

THE PERINATAL PRESS

The mission of the Greater Adirondack Perinatal Health Network is to promote comprehensive perinatal health care by providing education, information and referral services to individuals, families and professionals

Summer 2007

Issue #54



TEEN VIEW: USING POSITIVE YOUTH DEVELOPMENT FOR 15 YEARS

BY DARREN COSGROVE

Teen View is a program of Planned Parenthood Mohawk Hudson and The Saratoga County Teen Pregnancy Services Network

People always seem surprised when I tell them that our peer education-theater program, Teen View, has been around for 15 years. It has been many people's experience to see such programs come and go for a variety of reasons. Most often I hear about the lack of continued interest and leadership from the young people involved in the program. While we have certainly faced many of the struggles any youth group might, a lack of commitment from the teens has never been an issue.

Teen View members tend to think of the group not merely as a way to offer sexual health education to their peers, but as a way to realize their full potential and make a difference in their own lives. To many of the teens in the program the group ends up feeling like a second family where unconditional love, kindness, support and honesty are our foundation. It is the program's dedication to involving young people in the decision making process, and hearing their thoughts and ideas, that leaves the members feeling so invested. I know this to be true not as an educator and group advisor, working with these teens, but by having been a member of the group myself. All three of the group's advisors grew up as Teen View members. The program provided us a safe place to express ourselves, a sense of pur-

pose and the ability to be invested and involved in decisions that directly affected us. If you asked us why we choose to do this work professionally, we'd probably give you an endless list - but at the top of it would be our dedication to pass on to others what we received as members, a desire that comes directly from the experiences we had in the group.

At the core of the way Teen View functions is the concept of Positive Youth Development. This group belongs to its' members and who better to handle the group's conflicts and decisions than the teens themselves? Peer education has been a very successful teaching tool as it provided young people the opportunity to learn from others they can relate to. By taking the essence of peer education and developing a program that runs on young people's abilities to learn from one another, Teen View has created a place where its members are invested and accountable for their decisions, feel supported, and can learn skills through both structured and unstructured activities.

As we celebrate our 15 year anniversary, it is no surprise to me that we have lasted this long. We have had over 130 members, 550 meetings and more than 260 presentations. We have staff members throughout our agency that are supportive and dedicated to the program. Most importantly, though, we have young people who, year after year, make a long-term commitment to the program, its' mission, and each other.

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Folic Acid May Prevent Cleft Lip and Palate

A new study finds that women who take folic acid supplements early in their pregnancy can substantially reduce their baby's chances of being born with a facial cleft.

Researchers at the National Institute of Environmental Health Sciences (NIEHS), part of the National Institutes of Health, found that 0.4 milligrams (mg) a day of folic acid reduced by one third the baby's risk of isolated cleft lip (with or without cleft palate). Folic acid is a B vitamin found in leafy vegetables, citrus fruits, beans, and whole grains.

It can also be taken as a vitamin supplement, and it is added to flour and other fortified foods. The recommended daily dietary allowance for folate for adults is 400 micrograms or 0.4 mg.

"These findings provide further evidence of the benefits of folic acid for women," said Allen J. Wilcox, M.D., Ph.D., lead NIEHS

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author on the new study published online in the "British Medical Journal." "We already know that folic acid reduces the risk of neural tube defects, including spina bifida. Our research suggests that folic acid also helps prevent facial clefts, another common birth defect." In the United States, about one in every 750 babies is born with cleft lip and/or palate.

The researchers examined the association between facial clefts and mothers' intake of folic acid supplements, multivitamins, and folates in diet. The researchers found that folic acid supplementation of 400 micrograms or more per day reduced the risk of isolated cleft lip with or without cleft palate by one-third, but had no apparent effect on the risk of cleft palate alone.

"A mother's nutrition during pregnancy is clearly an environmental factor that can affect the health of her fetus," said NIEHS Director David A. Schwartz, M.D. The NIEHS researchers are continuing to analyze their data for evidence of other environmental exposures that increase the risk of facial clefts.

