



Oral Health & Maternal Health Go Hand in Hand

Dear Dental Provider:

Count the Kicks, the Alabama Department of Public Health and the Office of Oral Health is asking you to team up to help reduce the number of stillbirths in Alabama. *Count the Kicks* is the evidence-based campaign of *Healthy Birth Day, Inc.*, a nonprofit organization founded by five women who each experienced a stillbirth or infant death. In the first ten years of the campaign in Iowa, the state's stillbirth rate decreased by nearly 32 percent, while rates in the rest of the country remained relatively stagnant.

The Centers for Disease Control and Prevention states, "Untreated gum disease in pregnant women can harm their systemic health and may be linked to low birth weight/preterm births." This partnership is an excellent opportunity to expand and merge two healthcare areas that can impact the lives of birthing people. As a provider, you have a chance to discuss good oral health while pregnant and the importance of tracking fetal movement in the third trimester. You can reach more expectant parents with evidence-based information by connecting the dots between good oral healthcare in pregnancy and stillbirth prevention with your patients.

Through an innovative partnership with the Alabama Department of Public Health, Office of Oral Health, we have provided a poster and magnet that can be used in your office to share this message with expectant parents and serve as a reminder at home to practice good oral health AND to count kicks in the third trimester of pregnancy. To order additional posters and magnets, please visit www.CountTheKicks.org and click on ORDER MATERIALS - supplies are limited, so order today.

We are excited to announce that December has been proclaimed "Count the Kicks" month! Governor Kay Ivey signed the proclamation on November 17, and we are happy to share the photos and proclamation verbiage with you in this mailing. Alabama is the **FIRST** state in the Nation to issue a Proclamation like this and the 2nd in the Nation to implement this innovative oral health and maternal health project. We are proud to bring this to Alabamians.

Finally, with the materials you can order for free, you can also access free online training endorsed by the Alabama Dental Board - 2 CE's for Alabama licensed dentists and hygienists upon completion of the post-training survey. Visit this website <https://bit.ly/ALCountTheKicks> to view the activity at no charge.

If you have any questions about this campaign; please reach out to Megan Aucutt, Program Director at *Healthy Birth Day, Inc.*, at aucutt.megan@healthybirthday.org.

Warm Regards,

Tommy Johnson, DMD

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Don't Delay! Scan code to order Count the Kicks educational materials today!

Scan code to take the free Training worth 2 CE's!