



**HEALTHY MOTHERS, HEALTHY BABIES**  
Coalition of Georgia

# HMHB Resource Watch

*Improving the health status of Georgia's families.*

## **Public Health News** **World Breastfeeding Week August 1-7**

**Vol. 10, Issue 12**  
**August 3, 2009**

### *Breastfeeding is a Wise Economic Investment*

*Jennifer Coburn*

<http://www.breastfeeding.org/articles/economic.html>

World Breastfeeding Week August 1-7

Most everyone has heard the slogan "breast is best," touting the nutritional benefits of human milk for young children. The American Academy of Pediatrics recommends breastfeeding for at least one year, while the World Health Organization suggests nursing for two years to receive maximum health benefits for both mother and baby.

Through World Breastfeeding Week, advocacy groups and government organizations around the globe have an opportunity to highlight another side of breastfeeding -- its economic value. This year, the 120 countries participating in the week of breastfeeding education and promotion focus on the financial benefits of nursing, as well as the cost of not breastfeeding.

Breastfeeding offers significant economic advantages to individual families, businesses, and the society at-large. A multi-billion dollar industry, formula costs a family an average of \$1,000 per child annually. If formula were the optimum nutrition for an infant, it would be well worth the expense. But, in fact, quite the opposite is true. Research consistently demonstrates that breastfed children are healthier and incur fewer health care costs. The International Journal of Gynecology and Obstetrics estimates that \$2 billion could be saved on health care annually in the United States if all women breastfed their infants for just 12 weeks.

Janice M. Riordan, Associate Professor at the Wichita State School of Nursing found that there are tremendous potential health care savings from breastfeeding. Analyzing the effect of breastfeeding on just four diagnoses, her study estimated that breastfeeding would save \$1.3 billion in health care.

Kaiser Permanente, one of the country's largest Health Maintenance Organizations, recently conducted research to determine the value of providing lactation support to their members and found that increasing breastfeeding rates would yield impressive returns. Their study concluded that infants who were breastfed for a minimum of six months experienced an average of \$1,435 less in health care claims than formula fed infants.

Though most studies focus on the health advantages to babies, breastfeeding also offers long-term benefits that save countless public and private health care dollars. Recent search suggests that adults who were breastfed as children show lower rates of insulin-dependent diabetes, heart disease, stroke, ulcerative colitis, Crohn's disease, and osteoporosis. Mothers who breastfeed their children suffer fewer incidents of pre-menopausal breast cancer, ovarian cancer, and osteoporosis. As a society, we are morally compelled to find ways to prevent these serious conditions. The fact that money is saved in the process is an added bonus.

Promoting breastfeeding is a wise investment for families and health care providers, but it also makes economic sense for employers and the community at-large. Companies benefit from less staff turnover, less absenteeism, improved worker productivity, and increased worker

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## **Public Health News** **Breastfeeding cont.**

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loyalty. If the New Mothers' Breastfeeding Promotion and Protection Act (H.R. 3531) is signed into law, employers will receive a tax benefit for setting up lactation stations so working mothers can pump breast milk and take unpaid breaks to do so.

Even folks who don't have children indirectly benefit from increased breastfeeding rates. Healthier babies means lower insurance premiums for everyone. And we all pay a price to clean up the environmental waste created by formula feeding. The manufacturing of formula uses fossil fuels; packaging creates excess trash; additionally, the production and daily cleaning of bottles pollutes our environment.

In California, 74% percent of new mothers say they plan on breastfeeding at the time of hospital discharge. Nine weeks later, only 17% are still nursing. Some mothers cease breastfeeding when they return to work, but many more quit because breastfeeding can be more difficult and exasperating than they'd ever imagined. Mothers who have challenges with breastfeeding, and do not access the resources available, will almost always stop. The state has done a good job promoting breastfeeding as the optimum source of nutrition for babies, but is lagging in effective ways to support new mothers. Educating mothers about the benefits of breastfeeding without equal emphasis on helping them succeed gives mothers little more than frustration and guilt.

If there were a vaccine that could significantly reduce the rate of childhood death, Leukemia, several types of cancer, meningitis, infections, and allergies, both state agencies and health insurance companies would see the wisdom in promoting its widespread use. If they carefully analyzed the potential savings, they would probably stop at nothing short of offering free inoculations by visiting families door-to-door.

