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Infant Mortality in Oklahoma

- In Oklahoma, IMR 2013-2015 is 7.4
- National rate is 5.8
- Healthy People 2020 target is 6.0
- Neonatal (<28 days) is 4.4
- Postneonatal (28-364 days) is 2.9

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Racial Disparities in Infant Mortality

- Infant Mortality Rate by race 2013-2015
  - African American – 14.4
  - American Indian/Alaska Native – 10.1
  - White – 6.2
  - Hispanic – 7.7*

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*Persons of Hispanic origin can be of any race and are mutually exclusive from the other race categories.

Causes of Infant Death

The leading causes of infant death in Oklahoma:

- Congenital malformations
- Short gestation and disorders related to low birth weight
- Sudden Infant Death Syndrome (SIDS)

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Response

- OSDH Commissioner's Action Team
- External Partnerships
- Oklahoma Health Improvement Plan
- Targeted Interventions

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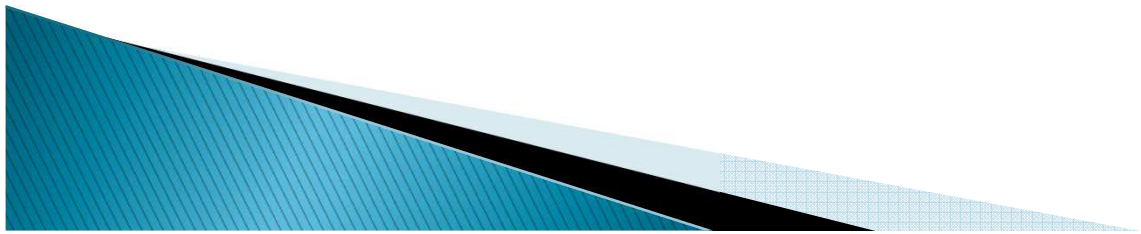
Preparing for a Lifetime Partners

Coalition of Oklahoma Breastfeeding Advocates
Community Health Centers, Inc/Central Oklahoma Healthy Start Community
Family Expectations
Indian Health Services
Infant Crisis Services, Inc.
March of Dimes
Oklahoma Child Death Review Board
Oklahoma City Area Inter-Tribal Health Board
Oklahoma City-County Health Department
Oklahoma City Indian Clinic



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- Oklahoma Department of Human Services
- Oklahoma Department of Mental Health and Substance Abuse Services
- Oklahoma Family Network
- Oklahoma Health Care Authority
- Oklahoma Hospital Association
- Oklahoma Institute of Child Advocacy
- Oklahoma Perinatal Quality Improvement Collaborative
- Oklahoma State Department of Health and County Health Departments
- Oklahoma Tobacco Settlement Endowment Trust
- OU Medical Center

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Safe Kids Oklahoma
The Oklahoma City Indian Clinic
The Parent Child Center of Tulsa
The State Chamber
Tulsa Health Department/Tulsa Healthy Start
Turning Point Coalitions
University of Oklahoma Health Sciences Center OKC/Departments of OB/GYN and Pediatrics
University of Oklahoma College of Continuing Education

Preparing for a Lifetime Statewide Initiative

- Web pages http://iio.health.ok.gov
- Toolkit
- Educational materials
- Training for providers
- Hospital-based activities

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Preparing for a Lifetime Statewide Initiative

- Preconception/Interconception Health
- Tobacco and Pregnancy
- Premature Birth
- Breastfeeding
- Postpartum Depression/ Maternal Mood Disorders
- Safe Sleep for Infants
- Injury Prevention for Infants

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Preconception/Interconception Health

Preconception health – aims to improve birth outcomes by promoting health of women prior to conception

Interconception health – health of women between pregnancies

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Preconception/Interconception Health

- What women can do:
  - Know family health history
  - Live a healthy lifestyle
  - Make healthy food choices
  - Get regular health check-ups
  - Maintain emotional wellness & social support
  - Know health and pregnancy risks
- What others can do:
  - Support a woman's healthy choices

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Infections that Affect Pregnancy

Infections linked to:

- Ectopic pregnancy (tubal pregnancy)
- Preterm birth
- Low birth weight infant
- Pregnancy loss

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Infections that Affect Pregnancy

What can women do:

- Wash hands often with soap and water
- Tell doctor if suspect urinary tract infection
- Prevent, test and treat, if needed, for STDs
- Get treated, if needed, for vaginal infections
- Talk to doctor about vaccinations
- Avoid people who have infections

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Infections that Affect Pregnancy

What others can do:

- Wash hands often with soap and water
- Avoid pregnant women when sick
- Get tested and treated, if needed, for STDs
- Educate yourself