This population-based study was conducted in Norway, which has one of the highest rates of facial clefts in Europe and does not allow foods to be fortified with folic acid. The investigators contacted all families of newborn infants with clefts (either cleft lip with or without cleft palate (CLP) or cleft palate only (CPO)) born between 1996 and 2001 in Norway. The study included 377 babies with CLP and 196 with CLO; as well as 763 control babies randomly selected from all live births in Norway.

The researchers mailed two questionnaires to each of the mothers participating in the study. The first questionnaire mailed soon after delivery focused on general health information, including demographics, reproductive history and information about environmental exposures including smoking, alcohol and vitamins; whereas the second questionnaire focused on nutrition and diet during the pregnancy. Mothers who reported taking folic acid supplements and or multivitamins were asked to send in their empty bottles or labels to confirm dosage.

The nutrition questionnaire included questions on mothers' fruit and vegetable consumption during the first three months of pregnancy.

The researchers estimated that 22 percent of isolated CLP cases in Norway could be averted if all pregnant women took 0.4 mg of folic acid per day.

The National Institute of Environmental Health Sciences (NIEHS), a component of the National Institutes of Health, supports research to understand the effects of the environment on human health. For more information on environmental health topics, please visit their website <http://www.niehs.nih.gov/>.

REFERENCE: Wilcox AJ, Lie RT, Solvoll K, Taylor J, McConaughy DR, Abyholm F, Vindenes H, Vollset SE, Drevon CA. "Folic Acid Supplements and the risk of facial clefts: A National population-based control study." "British Medical Journal", 2007.

A Letter from the Director

As summer fast approaches so does the end of the first-year of our fourth, five-year grant cycle. In fact GAP-Net has been serving community members in Clinton, Essex, Franklin, Hamilton, Saratoga, Warren and Washington counties for the past 16 years.

During the 2006-07 grant-cycle, GAP-Net has worked extensively to promote comprehensive perinatal healthcare by providing education, information and referral services to individuals, families and providers in our service area. The scope of our NYS Department of Health Workplan is as diverse as the communities in which we work. Our hopes are to deliver the "Perinatal Health" message to as many residents of our service area as possible. In the last twelve months we have educated over 250 providers; given out \$11,000 in "General" and "Supporting Lactation in the Workplace" mini-grant awards to seven agencies; reached 100 women through our "Community Baby Shower" program; given out 300 "Infant Oral Health" packets; mailed out 4,000 copies of the Perinatal Press newsletter; conducted a postpartum depression campaign to educate the community on the signs of PPD with action steps to take to address the problem; developed a plan to address diverse populations through educational programming and distribution of bi-lingual education materials; met with legislators to educate them on the perinatal issues affecting residents of the Adirondacks; and traveled thousands of miles to work with national, state and regional perinatal partners to close the gaps in perinatal health delivery.

With the 2006-07 grant year almost behind us, the staff and I are looking forward to serving you in 2007-08 with a new slate of programs that center on priority areas that will enhance the perinatal needs for those in our community. Please have a safe and fun summer.

Cathy LaMay,
Program Director

GAP-NET MINI-GRANT APPLICATIONS ARE NOW AVAILABLE!

Applications for the very popular “General” and “Building Workplace Support for Lactating Women” 2007/08 Mini-Grants are now available.

GAP-Net will fund selected proposals up to a maximum of \$2000 for “General” and \$1000 for “Lactation” grants. The submission deadline is September 6, 2007.

Proposals for the general grants should focus specifically on one of the following goals: Infant and Family Health; Adolescent Pregnancy Prevention; or Programs for Men. Examples of goals related to these priority areas *could* include:

Infant and Family Health: Increase awareness of and resources for postpartum depression; Increase collaboration between providers to enhance infant and family health or Increase the level of awareness of infant mental health issues.