Breastfeeding is nature's free vaccine, but sometimes mothers need a little help. Few health plans cover the cost of lactation consulting -- an average of \$50 per session. Working with a certified lactation consultant has shown to improve breastfeeding success rates in just one or two visits. According to a study conducted by Los Angeles Power and Water, every dollar invested in lactation support saves \$4 in future health care costs. If the California State Legislature passes Assembly Bill 2438, lactation consulting will soon be covered.

Long after World Breastfeeding Week has ended, we must continue to promote breastfeeding and support nursing mothers. Given the health and economic benefits, breastfeeding truly is the best investment for a healthy future.

### **Lactation Consultants Can Help Mothers Overcome Breastfeeding difficulties**

When Dana Golshan was pregnant with her first child, she thought breastfeeding would come naturally. She didn't take classes or read books on nursing because she already knew she wanted to breastfeed. What she didn't know was how many problems she'd have getting started and the support she'd need to continue. She wasn't sure if her daughter was latching on to the breast properly or getting enough milk. Within four weeks, she weaned her baby and began providing formula.

Golshan's story is not unusual. In California, 74 percent of mothers choose to breastfeed at the time of hospital discharge, but only 17 percent of women are still nursing nine weeks after birth.\* "People have no idea how hard it can be to nurse," says Goldshan.

Four years later, when she was expecting her second child, Golshan was determined to surmount the breastfeeding obstacles and enlisted the help of a lactation consultant at the first sign of trouble. This time, her baby had trouble latching on, contracted a yeast infection, and was spitting up after every meal. Lactation consultant, Barbara Eastwood showed Golshan latching techniques, suggested she get a prescription for ointment for the infection, and recommended that she eliminate milk products from her diet. Soon, mother and child were a successful nursing team and continued for ten months.

"It's so important to have that support," says Golshan. She says she now gives Eastwood's phone number to pregnant strangers and new mothers she sees at Target, and urges them to call for help rather than give up nursing.



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Most women do not experience problems with breastfeeding says Ruth Wester, deputy executive officer at Wellstart International. "Not all the cases we see are mothers having problems," says Wester. "Some women see lactation consultants because they need a brush up lesson with a new baby, or advice on how to continue breastfeeding when they return to work or school. Or sometimes they have questions about use of medications during nursing or complementary foods, or how to introduce solid foods."

Around the world, there are 8,000 certified lactation consultants who assist mothers with breastfeeding questions or problems. Fifty are in San Diego County, working in hospitals, pediatric offices, breastfeeding centers, and private practice. Nancy E. Wight, neonatologist at March Birch Hospital's Neonatal Intensive Care Unit says she sees a direct link between access to lactation consultants and breastfeeding success, even in the most difficult circumstances. "Approximately 90 percent of the women in our NICU who have premature or ill babies are pumping breastmilk," says Dr. Wight. "The incidence is much lower at other hospitals, probably more like 30 percent." She attributes the high rate of breastfeeding success to the 24-hour availability of a lactation specialist, as well as a staff that supports breastfeeding.

Eastwood, a registered nurse who runs BarbiCare Lactation Services, says she counsels 50-100 women each month either by telephone or in person. "It makes a tremendous difference if they have someone to call at 9 p.m.," says Eastwood. "Ninety-nine percent of the time, mothers who want to nurse and get the help, can breastfeed."

Lactation consulting was conceptualized as a specialty in 1977 by Chele Marmet, a mother who had become known as the person in Los Angeles who could help problem cases. Trained in speech and hearing therapy, Marmet became interested in breastfeeding after her doctors were unable to help with her problems nursing. "They told me to just leave my son in the hospital for a week and let the nuns listen to him cry, but I didn't want to do that," says Marmet. Instead, she learned as much as she could about breastfeeding, pursued a masters degree and started the Lactation Institute with her friend Ellen Shell.

"The lightbulb went on as I realized that I was lecturing at hospitals almost full time and still not affecting any real change," says Marmet. "The only way to increase the breastfeeding rates and really help mothers is to have at least one lactation specialist in every hospital." The Institute opened its doors in 1979 with three goals: to train lactation consultants, to provide support for nursing mothers, and to affiliate with a university that would offer a masters degree in the specialty. The Institute has achieved its goals and adheres proudly to its original mission, says Marmet.

