



Perinatal e-News

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



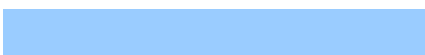
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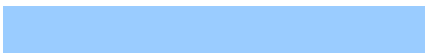
- **Web Portal for Moms and Mothers-to-be**
- **Flu Shot Recommendations**
- **Spina Bifida Awareness**
- **1 in 4 Women Victims of Domestic Violence**
- **90,000 Infants Suffer Maltreatment**

October is National Domestic Violence Awareness Month

October is National Spina Bifida Awareness Month



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.



Launch of Web Portal for Moms and Mothers-to-be

We invite you to visit our Healthy Living Web pages for moms and mothers-to-be in English and Spanish at www.LABestBabies.org/healthy-families.htm

The topics of the Web pages are related to our preconception "quiz pamphlet" - [How Healthy Are You?](#)

The Web site also allows women to take the same quiz found in the pamphlet online.

Our partners will be using the "quiz pamphlet" to promote this new section.

Please join us in spreading the word to moms and mothers-to-be.

ACOG Reminds all Women to Receive Flu Shot

The American College of Obstetricians and Gynecologists (ACOG) has released a statement reminding all women, including those who are pregnant, to receive their annual flu shot. According to ACOG, the ideal time for women to obtain the flu vaccine is either October or November.

New findings from a study conducted by the National Women's Health Resource Center found that receiving the flu vaccine during pregnancy may also protect the child against the flu, from birth to the age 6 months. The report noted a:

- 63% risk reduction in infants whose mothers received the flu vaccine in pregnancy
- 29% reduction in the rates of respiratory illness with fever
- 42% reduction in doctor visits for respiratory illness with fever.

Learn more:

View ACOG's statement "[Pregnant Women Reminded to Get Flu Vaccination](#)"

View the study "[Effectiveness of Maternal Influenza Immunization in Mothers and Infants](#)"

National Spina Bifida Awareness Month

Spina bifida is the most common physically disabling [neural tube birth defect](#), affecting approximately 190 infants in California each year. Spina bifida, also known as open spine, affects the backbone and sometimes the spinal cord. Infants born with spina bifida may have an open wound on their spine that fails to close during the first months of pregnancy.

The cause of spina bifida is unknown; however, consuming folic acid every day, at least three months before conception and throughout the pregnancy reduces the risk of having a child with a neural tube defect by approximately 50%. Since the U.S. Food and Drug Administration mandated fortifying all cereal grain products with folic acid in 1998, the rates of spina bifida have changed considerably from 1991 to 2005.

- in 1991, 887 cases of spina bifida were reported in the U.S.
- in 1996, 917 cases were reported
- in 2005, 698 cases were reported.

Given that birth defects can sometimes occur before women are aware they are pregnant, the Centers for Disease Control and Prevention recommends that all women of childbearing age take a daily multivitamin containing 400 micrograms of folic acid.

Learn more:

View LA Best Babies Network's "[Folic Acid](#)" page for moms.

Visit the Spina Bifida Association, www.spinabifidaassociation.org

1 in 4 Women Suffer Domestic Violence in the U.S.

Approximately 1 in 4 women are victims of domestic violence in the U.S., according to a report published by the Centers for Disease Control and Prevention (CDC). In addition, an estimated 1,200 women are killed and 2 million injured annually due to domestic violence.

According to the report, women who are victims of domestic violence are more likely to:

- engage in risky sexual behaviors
- binge drink
- have a stroke, heart disease, asthma or arthritis
- use assistive devices, such as canes and wheelchairs.

Women are at greater risk of experiencing domestic violence when pregnant. Abused pregnant women are at an increased risk for:

- depression and other mental health problems
- tobacco, alcohol and drug use
- exposure to reproductive tract infections
- unintended pregnancy
- preterm birth and low birthweight.

LA Best Babies Network recommends that healthcare providers screen all women for past and current intimate partner violence at the first prenatal visit and every trimester thereafter. Interventions include:

- careful listening for specific messages of concern about safety and health
- documenting intimate partner violence and safety assessment
- providing educational materials, resource phone numbers for crisis interventions, as well as discussion of a safety plan
- referring to a case management program, psychological and legal counseling
- offering follow-up visits with a health care provider, social worker or advocate.

Through the Best Babies Collaboratives, LA Best Babies Network members provide seamless interconception care (care between pregnancies) and intensive case management to high-risk moms for a period of two years. Case managers are trained to screen and identify domestic violence, provide crisis intervention and offer tools and resources to victims of domestic violence.

For more information about the Best Babies Collaboratives, visit www.LABestBabies.org/bbc/bbc.htm.

View LA Best Babies Network's "[Personal Safety](#)" page for moms.

View the Network's brief "[Intimate Partner Violence](#)."

View the CDC's report "[Adverse Health Conditions and](#)

[Health Risk Behaviors Associated with Intimate Partner Violence - United States, 2005."](#)

90,000 Infants Suffer Maltreatment

In 2006, 91,278 infants suffered abuse or neglect during their first year of birth, according to a report published by the Centers for Disease Control and Prevention (CDC). An estimated 29,880 infants were abused or neglected during the first week of life.

According to the report:

- 35,455 infants, less than one month old, were abused or neglected
- 20,472 infants, less than one week old, were maltreated
- 3,957 infants, less than one week old, were victims of physical abuse.

The CDC recommends the following actions to intervene and prevent child maltreatment:

- increase public knowledge on the reporting process for child maltreatment
- assist healthcare providers in enhancing their reporting process
- develop child-maltreatment tracking programs
- support research, early intervention and prevention programs at the national, state and local level
- promote safe and nurturing relationships between parents and their infants through home visitations and parent-training programs.

Through the Best Babies Collaboratives, LA Best Babies Network members provide seamless care and case management to high-risk moms for a period of two years. To prevent the occurrence of child abuse and neglect, this effort aims to help mothers and fathers resolve environmental, social and behavioral risks for child abuse and neglect, as well as gain the skills to provide nurturing parenting.

For more information about the Best Babies Collaboratives, visit www.LABestBabies.org/bbc/bbc.htm.

View the CDC's report "[Nonfatal Maltreatment of Infants - United States, October 2005-September 2006.](#)"

Visit our Web [News & Events](#) section.

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