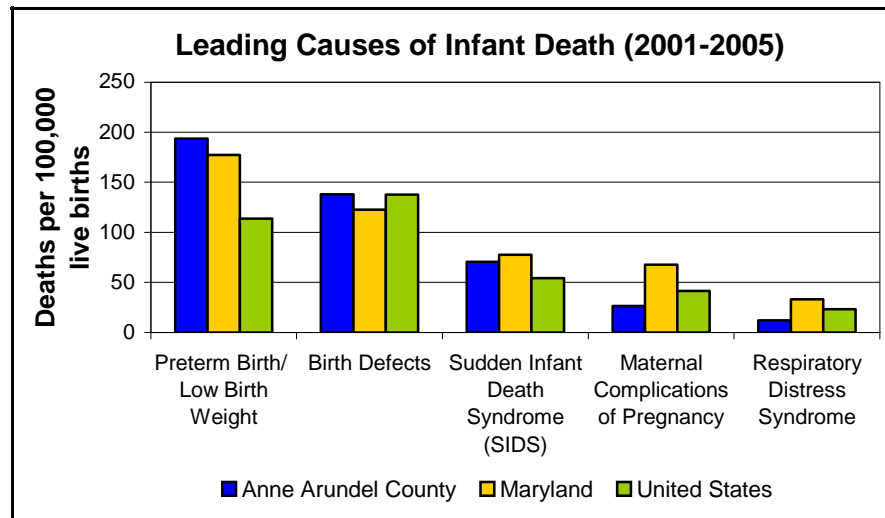
Anne Arundel County's rate of infant death due to preterm birth/low birth weight is 193.5 deaths per 1,000 live births (based on 2001-2005 data), which is higher than in Maryland (177.3) and substantially higher than in the United States (113.8). It is noteworthy that nationwide, preterm birth/low birth weight is the second leading cause of infant deaths, not the leading cause of death as it is in Anne Arundel County and Maryland (see graph).

Preterm birth and low birth weight do not have a single cause. Reducing infant deaths due to preterm births and low birth weight is a complex problem that requires multiple interventions throughout a woman's life. The most important thing that a woman can do to have a healthy pregnancy and baby is to be healthy before becoming pregnant and to have a reproductive life plan.

Health care providers, social service providers and others who work with teenagers and women should place an increased focus on optimizing the health of all women of reproductive age, even if a woman is not actively trying to conceive. Half of all pregnancies are not planned, which makes adopting and maintaining a healthy lifestyle throughout a woman's life especially important. All women, including young women, should be given the information, tools and resources to achieve and maintain a healthy weight, be physically active, quit smoking and manage chronic health conditions such as asthma, diabetes and high blood pressure. Women who are in control of their health are more likely to have healthy pregnancies if they become pregnant.

Access to high-quality early (first trimester) prenatal care is another key component of a healthy pregnancy. Early prenatal care helps to identify, treat and monitor any problems early. It also provides women with information about how to have a healthy pregnancy, including proper nutrition, physical activity and avoidance of harmful substances. Counseling about the prevention of infections, the signs and symptoms of labor and what to do if a woman thinks she is having preterm labor is also an important component of comprehensive early prenatal education.

Preterm birth and low birth weight are not easy problems to solve, and unfortunately the rates are increasing. It is more important than ever that we continue to work toward improving pregnancy and infant health outcomes by developing and implementing comprehensive clinical and community-based strategies to reduce preterm birth and low birth weight.



Keeping Babies Safe Program

Overview of the Keeping Babies Safe Program

The Anne Arundel County Department of Health and the County Healthy Babies Coalition have recognized the need for getting information to the community about how to keep babies safe. In response, a Keeping Babies Safe Program has been developed. The program includes workshops for professionals, community-based presentations to parents and caregivers, a Keeping Babies Safe Training Web page and a Keeping Babies Safe Speakers Bureau. The Keeping Babies Safe program currently includes the following topics:

- Safe Sleep for Babies/Sudden Infant Death Syndrome (SIDS) Prevention
- Calming a Crying Baby
- Home Safety for Infants and Young Children
- Car Safety for Infants and Young Children

These topics were selected based on injury data and input from health and social service providers. SIDS is the third leading cause of infant deaths in the County. Teaching parents and caregivers how to calm a crying baby is an important step in reducing injuries and deaths from Shaken Baby Syndrome. Accidents in the home and car crashes are leading causes of injuries for young children.

The Department of Health and Coalition plan to give Keeping Babies Safe presentations to pregnant women, parents and other caregivers throughout Anne Arundel County. Periodic workshops will be held to teach health and social service providers and community members how to deliver these presentations and messages to their clients and others in the community. A Speakers Bureau is being created to help community-based organizations lead the Keeping Babies Safe presentations.

Keeping Babies Safe Workshop

The Department of Health and the Healthy Babies Coalition co-hosted a Keeping Babies Safe Workshop on December 15, 2008 at the Anne Arundel County Department of Health. More than 40 health care providers, social service providers and community leaders attended.