### **Tips for nursing mothers**

- attend a support group or breastfeeding class before delivery
- breastfeed within one hour of birth
- sit back comfortably (don't lean over baby)
- place baby's head in crook of elbow
- tickle middle of baby's lower lip until he opens WIDE
- make sure that a large part of the areola is drawn in to baby's mouth
- use both breasts each feeding
- watch baby's signals, not the clock
- nurse newborns 10-14 times a day
- count diapers: 6-8 wet diapers and 3-5 bowel movements means baby is getting enough milk
- break suction before taking baby off the breast (don't pull)
- avoid pacifiers and supplemental bottles
- be patient with yourself and baby
- trust your instincts
- call for support if you experience pain or have questions



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## HMHB in the Community

Hyper Gym - Albany, GA

August 1, 2009 | 1st Annual Albany Health Fair  
9:00 a.m. - 1:00 p.m.

The Classic Center - Athens, GA

August 1, 2009 | 12th Annual Athens Area Maternity and Baby Fair  
9:00 a.m. - 2:00 p.m.

Grady Health System - Atlanta, GA

August 1, 2009 | Celebration of Motherhood  
10:00 a.m. - 2:00 p.m.

Agape - Atlanta, GA

August 7, 2009 | Back to School Bash  
1:00 a.m. - 4:00 p.m.

Mundy's Mill High School - Jonesboro, GA

August 15, 2009 | Health Fair with Congressman Scott  
10:00 a.m.- 2:00 p.m.

Lenox Square - Atlanta, GA

August 29, 2009 | Atlanta Health and Wellness Expo  
10:00 a.m. - 4:00 p.m.

### Healthy Mothers, Healthy Babies Albany Satellite Office Opening Reception — A Great Success!!

In May, 2009 a Healthy Mothers, Healthy Babies satellite office opened in Albany, GA. On July 23, 2009 at 6:00 p.m. at the Dougherty County Health Department, a reception was held to celebrate this great success. The purpose of opening the satellite office is to increase HMHB's services in the southeast Georgia area.



Excellent desserts provided on behalf of Cathy Lee



Albany Community learning about HMHB Powerline program and advocacy services



Board President: William Fields  
Interim Executive Director: Tonya Greene



**HEALTHY MOTHERS, HEALTHY BABIES**  
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Save the Date for

Healthy Mothers, Healthy Babies Coalition of Georgia's  
2009 Annual Meeting and Conference  
Tuesday, October 6, 2009  
9:30 am- 4:00 pm.

**"Catch Your Breath in Health"**

**Auditorium**

**State Bar of Georgia  
104 Marietta St. NW  
Atlanta, GA. 30303**

Keynote Speaker – Dr. Leroy Graham – Asthma  
Dr. Elizabeth Lense – Oral Health  
The Honorable Sharon Cooper – 2010 Legislation for Health  
The Honorable Kathy Ashe – 2010 Legislation for Health  
Amber Koter-Puline – Post Partum Depression  
Dr. Yvonne Fry-Johnson – Primary Care

\* Please come prepared to participate in the 3<sup>rd</sup> Annual HMHB Silent Auction

For more information, please contact HMHB at 770.451.0020  
or [www.hmhbga.org](http://www.hmhbga.org)

More updates to follow.



## News From National Healthy Mothers, Healthy Babies – July 27, 2009

This Week:

- 1) World Breastfeeding Week August 1-7
- 2) Study: Prenatal Smoking Cessation and Preterm Birth
- 3) From CPSC: Play Yard Recall
- 4) National Health Center Week August 9-15
- 5) Seasonal Flu Vaccine Recommendations from ACIP
- 6) Community Health Planning and Policy Development 40th Anniversary Celebration

### MATERNAL-INFANT HEALTH NEWS

#### 1) WORLD BREASTFEEDING WEEK AUGUST 1-7

August 1-7th is World Breastfeeding Week (WBW), a time to raise breastfeeding awareness and to fundraise to support breastfeeding in the US. The theme for WBW in the US is "Breastfeeding: Prepared for Life," recognizing the importance of supporting mothers with solid breastfeeding information so they can be successful at any time, especially in emergency situations including natural disasters or personal emergencies. WBW celebrates the signing of the Innocenti Declaration, produced and adopted in 1990. The document lists the benefits of breastfeeding, plus global and governmental goals. WBW is celebrated in 120 countries on various dates. More information and resources for commemorating WBW in your community are available from the La Leche League Web site at <http://www.llusa.org/wbw/>. For more about WBW worldwide, go to <http://worldbreastfeedingweek.org/>.