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Smoking and Pregnancy

- Smoking during pregnancy is one of the single most preventable causes of poor birth outcomes
- Smoking during pregnancy can result in:
  - Pregnancy complications
  - Premature birth
  - Stillbirth
  - Low birth weight infant
  - SIDS

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Smoking and Pregnancy

- What women can do:
  - Quit smoking before, during and after pregnancy (Oklahoma Tobacco Helpline 1-800-QUIT NOW)
  - Avoid exposure to secondhand smoke
- What others can do:
  - Support a woman's decision not to smoke
  - Avoid exposing pregnant women, infants or children to secondhand smoke

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Premature Birth

- A premature infant is born before the 37th completed week of pregnancy
- A full-term pregnancy lasts about
  - 40 weeks or
  - 280 days

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Premature Birth

- Women at greatest risk for having a preterm birth:
  - Women who have already had a preterm birth
  - Women carrying more than one infant
  - Women with uterine or cervical abnormalities

But preterm birth can happen to anyone.

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Premature Birth

- What can women do:
  - Learn if you are at increased risk
  - Decrease chances of having a premature infant by:
    - quitting smoking and avoiding alcohol or drugs
    - planning the pregnancy
    - controlling diseases such as diabetes or high blood pressure
    - getting prenatal care
  - Learn the signs of premature labor

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Premature Birth

- What others can do:
  - Provide social and emotional support
  - Support a pregnant woman's healthy choices
  - Learn the signs of premature labor
    - uterine contractions
    - cramps that feel like a period
    - low, dull backache
    - pelvic pressure
    - vaginal discharge
    - abdominal cramps
    - something's not right

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Breastfeeding

- Breastfeeding decreases the incidence and/or severity of many infectious diseases
- Breastfeeding may reduce risk for SIDS by 50% throughout infancy
- Longer breastfeeding is associated with lower health risks

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Breastfeeding

- What women can do:
  - Breastfeed as soon as possible after infant is born within the first hour of life
  - Breastfeed infant for 1 year or beyond for optimal health benefits
  - Call 1-877-271-MILK (6455) for help
  - Visit http://bis.health.ok.gov
- What others can do:
  - Support a woman's decision to breastfeed
  - Become a Breastfeeding Friendly Worksite

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Postpartum Depression/ Maternal Mood Disorders

- Depression can affect a mother's role in raising children:
  - Disrupts parent-child bonding
  - Depressed mothers less likely to engage in safe and healthy parenting practices
- Depressed mothers are more likely to:
  - Miss routine pediatric and well-child visits
  - Use emergency room as routine source of care for children
  - Smoke cigarettes

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Postpartum Depression/ Maternal Mood Disorders

- What women can do:
  - Learn the factors that increase risk
  - Learn symptoms of postpartum depression
  - Get help from a health care provider or mental health professional
- What others can do:
  - Learn symptoms of postpartum depression
  - Offer support and hope
  - Screen for depression
  - Establish community links for referrals

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Safe Sleep

- SIDS is a leading cause of death of infants after one month of age to one year of age.

- In addition to SIDS, infants are at increased risk of dying when put down to sleep in an unsafe sleeping space.

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Safe Sleep

- What women can do:
  - Place infant on his/her back to sleep
  - Talk to all caregivers about "back to sleep"
  - Do not smoke or allow smoking around infant
  - Place infant in his/her own separate, safe sleep area
  - Place infant in a safety-approved crib with a firm mattress and well-fitting sheet
  - Keep soft objects and loose bedding out of crib
  - Do not cover infant's head with blankets
  - Have supervised "tummy time" for infant who is awake

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Safe Sleep

- What others can do:
  - Place infant on his/her back to sleep
  - Do not expose infant to cigarette smoke
  - Place infant in a safety-approved crib with a firm mattress and well-fitting sheet
  - Place infant in his/her own separate, safe sleep area
  - Keep soft objects and loose bedding out of crib
  - Do not cover infant's head with blankets
  - Have supervised "tummy time" for infant who is awake

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Infant Injury Prevention

- Unintentional suffocation is a leading cause of injury deaths for children less than one year of age.
  - Unintentional injuries (accidents) are also a leading cause of infant death.
  - Number of abusive head trauma cases continues to be a problem

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Infant Injury Prevention

- What women can do:
  - Get ready for the new arrival
  - Follow doctor's advice, especially for preterm infants
  - Never shake a infant!!!
  - Install car safety seats correctly
  - Keep infant safe around water
  - Keep environment safe for infant
  - Never leave infant unattended

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Infant Injury Prevention

- What others can do:
  - Never shake a infant
  - Install car safety seats correctly
  - Report child abuse if you suspect it
    Child Abuse Hotline (1-800-522-3511)
  - Keep infant safe around water
  - Keep environment safe for infant
  - Never leave infant unattended
  - Provide support for families
  - Refer families to community resources

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http://iio.health.ok.gov

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