The Workshop featured a series of presentations on infant safety during which Workshop attendees were trained to take the presentation messages in the presentations into the community and teach pregnant women, parents and other caregivers. The presenters were Department of Health employees and Coalition members.

Jinlene Chan, M.D., M.P.H., Acting Deputy Health Officer for Public Health and Chairperson on the County's Fetal and Infant Mortality Review Team, gave a presentation on safe sleep for babies. The presentation featured information on the American Academy of Pediatrics' Guidelines for Safe Sleep and a group quiz to test safe sleeping knowledge at the end of the presentation. Lani Wheeler, M.D., F.A.A.P., Pediatric Consultant at the Anne Arundel County Department of Health and Chairperson of the County's Child Fatality Review Team, gave a presentation on how to calm a crying baby and demonstrated baby calming techniques. Wendy Mahan, Community Education Program Supervisor, provided advice for creating a safe home environment for infants and young children. A safe sleep environment was on display and participants had the opportunity to practice baby calming techniques.



Lani Wheeler, M.D., F.A.A.P., teaches Adrian Williams of Restoration Community Development Corporation how to swaddle a baby during the Keeping Babies Safe Workshop as Chaquetta Greenleaf and Debbie Wazarenius of Johns Hopkins Healthcare's Priority Partners observe. Swaddling is a technique used to calm crying babies.

Keeping Babies Safe Program, Continued

Keeping Babies Safe Training On The Web

A Web site has been created to provide community members, health care providers and social service providers with information, tools and resources to help educate caregivers about how to keep babies safe from injuries. The Web page is available at www.aahealth.org/keepingbabiesafe.asp.

The Keeping Babies Safe Training Web page includes:

- An overview of the Anne Arundel County Healthy Babies Coalition
- An overview of the Keeping Babies Safe Program
- PDF previews of Healthy Babies educational materials
- An order form for Healthy Babies educational materials
- Information about adult learners
- Keeping Babies Safe presentations and presenter notes
- Keeping Babies Safe Speakers Bureau information

We hope that all Coalition members will take advantage of this excellent resource and share this Web page with their colleagues.

Keeping Babies Safe Speakers Bureau

The Anne Arundel County Department of Health and the County's Healthy Babies Coalition have created a Keeping Babies Safe Speakers Bureau. Individuals can sign up to present one or more of the Keeping Babies Safe presentations to community audiences at locations throughout the County. Presenters will be contacted when potential opportunities to deliver the presentations are available. They will have access to PowerPoint presentations, speaker notes, background readings and educational materials for each topic.

To sign up to become a member of the Keeping Babies Safe Speakers Bureau, to request a presenter from the Keeping Babies Safe Speakers, or for more information, contact Health Planner Laurie Fetterman, M.S.W. at hdfett00@aacounty.org or 410-222-7203.

Breastfeeding Has Benefits for Moms

Article submitted by Amira Goldsmith, Nutritionist, WIC Program, Anne Arundel County Department of Health

Three months after gaining 50 pounds during her pregnancy and delivering twins, Angelina Jolie was back to a size 6. What did she attribute to getting back into shape so quickly? She stated that it was "breastfeeding." Breastfeeding helps moms recover from childbirth by shrinking the uterus to its pre-pregnancy state and by reducing the amount of blood lost after delivery. Moms who breastfeed (especially exclusively breastfeed) may resume their menstrual cycles four to seven months later than women who bottle feed. The absence of menses can be an important factor in child spacing and can reduce the risk of anemia.

Many moms praise breastfeeding for their feelings of closeness with their baby. Studies have shown that breastfeeding increases maternal confidence and reduces postpartum depression. Breastfeeding can also save a mother \$1,200 to \$1,500 or more in formula costs during the baby's first year of life.

Breastfeeding keeps women healthier throughout their lives. Breastfeeding reduces the risk of breast and ovarian cancer, Type 2 Diabetes and possibly osteoporosis. Almost everyone has a friend or family member that has been affected by one of these diseases. Think about the short term and long term benefits of breastfeeding and pass the word along. Breastfeeding makes a difference!



Healthy Start Services for Pregnant Women and Children

Everyone wants a healthy baby and every baby deserves a good outcome. The Healthy Start Home Visiting Program in Anne Arundel County provides assistance to pregnant women and parents of children up to the age of two. Program staff answer questions about pregnancy and child care and assists expectant mothers with accessing prenatal care.

Healthy Start staff know about health and social services programs in the community that can help pregnant women get the benefits and services they might need during pregnancy. On a typical visit to a client's home, a Healthy Start nurse or social worker might:

- help a pregnant woman select a managed care organization through the Maryland Children's Health program or choose a doctor.
- educate women about pregnancy, labor and delivery, infant care, child safety and development.
- provide resources for baby clothing, furniture and food.
- explain how to access family planning services.

Linking clients with services and resources helps to reduce barriers to care during pregnancy with the primary goal of preventing infant mortality and morbidity and achieving healthy birth outcomes.