#### 2) STUDY: PRENATAL SMOKING CESSATION AND PRETERM BIRTH

A study published in the August 2009 edition of the journal *Obstetrics and Gynecology* examines the association between prenatal smoking cessation and delivery of a preterm or small for gestational (SGA) age newborn. The study authors analyzed a large US subpopulation using the 2003 birth certificate, which now assesses maternal smoking status by trimester. They found that women who stopped smoking during their first trimester reduced their odds of delivering a preterm and SGA newborn to a level similar to that of pregnant nonsmokers. Those who quit smoking in the second trimester also reduced their odds of delivering a preterm and SGA newborn, but to a lesser degree. To access the study online, go to [http://journals.lww.com/greenjournal/Fulltext/2009/08000/Prenatal\\_Smoking\\_Cessation\\_and\\_the\\_Risk\\_of.18.aspx](http://journals.lww.com/greenjournal/Fulltext/2009/08000/Prenatal_Smoking_Cessation_and_the_Risk_of.18.aspx).

#### 3) FROM CPSC: PLAY YARD RECALL

The Consumer Product Safety Commission (CPSC) has announced that Kolcraft Enterprises, Inc. is voluntarily recalling about one million play yards. This recall involves the Kolcraft Travelin' Tot play yards, as well as other similar play yards manufactured for Carter's, Sesame Street, Jeep, Contours, Care Bare and Eric Carle. The side rail in the play yards can fail to latch properly and can unlatch unexpectedly when a child pushes against the rail, posing a fall hazard to children. Some of the units have a bassinet and/or changing table. Some models have a mobile, vibrating unit or a parent organizer. Model numbers are printed on a white sticker on one of the feet of the play yard. For more information, including model numbers of play yards included in the recall, go to <http://www.cpsc.gov/cpscpub/prerel/prhtml09/09265.html>.

### CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

#### 4) NATIONAL HEALTH CENTER WEEK AUGUST 9-15

The second week of August each year is National Health Center Week, dedicated to recognizing the service and contributions of community, migrant, homeless and public housing health centers in providing access to affordable, high quality, cost-effective health care to medically vulnerable and underserved people in the US. This year's theme is "Celebrating America's Health Centers: Where ACCESS and QUALITY CARE Begin." During the week, two days are also set aside to focus on special populations often left out of the mainstream health care system. Health Care for the Homeless Day will be observed on Wednesday, August 12th, followed by Farmworker Health Day on Thursday, August 13th. For more information, go to <http://www.healthcenterweek.com/>.

#### 5) SEASONAL FLU VACCINE RECOMMENDATIONS FROM ACIP

Updated recommendations for the use of influenza vaccine for the prevention and control of seasonal influenza from the Advisory Committee on Immunization Practices (ACIP) are included in the July 24th edition of the Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report (MMWR). Included are a recommendation that annual vaccination be administered to all children aged 6 months-18 years for the 2009-10 influenza season and a notice that recommendations for influenza diagnosis and antiviral use will be published before the start of the 2009-10 influenza season. The report also notes that information on vaccination issues related to the H1N1 virus will be published later in 2009. To access the recommendations online, go to <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr58e0724a1.htm>.

#### 6) COMMUNITY HEALTH PLANNING AND POLICY DEVELOPMENT 40TH ANNIVERSARY CELEBRATION

The Community Health Planning and Policy Development (CHPPD) section of the American Public Health Association (APHA) will host its 40th anniversary celebration on October 14, 2009. The celebration dinner will take place during the APHA annual meeting in Philadelphia, PA and will commemorate the group's 40 years of service, research and commitment to community health and policy development. CHPPD promotes collaborations to work towards eliminating disparities and promoting healthy communities in public and private venues. Their mission is to develop and advocate for health planning, policies and practices that promote health equity, community empowerment and social justice. The event is free, but a \$10 donation is suggested. This donation enters contributors in a raffle for a free iPod. For more information, please go to <http://www.apha.org/membersgroups/sections/aphasections/chppd/>.

