

2009 “Baby Bootie” Team Award:

This Award is presented in recognition of a regional or local team for their outstanding achievements in work to improve the health status of mothers and babies. The 2009 “Baby Bootie” Team Award is given to **Presbyterian Hemby Intensive Care Nursery Team** and the **Guilford County Department of Public Health Baby Love Plus Program**.

The Presbyterian Hospital, **Hemby Neonatal Intensive Care Nursery** team consists of: Diane Slough, Lactation Services; Pam Banners, Lactation Services; Lynn Helderman, Nurse Manager; J. Lawrence Brady Jr., MD; and families and staff of the intensive care nursery

Healthcare professionals in the Hemby Neonatal Intensive Care Unit at Presbyterian Hospital have made excellent strides in promoting and supporting breastfeeding and assisting families as they provide breast milk for their premature or sick infant. This team took the initiative to educate their peers and parents of preterm infants on the importance of breast milk for optimal nutrition. Highlights of the education included: Breast milk is easily digested, provides immunological protection, minimizes risk of infection and inflammation, and provides growth factors that protect immature tissues especially in the GI tract. The team also shared with staff and families the long term benefits associated with use of human milk over formula. These include better vision, higher scores on IQ performance in children, and decreases in childhood cancers, diabetes, and obesity.

In addition to education, this team explored the option of using donor breast milk in the event that mothers could not provide their own. The lactation consultants at Presbyterian Hospital have been working collaboratively with the Mother’s Milk Bank at Wake Medical Center in Raleigh to provide donor milk when needed. In June, this team celebrated 100% breast milk initiation in the Intensive care nursery. They continue to support families and staff daily in the use of breast milk and transition to breast feeding with the use of skin to skin care in the nursery.

The **Guilford County Department of Public Health’s Baby Love Plus Program** has done an outstanding job in striving to improve the health status of mothers and babies. The program’s overall goals are to improve birth outcomes and reduce infant mortality in Guilford County.

The Baby Love Plus staff secured a grant through the Division of Public Health, Office of Minority Health and a Health Disparities to offer the two important workshops. The Best Birth Outcomes Training Academy is the first training of its kind in Guilford County offered to minority pregnant women in an effort to reduce racial health disparities, and in this case, the reduction of infant mortality,. The Academy provides a two day intensive training covering important topics such as breastfeeding, folic acid consumption, domestic violence, effective parenting and car seat safety and is offered four times annually in Greensboro and High Point. Class size is limited to 15 participants. The Academy is set up in a classroom style setting where all training materials are provided. Healthy meals and snacks are served and on the last day, participants receive a new car seat and a diaper bag with baby items.

The team has seen the need to educate mothers as early as possible. Childbirth and breastfeeding classes are generally the only classes offered during pregnancy. Parenting and other classes are offered during the post partum period when a mom is often too busy to attend or so overwhelmed that she is not able to focus on the material provided. The Academy is presented during a time when expectant moms are more receptive to obtaining as much information as they can. The Academy will conduct a three month (post delivery) follow up home visit to participants to see how the information learned is being applied. Over sixty two women have attended this training. The surveys revealed the mothers had gained new knowledge and felt more prepared to care for themselves and their babies.

Through this grant, the Baby Love Plus Program also offers the Quit Smart smoking cessation class series throughout Guilford County. The series consists of one class per week for four weeks. Each class lasts 90 minutes and there is no cost to the participants. These classes were initially available to women between the ages of 14 and 44 but due to the exposure of second hand smoke to children, classes are now open to all adults male and female. Class size is limited to 12. Thirteen series have been provided with sixty participants. Each participant who attended all four sessions reduced the number of cigarettes smoked daily by the completion of the full class regimen. Thirty-five percent were smoke free after six months. Tobacco use is the number one preventable cause of death in our state. These classes have helped to reduce to health risks to adults as well as children exposed to second hand smoke and our unborn babies.