



**national
healthy
mothers,
healthy
babies
coalition**

*promoting
the best
from the
beginning*

National Healthy Mothers, Healthy Babies Coalition

The National Healthy Mothers, Healthy Babies Coalition (HMHB) is a recognized leader and resource in maternal and child health. Its mission is to improve the health and safety of mothers, babies and families through education and collaborative partnerships of public and private organizations.

HMHB reaches an estimated ten million health care professionals, parents and policymakers through its membership of more than 100 local, state and national organizations. Enhanced by a network of 90 Healthy Mothers, Healthy Babies State and Local Coalitions, HMHB acts as a catalyst for change and creates partnerships among community groups, nonprofit organizations, professional associations, businesses and government agencies. By promoting optimal health for mom and baby, HMHB works to strengthen families and build healthy communities.

From its inception, HMHB has focused on raising public awareness of the basic components of prenatal care—early care, good nutrition, avoidance of drugs, including not drinking and not smoking, and the promotion of breastfeeding. The Coalition has targeted low-income and underserved communities in which women often do not receive early prenatal care and infant mortality rates are high. HMHB's educational materials and resources for providers assist them in serving these communities.

Maternal Nutrition Group

Fourteen leaders, comprised of top professors of obstetrics and doctors of nutrition, convened in June 2007 to provide guidance to women on how to evaluate risks and benefits of fish consumption during pregnancy. With data increasingly showing that pregnant women are eating less fish, the risks of a nutritional deficiency in unborn babies is increasing. The Group recommends that women who want to become pregnant, are pregnant, or are breastfeeding eat a minimum of 12 ounces of seafood per week, including salmon, tuna, sardines and mackerel.

The Maternal Nutrition Group are faculty at the following institutions: New York University, Brown University Warren Alpert Medical School, Stony Brook University School of Medicine, Cornell University, Weill Cornell Medical College, University of North Carolina School of Medicine, Medical University of South Carolina, University of Southern California Keck School of Medicine, Colorado State University, University of Miami School of Nursing and Health Studies, Intermountain Healthcare, and Cedar Sinai Medical Center.