Sources:

[http://journals.lww.com/greenjournal/Fulltext/2009/08000/Prenatal\\_Smoking\\_Cessation\\_and\\_the\\_Risk\\_of.18.aspx](http://journals.lww.com/greenjournal/Fulltext/2009/08000/Prenatal_Smoking_Cessation_and_the_Risk_of.18.aspx)  
<http://worldbreastfeedingweek.org/>  
<http://www.apha.org/membersgroups/sections/aphasections/chppd/>  
<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr58e0724a1.htm>  
<http://www.cpsc.gov/cpscpub/prerel/prhtml09/09265.html>  
<http://www.healthcenterweek.com/>  
<http://www.llusa.org/wbw/>

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## News From National Healthy Mothers, Healthy Babies – July 20, 2009

This Week:

- 1) Nationwide Recall of Teethers
- 2) National Immunization Awareness Month
- 3) Grant Funds Available for Arts in Healthcare Programs
- 4) Free Influenza Pocket Guides
- 5) Food Policy Conference in Washington, DC
- 6) Legislation on Stillbirth and SUID

### MATERNAL-INFANT HEALTH NEWS

#### 1) NATIONWIDE RECALL OF TEETHERS

The Food and Drug Administration (FDA) is urging consumers not to purchase or use certain brands of gel-filled teethers. There is a nationwide recall of teethers with the brand names "Nuby," "Cottontails" and "Playschool," because the liquid inside of them has been found to contain *Bacillus subtilis* and *Bacillus circulans* bacteria in the gel. Although these bacteria generally do not cause illness in adults, infants and children with weakened immune systems can experience stomach pain, vomiting, diarrhea, and uncommonly more serious disease, if the teether becomes punctured and they ingest the liquid gel. Consumers who have teethers included in the recall should immediately stop using them and discard or return them to the place of purchase for a full refund. For more information, including a list of brand names and UPC codes included in the recall, go to the FDA Web site at <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm172713.htm>.

### CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

2) NATIONAL IMMUNIZATION AWARENESS MONTH August is National Immunization Awareness Month (NIAM), a time to increase awareness about immunizations across the life span, from infants to the elderly. August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season. Communities are encouraged to plan local health screenings or fairs, media events and other related immunization outreach efforts during the month of August to promote the benefits of immunization. For more information, go to the Centers for Disease Control and Prevention (CDC) Web site at <http://www.cdc.gov/vaccines/events/niam/default.htm>.

3) GRANT FUNDS AVAILABLE FOR ARTS IN HEALTHCARE PROGRAMS Johnson & Johnson, working in partnership with the Society for the Arts in Healthcare, seeks to promote the use of the arts to enhance the healthcare experience for patients, their families, and caregivers. From 2001 - 2009, grants have been provided to 117 programs in the US and Canada representing leading models and initiatives in high quality healthcare through the use of arts. Proposals are now being sought from healthcare and/or arts organizations that have established arts in healthcare programs with evidence of initial impact. For more information and eligibility requirements, please review the guidelines available at [http://thesah.org/template/page.cfm?page\\_id=15](http://thesah.org/template/page.cfm?page_id=15). The deadline for submitting a letter of inquiry is October 15, 2009.

#### 4) FREE INFLUENZA POCKET GUIDES

The National Influenza Vaccine Summit is once again producing a laminated seasonal influenza vaccination pocket guide to assist healthcare professionals in vaccinating patients against seasonal influenza. This is the seventh consecutive year that the Summit has produced and distributed the pocket guide, which is available for free for healthcare professionals. The pocket guides are not intended to be given to patients, but instead distributed to agencies and organizations for distribution to their members or constituents. The purpose of each of these pocket guides is to provide front-line healthcare personnel with information on: indications and contraindications for the vaccines; information on targeted populations to be vaccinated; details on how to administer the vaccines; talking points for patients. To order 10 or more copies of the pocket guide, go to <http://www.immunize.org/pocketguides/>.