Teen Pregnancy: Develop an innovative approach to prevent adolescent pregnancy; Increase adolescent peer education

programs or Develop an innovative curriculum that targets adolescent pregnancy.

Programs for Men: Increase parent education programs for men; Increase access to information on the male’s responsibility in preventing pregnancy, HIV and STTs or Increase programs that address the male’s role in preventing violence against women.

Examples of goals related to the Supporting Lactation in the Workplace Mini-Grant priority areas *could* include funding organizations that desire to:

Create a convenient, safe, private and comfortable lactation environment for expressing or breastfeeding working women; Create and implement policies that will support lactating women in the workplace or Create and implement support programs for lactating women in the workplace.

These goals are only suggestions. Innovative project ideas that can be replicated will be given extra consideration.

For more information or to receive a mini-grant application please contact the GAP-Net offices at 761-0300 ext 219.

Lessons Learned from the First Years of a Mini-Grant

Two years ago GAP-Net began offering a new mini grant titled “Supporting Lactation in the Workplace.” One of the first recipients, Adirondack Medical Center, a regional hospital in Saranac Lake, expanded lactation areas for their employee’s use in several outlying health centers. Additionally, they created and implemented new policies which support lactating women in the workplace. A school nurse teacher, familiarized with the mini-grants through her work on the hospital’s wellness committee, subsequently evaluated the need for services for lactating women in the Saranac Lake Central School District. Kathy Hogan wrote, “I was shocked by the testimony of past and present employee’s experiences [which] include expressing milk in a car in the parking lot with temperatures well below zero to occupying a one stall restroom with people waiting at the door.” Her evaluation phase led her to the school’s Director of Building and Grounds who provided testimony of his own, saying “My three children were breastfed and I know it made a big difference to my family. I’ll do anything I can to make these women feel more comfortable. *This has never been brought to my attention before.* Of course, we have to do something about it!”

With mini-grant support, a storage closet was converted to a lactation area in one elementary school. This included cleaning, painting, tiling, a door lock system, lighting, double electric outlet, chair, stand and small refrigerator. The district’s high school setting was made more user-friendly with the addition of a comfortable chair and a third, portable lactation area was added that can be moved from school to school as needed. The hospital’s lactation policy was used as a template and the changes were passed by the school district’s Board of Education.

Lessons learned in these first two years include:

- Newly created lactation policies can be used as a recruiting tool.
- *Awareness of the need* for lactation support is an important first step toward creating change.
- The need for *early* intervention; by the time a memo went out that lactation needs were going to be addressed, 2 of 3 mothers had stopped breastfeeding due to stress.
- Local lactation specialists can provide: expertise setting up spaces, educational materials, education for staff and in the case of schools, for students as well.
- Breastfeeding helps mothers remain attached to their babies while adjusting to the interruptions of working outside the home, or as one mother wrote in response to hearing of the new lactation spaces within the school district: “What a great idea! I have many years of lactation behind me! Three children with a total of four and a half years of nursing. I kept nursing even when I worked as much for myself as for the baby. Keep up the good work!”

If you’d like more information about GAP-Net’s Lactation Mini-Grant please contact Jackie Avignon at: 761-0300, Ext. 217.

RESOURCES AVAILABLE TO YOU AND YOUR CLIENTS!

An Excellent Resource Guide from HRS samples available from our office



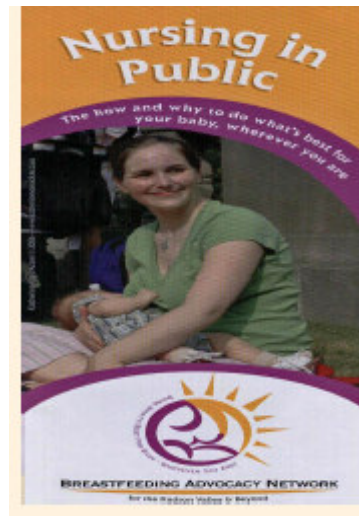
A Resource for Women, Their Families, and Friends

This booklet provides information on depression during or after pregnancy, addressing a broad range of physical and emotional struggles faced by pregnant and postpartum women and their families. The booklet focuses on the possible causes of perinatal depression; the differences between “baby blues”, perinatal depression, and postpartum psychosis; and how to identify perinatal depression, what to do, and how it can affect your baby and your family. This booklet includes resources on where to get help and advice for fathers, families, and friends.

