

Foot Prints

Healthier Moms & Babies



Quarterly Newsletter

Winter 2006

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"Better babies
one baby at a time"

Healthier Moms & Babies to Receive Largest Grant to Date in 2007

The Indiana State Department of Health, Maternal and Children's Special Health Care Services has notified Healthier Moms and Babies that our grant request has been approved and will be funded. Our staff was preparing revised budgets, and the contract is expected to be effective for \$60,000 from Jan 1-Sept 30, 2007 and \$80,000 from October 1 through September 30, 2008.

This grant represents the largest single grant award in Healthier Moms and Babies' 10 year history. Our project will match the grant with 30% of the grant amounts, which will cover the first quarter of each contract period. Healthier Moms and Babies will receive the funding incrementally at the end of each quarter.

Maternal and Children's Special Health Care Services was interested in funding projects that reduce the disparity in birth outcomes between white and African-American babies, reduce the incidence of low birth weight babies and work to decrease smoking and obesity among women

and children.

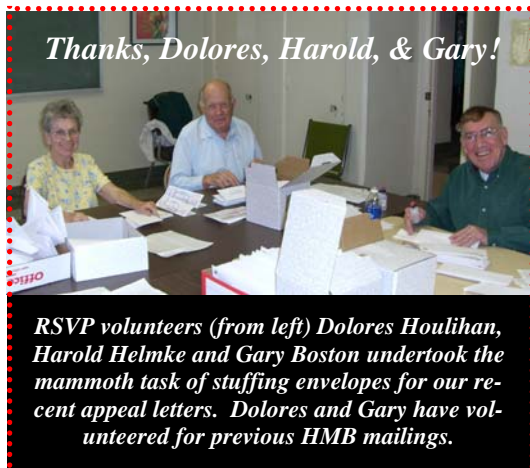
"Our staff reviewed more than 50 grant applications," said Judith A. Ganser, M.D., medical director, Maternal and Children's Special Health Care Services. "Healthier Moms and Babies was one of a number of promising new applicants selected." We were pleased when we received the well-written applications from Healthier Moms and Babies, and look forward to collaborating with them.

The funding was provided through a grant from the U.S. Department of Health and Human Services Health Resources and Services Administration under Title V of the Social Security Act.

"The State Department of Health has already been very helpful in forwarding us data about birth outcomes in Allen County," commented Sally Edington. "This funding will be very helpful to Healthier Moms and Babies is continuing and improving our work of better babies, one baby at a time."

Lincoln Financial Group Foundation Awards Grant

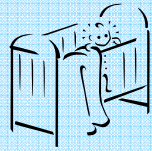
The Lincoln Financial Group Foundation awarded a grant of \$10,086 to Healthier Moms and Babies in September. This funding for operational support will help our project increase its caseload and continue to offer community presentations. We thank the Lincoln Financial Group Foundation for its support of our mission.



Thanks, Dolores, Harold, & Gary!

RSVP volunteers (from left) Dolores Houlihan, Harold Helmke and Gary Boston undertook the mammoth task of stuffing envelopes for our recent appeal letters. Dolores and Gary have volunteered for previous HMB mailings.

HEALTH CORNER



In the last issue of Foot Prints, we promised to give you more information about necrotizing enterocolitis, which was listed as the fourth leading cause of infant mortality in Allen County in 2005.

The word necrotizing means the death of tissue. Entero refers to the small intestine while colo refers to the colon. As you may know, "itis" is the term for inflammation. Necrotizing Enterocolitis is more common among premature babies, although some term babies develop it. Statistically, one of every 2000-4000 term babies develop NEC compared to about 10% of those who weigh less than three pounds, four ounces at birth.

Doctors are not sure what causes this condition. However, it is clear that sections of the intestine become damaged, and cannot process the baby's feedings. These sections can die, and holes can develop. Bacteria can leak into the abdominal cavity and into the bloodstream.

In addition to very premature babies, babies who may be at risk for necrotizing enterocolitis are those who had difficult deliveries especially with oxygen deficiencies, babies with too many red blood cells and babies with gastrointestinal infections.

The symptoms of Necrotizing Enterocolitis include:

- Abdominal distention or bloating
- An intolerance for feedings
- Bile colored (or greenish) vomit
- Blood in the stool
- Lethargy

If a baby with these symptoms is not already in the hospital, seek medical attention for him or her quickly.

This condition is just one more reason Healthier Moms and Babies wants to help families avoid a preterm delivery.

Coordinator's MESSAGE



We truly must live in the Information Age, and we at Healthier Moms and Babies have been flooded with it.

The Allen County Coroner's office¹ announced that there have been seven infant deaths from Sudden Infant Death Syndrome this year. Since most SIDS deaths occur in winter months, it appears Allen County could exceed our worst record since 2000.

