

Produced by the Alabama Department of Public Health
The Alabama Department of Public Health is a partner of the Public Health Training Network

3-5 Saves Lives | Widening the Gap Between Birth Intervals

Satellite Conference and Live Webcast
Monday, March 2, 2009 • 2:00-4:00 p.m. (Central Time)
3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

For the third time in nearly four years a mother watches as her newborn baby is wheeled away, but this time it's not to the nursery, it's to the neonatal intensive care unit. Back-to-back-to-back pregnancies have taken their toll on her body and from the concerned looks on the nurse's faces in the delivery room, it looks like the pregnancies have taken a toll on her new baby's body as well. Though carried full term, the newborn is dangerously underweight and now at risk for a host of medical problems and possibly even death.

Over the years research has consistently demonstrated that when mothers space births at least two years apart, their children are more likely to survive and to be healthy. Babies who are born less than 18 months after their siblings are at a higher risk for fetal death, pre-term delivery, neonatal death, and low birth weight. Short-term birth intervals can also be dangerous for mothers. Studies have found that the less space there is between births, the greater the risk to the mother for disease, illness and death.

Optimal birth spacing is the interval between births that provides the greatest health, social and economic benefits for a family. The decision to expand a family ultimately rests with the couple trying to conceive, and while it's true babies born within less than two years of each other can be perfectly healthy, it's still important to know the risks. Our goal is not to preach, but to educate and empower, so informed choices can be made about contraception. Enabling couples to determine when they will have children is vital to safe motherhood and healthy children.

PROGRAM OBJECTIVES:

1. Define short-term birth interval.
2. Explain optimal inter pregnancy interval.
3. Understand health risks and adverse perinatal outcomes associated with short-term birth intervals.
4. Recognize the need for postpartum family planning and the importance of promoting reproductive and maternal health.
5. Dispel preconception myths.

FACULTY:

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Division of Maternal – Fetal Medicine
Department of Genetics
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CONFERENCE DETAILS:

Target Audience: Clinicians, nurses, educators, social workers, health educators, and other healthcare providers and administrators who are involved with family planning programs.

Registration: www.adph.org/alphtn

Cost: There is no cost to view.

Continuing Education: Pending: Nurses, social workers

Satellite Technical Information: This program will be a live satellite broadcast on C band (analog).

Webcast Information: This program will be a live webcast, register at www.adph.org/alphtn • To view webcast, you need RealPlayer or Windows Media Player. Test your computer before the program from the "test connection" link at www.adph.org/alphtn • On the day of the program, go to www.adph.org/alphtn & click on the "view webcast" link. This program will be available for On Demand viewing within two business days of the live conference.

Audio Conference: This course will be available as an audio conference. Call: 1-866-941-6093.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Questions For Faculty: Fax or email questions and a response will be given during the program.

Email: alphtnquestions@adph.state.al.us • Fax: 334-206-5640.

Conference Details Questions: Call: 334-206-5618 | Email: alphtn@adph.state.al.us

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