



Perinatal e-News

LA BEST BABIES NETWORK
Healthy Babies. Our Future.
Presented by First 5 LA



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www.LABestBabies.org

August is National Immunization Awareness Month

Keeping vaccinations up-to-date protects infants from serious, life-threatening diseases. The Centers for Disease Control and Preventions (CDC) recommends that babies receive vaccinations for:

- diphtheria
- hepatitis A and B
- influenza
- measles
- mumps
- pertussis (whooping cough)
- pneumococcal disease
- polio
- rubella (German measles)
- tetanus (lockjaw)
- rotavirus (Rota)
- varicella (chickenpox)
- haemophilus influenzae type b (bacterial meningitis)

LA Best Babies Network joins the CDC in observing **August as National Immunization Awareness Month**, and reminds families to ask their healthcare provider about recommended immunizations.

For a complete schedule of recommended immunizations based on a child's birth date see the CDC's "[Instant Childhood Immunization Scheduler for children six years and younger.](#)"

August is Children's Eye Health and Safety Month

Did you know that more than 12 million U.S. children suffer from visual impairment? Early diagnosis and treatment can decrease the risk of permanent vision loss and delayed development.

In an effort to highlight the importance of eye care for children, Prevent Blindness America promotes **August as Children's Eye Health and Safety Month**. The American Academy of Ophthalmology recommends that infants be

screened for common eye problems during regular pediatric visits, and that toddlers be tested at around 3 years of age for:

- strabismus (crossed eyes)
- amblyopia (lazy eye)
- ptosis (drooping of the upper eyelid)
- refractive errors (nearsightedness, farsightedness and astigmatism)
- color deficiency (color blindness)

Learn more:

Visit Prevent Blindness America at

www.preventblindness.org

Report Highlights Disparities in Child Well-Being

The new report "America's Children: Key National Indicators of Well-Being, 2007" issued by the Federal Interagency Forum on Child and Family Statistics focuses on seven key indicators of child well-being, such as family and social environment; economic circumstances; health care; physical environment and safety; behavior; education; and health.

Based on data from 2005, the report's highlights include:

- 18% of children ages 0-17 lived in poverty.
- 17% of children lived in households with difficulty in obtaining food.
- 60% of children lived in counties in which one or more air pollutants' concentrations exceeded the recommended levels.
- 10% of children lived in communities where the water system did not meet the recommended drinking water standards.
- 40% of children lived in a household with one or more housing problems: physically inadequate housing, crowded housing, or cost burden housing (housing that costs more than 30% of the household income)
- Approximately 12 reports of child maltreatment per 1,000 were substantiated.
- The percent of low-birthweight increased to 8.2%, up from 8.1% in 2004, and 7.9% in 2003.

Learn more:

View "[America's Children: Key National Indicators of Well-Being, 2007.](#)"

Evidence-Based Support for the Ten Steps to Improve Childbirth

The Coalition for Improving Maternity Services (CIMS)

Expert Work Group released a report that draws from reviewing research in support of the ten steps of the Mother-Friendly Childbirth Initiative. According to the report "Evidence Basis for the Ten Steps to Mother-Friendly Care," the ten-step childbirth interventions may improve maternal and child outcomes.

Key highlights include:

- Receiving birth support increases the mother's satisfaction with the birth experience and reduces neonatal intensive care unit (NICU) admissions.
- Providing culturally competent care decreases miscommunication, increases patients' satisfaction with healthcare provider and increases self-awareness of diseases or other health problems.
- Labors that are induced for non-medical reasons are more likely to suffer from intrapartum (the period during labor and birth) fever; need instrumental or operative intervention to deliver the babies; and increase the rate of poor health outcomes.
- Minimizing mother-child separation during hospital stay increases breastfeeding initiation.
- Hospital-based breastfeeding promotion interventions can extend the duration of exclusive breastfeeding.

CIMS recommends healthcare providers support normal births and limit the use of many common and costly birth interventions.

