



Perinatal e-News

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



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September 26, 2007
www.LABestBabies.org

First 5 LA and the Network to Coordinate the 'Prenatal through Three' Family-Engagement Strategy in 2008

As part of its vision to optimize early development of children in LA County, First 5 LA has awarded LA Best Babies Network with a \$2.5 million, two-year grant to coordinate the implementation of an innovative pilot that will provide outreach and education to families, beginning during the prenatal period and extending into the first year of life. The pilot, which is a component of First 5 LA's "Prenatal through Three" Focus Area, will support families as they help their newborns achieve developmental milestones. LA Best Babies Network, a strategic partner of First 5 LA, will oversee this pilot family-engagement strategy that will build on the Healthy Births Initiative.

"We are grateful to First 5 LA for this unique opportunity to offer support to families with newborns at a time when they are the most vulnerable," says Carolina Reyes, MD, executive director of LA Best Babies Network. "A continuum of quality care and access to that care is part of our vision of helping women and families achieve healthy pregnancies and bring up healthy children."

September is National Alcohol and Drug Addiction Recovery Month

We are pleased to support women and families in recovery. No level of alcohol use during pregnancy is safe. The best time for a woman to assess and modify her drinking and substance-use habits is before pregnancy occurs. Alcohol and substance use during pregnancy can cause birth defects such as mental retardation, developmental delay, behavioral problems, as well as defects involving the heart, face and other organs. Consuming alcohol and other substances during pregnancy also increases the risk of miscarriage, low birthweight and stillbirth. Substance abuse can lead to child abuse and neglect following birth.

LA Best Babies Network promotes early intervention of substance use and abuse as part of planning for pregnancy, and early identification and intervention for those who have unplanned pregnancies. Healthcare providers should routinely screen for substance abuse, intervene for women who are at risk and suggest a referral to the Los Angeles County Community Assessment Center.

The Network observes **September as National Alcohol and Drug Addiction Recovery Month** by promoting the societal benefits of alcohol and drug disorder treatment, as well as the message that recovery is possible.

Learn more:

For a list of Alcohol & Drug Recovery events in California visit www.recoverymonth.gov/2007/events/eventlist.aspx?ID=5
View the Network's brief "[Substance Abuse Screening](#)."

Maternal Obesity Associated with an Increased Risk of Birth Defects

Women with pre-pregnancy obesity may be at a higher risk of having a child with birth defects such as spina bifida, heart defects and missing limbs, according to a report in the August issue of *Archives of Pediatrics & Adolescent Medicine*.

The report found, that 4% of infants born to obese women had a significant birth defect, compared to 3% of infants born to all women. Infants born to obese mothers

had:

- a 36% increased risk for small or missing limbs
- a 40% increased risk for heart defects
- a 46% increased risk for anorectal malformation (a defect where the anus and rectum do not develop properly)
- 20% increased risk for gastrointestinal deformities
- 60% increased risk for omphalocele (a condition in which the infant's abdominal organs protrude from the navel)

The researchers recommend that overweight women planning pregnancy attempt to lose weight prior to becoming pregnant. "We would advise women who are obese to try to maintain a healthy weight, engage in moderate exercise and follow a healthy diet," notes Kim Waller, associate professor of epidemiology at the University of Texas at Houston's School of Public Health, and lead author of the study.

Learn more:

View "[Prepregnancy Obesity as a Risk Factor for Structural Birth Defects.](#)"

LEAD Releases Preconception Brochure

The Center for the Health Professions Network for Multicultural Health, LEAD project (LEADing Organizational Change: Advancing Quality through Culturally Responsive Care) released a preconception brochure designed to provide information to patients on pregnancy and contraception programs in California. The brochure "A Woman's Guide to Preventing and Planning Pregnancy" also includes tips on staying healthy before and during pregnancy.

The brochure can be customized by inserting specific information on the back panel, and is available in [English](#) or [Spanish](#).

Educational Events

Not Enough Milk? Hot Topics, Cool Answers, October 12, 2007

October 12, 2007

"Not Enough Milk? Hot Topics, Cool Answers"

Pomona Valley Hospital Medical Center, 1798 N. Garey Ave. Pomona, CA 91767

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

Registration deadline and fee: prior to October 5 - \$90. On or after October 5 - \$100.

Sponsored by: The Breastfeeding Taskforce of Greater Los Angeles.

For more information or to register, view [brochure](#).

Assisting Mothers to Successful Baby Led Latching, November 1, 2007

November 1, 2007

"Assisting Mothers to Successful Baby Led Latching"

Cedars-Sinai Medical Center, Harvey Morse Auditorium, South Tower,

8700 Beverly Blvd., Los Angeles, CA 90048

9:30 a.m. - 4:30 p.m.

Registration deadline and fee: prior to October 25 - \$ 90. On or after October 25 - \$100.

Sponsored by: The Breastfeeding Taskforce of Greater Los Angeles.

For more information or to register, view [brochure](#).

Healthy Births Through Healthy Communities Partners Symposium 2007,

November 14, 2007

November 14, 2007
"Healthy Births Through Healthy Communities Partners Symposium 2007"
California Endowment, Yosemite Hall A/B, 1000 N. Alameda St., Los Angeles, CA 90012
8:00 a.m. - 3:30 p.m.

Sponsored by: LA Best Babies Network. Attendees will share the planning, process and accomplishments of the Healthy Births Learning Collaboratives, Best Babies Collaboratives and Healthy Births Care Quality Collaborative.

For more information or to register, view [brochure](#).

SAVE THE DATE! Web Broadcast, Current Challenges and Successes in HIV Prevention with Hispanics, November 15, 2007

November 15, 2007
"Current Challenges and Successes in HIV Prevention with Hispanics"
10:00 a.m. - 12:00 p.m.

The goal of the forum is to

- Raise awareness of the impact of HIV/AIDS on Latinos in the U.S.
- Promote understanding of the issues that affect HIV/AIDS risk among Latinos
- Encourage all organizations who work with Latinos to implement effective interventions and strategies to reduce HIV transmission.

For more information or to view Web broadcast, visit www.cdcnpin-broadcast.org

SAVE THE DATE! Network for a Healthy California Annual Conference, January 23-24, 2008

January 23-24, 2008
"Champions for Change: Taking Action for Healthy Eating and Active Living"
Sacramento Convention Center, 1400 J St., Sacramento, CA 95814
7:00 a.m. - 5:00 p.m.

Sponsored by: The Network for a Healthy California.

For more information, visit www.networkforahealthycalifornia.net/2008conference

SAVE THE DATE! Eight Annual March of Dimes Conference for Health Professionals, January 23-25, 2008

January 23-25, 2008
"Preventing Prematurity, Birth Defects & Infant Mortality: Current Trends and Future Paradigms"
The Westin South Coast Plaza, 686 Anton Blvd., Costa Mesa, CA 92626

Sponsored by: March of Dimes

For more information, visit <http://cfhcweblog.typepad.com/titleupdates/pdfs/2007/20070801MarchOfDimes.pdf>

We invite you to contribute story ideas and event listings for our

consideration in *Perintal e-News*. To submit items please e-mail
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