National Healthy Mothers, Healthy Babies Coalition (HMHB)

Promoting the best from the beginning®

NATIONAL ORAL HEALTH CONFERENCE

May 2, 2005
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 in 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!
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