



healthy mothers, healthy babies®

National Healthy Mothers, Healthy Babies Coalition (HMHB)

Promoting the best from the beginning®

NATIONAL ORAL HEALTH CONFERENCE

May 2, 2005



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Started in 1981, after the Surgeon General's Conference on Infant Mortality

- **American Academy of Pediatrics**
- **American College of Obstetricians and Gynecologists**
- **American Nurses Association**
- **March of Dimes**
- **National Congress of Parents and Teachers**
- **U.S. Public Health Service**



24 Years Later, HMHB has Grown:

- **Over 200 organizations**
- **84 state and local HMHB coalitions**
- **Reaching 10 million Americans each year**



Causes of Preterm (before 37 weeks), Low Birth Weight Babies

- **Smoking, alcohol and drug use**
- **Infections**
- **Multiple births**
- **Cervical abnormalities**

The cause is unknown in more than half of the 476,000 early births each year.



The Numbers are Staggering:

- Today 1,300 babies will be born premature
- Hospital stays for premature babies cost \$79,000 compared to \$1,500 for a newborn without complications
- Nearly 50% of total newborn hospital stays are attributed premature births



Long-term Disabilities for Survivors

- **Cerebral Palsy**
- **Mental retardation and learning problems**
- **Chronic lung disease**
- **Vision and hearing problems**
- **Neurological disabilities**



Oral Health Impacts Overall Health

Cavities and gum disease may contribute to:

- **Heart disease**
- **Diabetes**
- **Respiratory diseases**



Nutrition and Obesity

Our country is facing an obesity crisis:

■ **In 1991**

- **4 states: obesity prevalence rates of 15-19%**
- **No states: obesity prevalence rates above 20%**

■ **In 2003**

- **15 states: obesity prevalence rates of 15-19%**
- **31 states: obesity prevalence rates of 20-24%**
- **4 states: obesity prevalence rates above 25%**



Nutrition and Oral Health

- **Protects by promoting healthy development and maintenance of mouth's tissue**
- **Prevents oral disease**



The Challenge:

**Step beyond your oral health
role and embrace your public
health role!**



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What You Can Do!

- **Become a community leader/spokesperson**
- **Join an oral health-focused coalition**
- **Put oral health on health-related coalition's agenda**
- **Start a coalition**



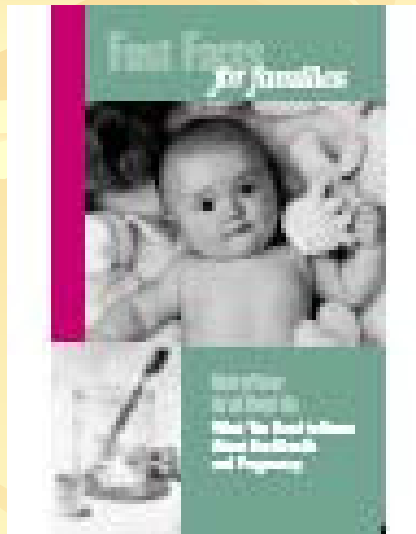
What You Can Do!

**Talk to patients about the mouth/
body connection**

- **Youth: nutrition**
- **Women childbearing years:
preterm, low birth weight
prevention**
- **Older patients: prevention of
serious health issues**



What You Can Do!



- **Waiting room audit**
- **Display brochures and posters**
- **Distribute Fact Sheets**



Make Connections!

**Be part of a larger team
that educates about how
oral health impacts
overall health!**

- **Visit our exhibit booth**
- **Visit our Web site at
www.hmhb.org**