A new study² says that the number of preterm babies who die is three times as high as originally thought. In previous studies, statisticians counted infant death certificates with prematurity listed as the cause. When the death certificates were linked with their birth certificates, researchers found 1/3 more babies who died had been born too soon, from conditions such as necrotizing enterocolitis (described in our Health Corner).

At a conference on SIDS in Indianapolis, Mary and I learned that pacifiers seem to have a protective effect against SIDS (although breast fed babies should not begin to use one during the first month of life and until a good suck is established). We learned babies who sleep in their crib in their parents' room have more regular respirations and heartbeats.

At the Conference on Youth, I attended a workshop on Strength Based Practices. Study after study showed that most therapies are equally effective. The difference in whether or not a client makes positive change depends mostly on if the client trusts her worker.

We learned at the Parkview OB-GYN conference how quickly vision can deteriorate during pregnancy among severely diabetic women and even more about preterm labor. And I have learned valuable information in my sessions at Leadership Fort Wayne.

Whew! At times I'm overwhelmed with the information I'm processing. But the bottom line is for every problem we identify—preterm deliveries, SIDS—there is something we can do about it—build trust and educate, educate, educate. We can do that! And you can help!

 Sally Gough, LSW

¹Sept. 22, 2006 Fort Wayne Journal Gazette

²Oct. 2, 2006 Fort Wayne Journal Gazette



Amelia
(11 months)



Daviona
(3 months)



Jersey
(1 year)

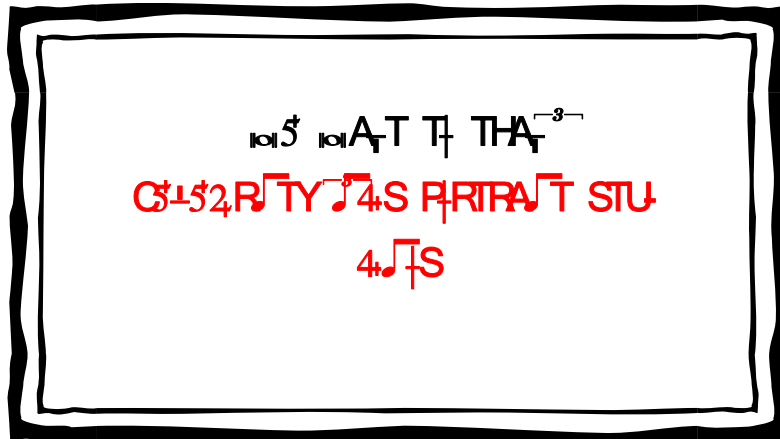


Olivia
(4 months)

REFLECTING 2006



Christopher
(7 months)



Ja'Kahi
(4 months)



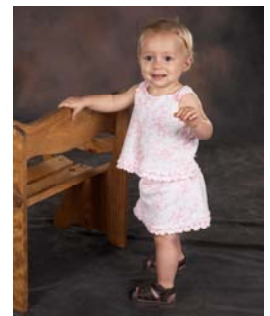
Mia
(5 months)



Julante
(7 months)



Julian
(4 months)



Abigail
(1 year)



Makaela
(1 year)



Lupita
(6 months)



Alessandra
(6 months)



Alex
(4 months)

Donate today to Healthier Moms and Babies, and St. Joseph Community Health Foundation will match your gift two to one. For example, a gift of \$100 will be matched with \$200 from the foundation for a total of \$300 to HMB!



Better Babies One
Baby at a Time

Healthier Moms & Babies

Rooms 213–215 Plaza Office Building
700 Broadway
Fort Wayne IN 46802-1402

Presorted
Standard
US Postage
Paid
Ft. Wayne IN
Permit #324

CHANGE SERVICE REQUESTED



Let SIDney Do the Teaching...

MMeet SIDney, the Healthier Moms and Babies SIDS prevention doll. For the last three years, SIDney has been helping project coordinator, Sally Edington, demonstrate safe sleep positions for infants.

To combat the high number of SIDS cases so far this year in Allen County, Sally and SIDney are scheduling Safe Sleep presentations for this winter. (More babies are lost to SIDS in cold weather months than any other time of the year.)

If your group or organization would like to schedule a Safe Sleep presentation, please call the office at 260 425 3348 or email Sally at sedington@fwnep.edu. Sally and SIDney are ready to hit the road!

HELP WANTED!

HHealthier Moms and Babies is looking for a part-time (20-24 hours a week) LSW or BSN with a case management background and experience in maternal child health or medical social work. The ideal candidate should be comfortable working with low-income families of various cultures and making home visits, have reliable transportation and be able to use Microsoft Office. The ability to speak Spanish would be helpful. Send resumes to sedington@fwnep.edu or mail to our office.