Gap-Net has samples of this 21 page booklet available through our office or copies can be downloaded or ordered directly from HRSA at:

www.mchb.hrsa.gov/pregnancyandbeyond/depression or by calling 1-888-ask-hrsa

A pamphlet by the Breastfeeding Advocacy Network and the Association of Perinatal Networks
The how and why to do what’s best for your baby, wherever you are
 Available upon request from our office.



NEWS from U.S. Consumer Product Safety Commission: Lead related Recalls

RC2 Corp. Recalls Various Thomas & Friends™ Wooden Railway Toys Due to Lead Poisoning Hazard

Description: The recall involves wooden vehicles, buildings and other train set components for young children listed in the chart below. The front of the packaging has the logo “Thomas & Friends Wooden Railway” on the upper left-hand corner. A manufacturing code may be located on the bottom of the product or inside the battery cover. Toys marked with codes containing “WJ” or “AZ” are not included in this recall.

Sold at: Toy stores and various retailers nationwide from Jan. 2005 through June 2007 for \$10 to \$70.

Remedy: Consumers should take the recalled toys away from young children immediately and contact RC2 Corp. a replacement toy. **Consumer Contact:** For additional information, contact RC2 Corp. toll-free at (866) 725-4407 or visit the firm’s Web site at recalls.rc2.com

Silver Stud Earrings Sold Exclusively at Kmart Recalled by Crimzon Rose

Remedy: Consumers should immediately stop using the recalled earrings and return them to any Kmart store for a free replacement pair of earrings. **Consumer Contact:** For additional information, contact Kmart at (800) 659-7026 or visit Kmart's Web site at www.kmart.com

Children’s Metal Jewelry Sold at Limited Too and Justice Stores Recalled by Tween Brands Due to Lead Poisoning Hazard

Description: Some of the recalled necklaces, bracelets, earrings, and charms are metallic, multi-colored, and have “**High School Musical**” or pictures of “High School Musical” actors printed on them. Others have frogs, hearts, stars, dogs with dog bones, flowers, and monkeys that hang from silver, black or brown chains or cords.

Sold at: Limited Too and Justice retail stores nationwide, the Limited Too catalog from Sept 2005 through May 2007 for between \$2 and \$10.

Remedy: Consumers should immediately take this recalled jewelry away from children and return it to any Limited Too or Justice stores for a full refund and a coupon for a 15 percent discount off a future purchase.

Consumer Contact: For additional information, call Tween Brands at (800) 934-4497 or visit the Web site www.limitedtoo.com and www.justicejustforgirls.com