5) FOOD POLICY CONFERENCE IN WASHINGTON, DC The 32nd Annual National Food Policy Conference is scheduled for September 8-9 at the Renaissance Hotel in downtown Washington, DC. This year's conference will focus on food safety and child nutrition, including exploring food safety reform at the Food and Drug Administration, the Child Nutrition Reauthorization Act and children's health. Speakers and panelists will discuss the connections between health policy and nutrition, how to regain consumer trust once it has been lost, and the implications of new media technologies on policy making, among other issues. The conference is coordinated by the Consumer Federation of America, in cooperation with the Grocery Manufacturers Association. For complete information and to register, visit: <http://events.SignUp4.net/foodpolicyconference2009>.

### ADVOCATES IN ACTION

#### 6) LEGISLATION ON STILLBIRTH AND SUID

The Stillbirth and Sudden Unexpected Infant Death (SUID) Prevention, Education and Awareness Act was introduced on July 14th in the US Senate. This bill would improve the collection of critical data to determine the causes of stillbirth, Sudden Infant Death Syndrome (SIDS) and SUID, increase education and awareness about how to prevent these tragedies in the future and expand support services for families who have experienced a stillbirth, SIDS or SUID loss. Every year there are more than 25,000 stillbirths in the United States and more than 4,600 otherwise healthy babies die suddenly and unexpectedly. First Candle, a nonprofit dedicated to safe pregnancies and the survival of all babies during the first years of life, has launched a letter writing campaign in support of this legislation. For more information on the legislation or to participate in the letter writing campaign, go to <http://firstcandle.org/illuminations/lautenberg-bill.html>.

Sources:

<http://events.SignUp4.net/foodpolicyconference2009>  
<http://firstcandle.org/illuminations/lautenberg-bill.html>  
[http://thesah.org/template/page.cfm?page\\_id=15](http://thesah.org/template/page.cfm?page_id=15)  
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<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm172713.htm>  
<http://www.immunize.org/pocketguides/>

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## Public Health Conferences and Events

- **NACCHO 2009 Annual Conference: The New Public Health—Working Across Sectors to Leverage Investment in Communities.** (National Association of County and City Health Officials (NACCHO)) - July 29-31, 2009, Orlando, FL.
- **4th Annual Disaster Planning for Hospitals-** (World Research Group) - August 3-4, 2009, Chicago, IL
- **American Association of Diabetes Educators Annual meeting and Exhibition** - (American Association of Diabetes Educators (AADE)) - August 5-8, 2009, Atlanta, GA
- **The Healthcare Workforce Crisis: A Summit on the Future of Primary Care in Rural and Urban America** - (Health Resources and Services Administration (HRSA)) - August 10-12, 2009, Washington, DC
- **National Conference on Health Communication, Marketing, and Media 2009** - (Centers for Disease Control and Prevention (CDC))- August 11-13, 2009, Atlanta, GA
- **Internet Meeting: Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020** - (Department of Health and Human Services (HHS) U.S.) - August 14, 2009, 1:00 - 3:00 p.m. EDT. The meeting is open to the public. To attend the online meeting, individuals must pre-register.

## August Health Observances

1-31

### Cataract Awareness Month

American Academy of Ophthalmology  
[www.aao.org/aaosite/eyemd/cataract.cfm](http://www.aao.org/aaosite/eyemd/cataract.cfm)

1-31

### Children's Eye Health and Safety Month

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

1-31

### National Immunization Awareness Month

National Center for Immunization and Respiratory Diseases  
Centers for Disease Control and Prevention  
[www.cdc.gov/vaccines/events/niam/default.htm](http://www.cdc.gov/vaccines/events/niam/default.htm)

1-31

### Psoriasis Awareness Month

National Psoriasis Foundation  
[www.psoriasis.org/NetCommunity/Page.aspx?pid=937](http://www.psoriasis.org/NetCommunity/Page.aspx?pid=937)

1-31

### Spinal Muscular Atrophy Awareness Month

Families of Spinal Muscular Atrophy  
[www.fsma.org/Fundraising/AwarenessMonth/](http://www.fsma.org/Fundraising/AwarenessMonth/)



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This newsletter is being distributed to HMHB Coalition Members. Please submit your questions or comments about this newsletter and or its content to Kayla Brown at [kayla.holmes@hmhbga.org](mailto:kayla.holmes@hmhbga.org).

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