Learn more:

View "[Evidence Basis for the Ten Steps to Mother-Friendly Care.](#)"

Exclusive Breastfeeding Rates Fall Short of National Objectives

The percent of mothers in the U.S. who breastfeed exclusively remains below the national objectives of 60% for infants through age 3 months and 25% for infants through age 6 months, according to a *Morbidity and Mortality Report* issued by the Centers for Disease Control and Prevention (CDC).

The CDC reports that in 2004, 74% of women initiated breastfeeding; however, only 30.5% of women exclusively breastfed their infants through age 3 months; and 11.3% exclusively breastfed their infants through age 6 months.

The report showed that rates of exclusive breastfeeding through age 3 months were lower among African American infants (19.8%), and infants of mothers who

- are less than 20 years of age (16.8%)
- have a high school education or less (22.9 % and 23.9%)
- are unmarried (18.8%)
- reside in rural areas (23.9%)
- are poor (23.9%)

The CDC reports that further research is needed to identify the factors that influence breastfeeding.

In an effort to promote breastfeeding-friendly work environments, LA Best Babies Network is promoting its ["Pregnancy and Family Friendly Workplace Policies"](#) by encouraging employers to place this brief on their Web site, as well as share it with their staff and human resources professionals.

Learn more:

View the CDC's breastfeeding improvement tool - "[The Breastfeeding Report Card - United States, 2007.](#)"

View LA Best Babies Network's brief "[Breastfeeding Promotion and Support.](#)"

Funding Opportunity

Health Disparities Among Minority and Underserved Women, due September 8, 2007

The Department of Health and Human Services will award grants in support of research aimed at reducing health disparities among racial/ethnic minority and underserved women. Proposals should address:

- research related to health promotion or risk reduction among minority and underserved women age 21 and older; and,
- intervention studies that show promise for improving the health profile of minority and underserved women.

For more information view grant [announcement](#).

Educational Events

Secure Attachment and Successful Breastfeeding: Evidence Based Practices, September 14, 2007

September 14, 2007

"Secure Attachment and Successful Breastfeeding: Evidence Based Practices"

Valley Presbyterian Medical Center, 15107 Vanowen St., Van Nuys, CA 91405

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

Registration deadline and fee: Prior to September 7 - \$90.

After September 7 or at the door - \$100.

Sponsored by: The Breastfeeding Taskforce of Greater Los Angeles.

To register or for more information view [pamphlet](#).

Save the Date! Black Women for Wellness Summit, September 15, 2007

September 15, 2007
"Woman 2 Woman Reproductive Health Update"
Location to be announced
8:00 a.m. - 4:30 p.m.

Sponsored by: Black Women for Wellness in collaboration with California Family Health Council and other stakeholders. The 1-day summit will address the reproductive health of Black women.

For more information visit the Black Women for Wellness Web site at <http://www.bwwla.com/index.php>

Breastfeeding Tools for Health Professionals: Supporting a Strong Foundation for a Healthier Generation, September 21, 2007

September 21, 2007
"Breastfeeding Tools for Health Professionals: Supporting a Strong Foundation for a Healthier Generation"
South San Francisco Conference Center, 255 S. Airport Blvd., South San Francisco, CA 94080
8:00 a.m. - 5:00 p.m.
Registration deadline and fee: \$135 if paid by September 1, 2007. After September 1, 2007 - \$150.

Sponsored by: San Mateo County Breastfeeding Advisory Committee, San Mateo Perinatal Council, County of San Mateo Health Department, WIC, and San Mateo County First 5 Commission.

To register or for more information view [pamphlet](#).

AHRQ's 2007 Annual Conference: Improving Health Care, Improving Lives, September 26-28, 2007

September 26-28, 2007
"Agency for Healthcare Research and Quality 2007 Annual Conference: Improving Health Care, Improving Lives"
Bethesda North Marriott Hotel & Conference Center, 5701 Marinelli Road, Bethesda, MD 20852
Registration deadline: Space is limited, advance registration

is required.
Registration fee: Free

Sponsored by: the Agency for Healthcare Research and Quality (AHRQ).

For more information and/or to register visit
www.blsm meetings.net/2007ahrqannual/index.cfm

We invite you to contribute story ideas and event listings for our consideration in *Perinatal e-News*. To submit items please e-mail contact@labestbabies.org.

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