Perinatal Data System Statistical Summary Report As of 3-31-07

Indicator	Region	Cohort I	Cohort II	Cohort III	Cohort IV
		1500+	750-1499	500-749	0-499
		Deliveries	Deliveries	Deliveries	Deliveries
Total Deliveries*	4,126	1,675	949	881	621
Total Live Births*	4,208	1,725	959	895	629
1st Trimester Prenatal Care	71.5%	75.7%	68.2%	71.9%	64.6%
Late/No Parental Care	0.7%	0.7%	0.3%	0.7%	1.0%
Medicaid / No Insurance	43.2%	33.2%	45.6%	50.9%	55.7%
Mother < 17 years Old (at delivery)	0.8%	0.8%	0.8%	1.0%	0.6%
Mother > or = 35 Years Old (at delivery)	16.3%	20.7%	14.5%	14.2%	10.1%
Induction of Labor (medicinal)	17.9%	16.4%	21.4%	16.0%	19.5%
Augmentation of Labor	33.9%	40.4%	26.6%	30.2%	32.7%
Cesarean Births (Total)	32.7%	35.6%	29.9%	31.1%	31.2%
Primary Cesarean	20.2%	23.0%	18.4%	19.2%	17.0%
Births Repeat	12.4%	12.6%	11.6%	11.8%	14.1%
# of attempted VBACS	85	40	5	33	7
VBAC - Successful based on attempts**	74.1%	82.5%	80.0%	63.6%	71.4%
Breastfeeding @ Discharge	68.4%	70.3%	68.4%	70.4%	60.1%
General Anesthesia for C/S	7.4%	6.8%	11.1%	6.5%	5.1%
Multiple Births (Sets)	78	46	10	14	8
Very Low Birth Weight (500 - 1499)	1.3%	2.7%	0.7%	0.1%	0.6%
Low Birth Weight (1500 - 2499)	5.4%	7.5%	4.3%	3.6%	3.7%
Premature (<37 weeks gestation)	8.7%	14.3%	5.5%	3.9%	4.6%
Infant Received NICU Care in House****	5.3%	12.9%	0.0%	0.0%	0.0%
In-Hospital Deaths	0.1%	0.2%	0.2%	0.0%	0.0%
* Infants weighing >=500 grams					
** VBAC percentage successful = Number successful / Number Attempted					
*** Numbers are based on how infant is being fed rather than mother's intent					
**** Numbers are based on NICU admission rather than NICU care					

Cohort Information

Cohort I consists of Albany Medical Center Hospital, Bellevue Woman's Hospital and St. Peter's Hospital

Cohort II consists of Champlain Valley Physician's Hospital, Glens Falls Hospital, Saratoga Hospital, and St. Clare's Hospital

Cohort III consists of Bassett Healthcare, Benedictine Hospital, Catskill Regional Medical Center, Northern Dutchess Hospital, Samaritan Hospital, St. Mary's Hospital (Amsterdam) Seton Health System (St. Mary's-Troy)

Cohort IV consists of A.O. Fox, Adirondack Medical Center, Alice Hyde Medical Center, Columbia Memorial Hospital, Kingston Hospital, and Nathan Littauer Hospital



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Upcoming Events

August 7th, 2007- Celebrate World Breastfeeding Week by joining the **1st National Breastfeeding Walk**. Plattsburgh's walk will begin at 11:45 am in Trinity Park (near WIC's offices at 133 Margaret Street.) Check out celebration plans which may be underway in *your* community by calling your local WIC office.

July 12th and 13th- "Forum on Adolescent Sexuality: Working with GLBTQ Youth in Foster Care Settings" is a joint presentation of The Adolescent Services Resource Network Professional Development Program, Rockefeller College, U. at Albany and Planned Parenthood Mohawk Hudson. Call Melody VanAlstyne at: 518-956-7868 for further information. Registration deadline is July 5th.

October 13th, 2007 – Angel Names Association's **2nd Annual Memorial Walk** will be held at Saratoga Spa State Park. Participants are urged to pre-register online at www.angelnames.org or by calling (518) 654-2411. The Columbia Pavilion will be the site of check-in, registration and the start of the walk beginning at 1 pm. The goal of the walk is to provide a forum for all families to remember their children lost through miscarriage, stillbirth, SIDS and infant death and to increase community awareness about the issue.

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Growing up Healthy Hotline

This toll-free hotline (1-800-522-5006) operates 24-hours/day, seven-days-a-week and provides information and referral for individuals, including teens, about pregnancy care services, family planning, health care, nutrition and other health and human services. Information is available in English, Spanish and many other languages.

The Greater Adirondack Perinatal Network is funded through a grant from the NYS Department of Health, Division of Family Health.

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