Healthy Start services are free and available to at-risk pregnant women and children up to the age of two. For additional information, contact the Healthy Start program at 410-222-4132 or visit www.aahealth.org and search "Healthy Start."

Encourage the Correct Use of Child Safety Seats

In Anne Arundel County, car crashes are a leading cause of hospitalizations and emergency room visits for children ages 5 to 14. Child safety seats for children under age 8 help prevent serious injuries and deaths. Maryland law requires that all children under age 8 be in a child safety seat at all times while riding in a vehicle. Using the right safety seat at the right age is one of the best ways to protect children when they are riding in a vehicle.

Parents and caregivers should use these guidelines for child safety seats:

1. Rear-facing infant or toddler seats in the back seat: Use for children from birth to at least 1 year old and at least 20 pounds. The American Academy of Pediatrics recommends keeping young children rear-facing as long as possible. Check the rear-facing weight limit of the seat.
2. Forward-facing toddler seats in the back seat: Use from age 1 to about age 4 and 20 to 40 pounds.
3. Booster seats in the back seat: Use from about age 4 and 40 pounds to at least age 8, unless the child is 4 feet, 9 inches or taller.
4. Safety belts: Use for age 8 or older or if the child is taller than 4 feet, 9 inches. All children 12 and under should ride in the back seat.

Never leave a child alone in a vehicle.



**BE A HEALTHY MOM.
HAVE A HEALTHY BABY.**

c/o Anne Arundel County
Department of Health
3 Harry S. Truman Parkway
Annapolis, MD 21401
[http://www.aahealth.org/
healthybabies.asp](http://www.aahealth.org/healthybabies.asp)

Coalition Contact:

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Access to Care and Provider Issues

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Anne Arundel County
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Community Education and Outreach

Subcommittee Contact:

Lesley Wallace
Director of Operations, MedStar Family
Choice and Senior Manager,
Contracting & Payor Relations,
MedStar Health
Phone: 410-933-3013
Fax: 410-933-3019
E-mail: lesley.wallace@medstar.net

Race and Community Issues

Subcommittee Contact:

New Subcommittee Chairperson
to be Named.
Interim Contact:
Laurie B. Fetterman, M.S.W.
Health Planner
Anne Arundel County
Department of Health
Phone: 410-222-7203
Fax: 410-222-7294
E-mail: hdfett00@aacounty.org

Teenage Pregnancy Prevention

Subcommittee Contact:

Pastor Sheryl Menendez
Executive Director
Restoration Community
Development Corporation
Phone: 410-267-6350
Fax: 410-267-6112
E-mail: smenendez@lotwfamily.com

Upcoming Events and Services for Anne Arundel County Residents

Upcoming Events

Supermarket Nutrition Education Program: February - June 2009. Receive FREE healthy eating advice and information from health educators during Good Food For Good Health Weekends at participating supermarkets throughout Anne Arundel County. Visit www.aahealth.org, click on Calendar of Events or call the Learn To Live Line at 410-222-7979.



Ongoing Community Services and Programs

Anne Arundel County Tot's Line; Offers advice and referrals to pregnant women, parents and caregivers; Free; Contact: 1-800-817-TOTS.

Anne Arundel Medical Center Programs for Birth and Baby; Free/Fee; Contact: Ask AAMC at 443-481-4000.

Harbor Hospital Women and Infants Classes and Tours; Free/Fee; Contact: 410-350-2563.

Special Beginnings Birth and Women's Center Outreach and Education Classes; Free; Contact: 410-626-8982.

Stork's Nest Prenatal Education Program; Free; Contact: 410-787-4366.

Do you know of any nonprofit events to be included in future issues of the Healthy Babies Coalition Newsletter?

E-mail the information to Laurie Fetterman at hdfett00@aacounty.org.

Anne Arundel County Department of Health Services

Adolescent and Family Services; Mental Health and Addiction Counseling Services; Free; Contact: 410-222-6785.

Adult Smoking Cessation Classes; Free; Contact: Learn To Live Line at 410-222-7979 or www.aahealth.org/ltl_smokcessation.asp.

Healthy Start Program for high-risk women and infants; Free; Contact: 410-222-7177.

Reproductive Health Services; Free/Sliding Scale; Contact: 410-222-7145.

Substance Abuse Prevention Presentations in all settings for all ages; Free; Contact: Prevention and Education Services at 410-222-6724.

Substance Abuse Treatment Referral Line; Free; Contact: 410-222-0117, Monday - Friday; 8:30 a.m. - 5:00 p.m.

Strengthening Families Program: Parenting and Life Skills to Improve Family Relationships (14-session program); Free; Contact: 410-222-6724.

Women, Infants and Children (WIC) Nutrition Program; Free; Participants must meet income requirements; Contact: 410-222-6797, Spanish Line, 410-222-0139.

WIC Breastfeeding Classes and Support Groups; Free; Participants do not need to be WIC clients; Contact: 410-222-0085, Spanish Line, 410-222-0139.

Would you like to join a Subcommittee? Contact the Subcommittee Chairperson.