

Fetal Alcohol Syndrome (FAS)

The fetal Alcohol Syndrome (FAS) is a pattern of congenital malformation that includes pre- and postnatal growth deficiency, mild to moderate microcephaly, characteristic minor craniofacial anomalies, and mental deficiency. Estimates of the birth prevalence of FAS vary according to the population studied and the method of ascertainment; however, FAS is recognized as the leading known completely preventable cause of mental retardation.

The consequences of alcohol abuse in pregnancy affect the individual, the family, and the community. In the US, it is estimated that approximately 1-2 in 1000 babies are born with FAS. The annual health care costs associated with FAS approximate 1.9 billion dollars. However, FAS represents only the most severe end of the spectrum of effects seen in some children of women who drink during pregnancy. Increased rates of spontaneous abortion, growth deficiency, and neurobehavioral deficits have been noted in the offspring of women who drink moderate or, in some studies, even lesser amounts of alcohol. The broad spectrum of alcohol effects might be six times more prevalent than the full blown syndrome and may affect as many as 1 in 100 infants.

Human Services in its Health People 2000 and 2010 documents has specified reduction in the incidence of FAS and increase in the proportion of pregnant women who abstain from alcohol as priority objectives.

However, trends in alcohol consumption among pregnant women in the U.S. have not been encouraging. Data collected through the Behavioral Risk Factor Surveillance System by the CDC suggest that rates of binge and frequent drinking reported by pregnant women across the US have not declined between 1995 and 1999. Consequently, prevention efforts, especially those targeted to identify high risk women prior to pregnancy, are a high priority of the FAS Branch within the Centers for Disease Control.

To address this issue, a provider training has been developed for San Diego & Imperial counties. This program has been scheduled for October 2, 2002 from 12:00 noon – 2:00 p.m. at the Scottish Rite Center, San Diego. Free CMEs and lunch. For reservations, contact Nicole Giangregorio at the March of Dimes (858) 576-1211.

Fad Diets: How Do You Evaluate Them?

*Adapted from Presentation given by Sharmila Chatterjee MSc, MS, RD
at the Southern California Advanced Affiliate Sharing Day on May 30, 2002.*

Educating patients about an appropriate diet for ideal preconception and postpartum blood glucose control and weight management can be a challenge. It can be an even greater challenge if they are following one of the popular or fad diets.

During the annual Sweet Success Affiliate site visits, it was found that many preconception and postpartum patients have been following or are interested in a variety of fad diets prior to getting instruction from their registered dietitian. These diet plans include: Enter the Zone, Protein Power, the Atkins Diet, Eat More Weigh Less, and Eat Right 4 Your Type.

When evaluating these diets, one needs to consider the premise and content of the diet, the author's background, and any research that has been done to verify the safety and efficacy of the diet. The Physicians Committee for Responsible Medicine (PCRM) and United States Department of Agriculture (USDA) published reports comparing the different diets and rating them.

Enter the Zone authored by Barry Sears is based on a high protein, low carbohydrate (CHO) intake. The recommendation is 40% CHO, 30% protein, and 30% fat, approximately 800-1200 calories. Protein Power a diet plan developed by Michael and Mary Eades is based on the same principles as the Zone diet but restricts carbohydrate content further and increases the fat percentages. Recommendations of the Protein Power Diet are 15% CHO, 45% protein and 45 % fat. The Atkins diet developed by Richard Atkins restricts CHO even further than the Zone diet to only one to four grams per day in the initial phase. The rest of the caloric intake is made up of protein and fat.

Serious drawbacks of all these diets are high fat content which increases risk of cardiovascular disease, and high protein content which increases risk of renal disease. In addition, there is no scientific evidence to demonstrate that these diets are effective in obtaining and maintaining weight loss. Any weight loss occurs from caloric restriction rather than the "combinations" of foods and is not maintained over time. These concerns have caused these diets to be rated as not recommended by the PCRM and the USDA.

Dean Ornish's diet in Eat More Weigh Less promotes a vegetarian diet, restricting total fat to 10%. This diet does not provide adequate essential fatty acids, Vitamin E and B 12, calcium, and zinc. In addition, the plan is extremely difficult to adhere to due to the low fat content. However, both the PCRM and USDA rated this diet plan favorably because it includes whole grains, increased fiber, and is low in saturated fats.

Eat Right 4 Your Type is authored by Peter D'Adamo. The diet is based on the premise that individuals can use their blood type to determine which food they should be eating. If the foods agree with your blood type the author claims it will reduce the risk of developing a wide variety of infections and disease. People with Type A blood type are recommended a vegetarian diet, people with blood Type B are recommended to eat meat and fish, and avoid shellfish and chicken. People with Type O blood should consume animal protein, limit CHO especially wheat products. Those with type AB should eat a diet which is a combination of Type A and B recommendations. There is no scientific evidence supporting this diet in weight loss. Further it severely restricts the variety of foods for each individual.

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Kit for New Parents: San Diego Welcome Baby Program

San Diego County Children and Families Commission distributes 40,000 Kits to New Parents

Currently available in English and Spanish, the *Kit for New Parents* is a comprehensive package of important tips and resource information to help parents raise children who are healthy, learning and ready to reach their greatest potential in school and life. It contains videos, parenting brochures, a baby book and a resource guide to connect parents of newborns with local services. Every new parent in San Diego County is entitled to a free *Kit*. New parents can order a *Kit* directly from the State by calling:

800-KIDS-025 (800-543-7025) or 800-5-0-NINOS (800-506-4667)

The Regional Perinatal System is the contractor managing the distribution and evaluation of the *Kit for New Parents* on behalf of the San Diego County Children and Families Commission. San Diego County began distributing the *Kits* in January this year. Regional Perinatal System had six months to distribute a full year's allocation: 43,000 *Kits*, the cap pre-determined by the California Children and Families Commission based on San Diego County 1999 birth rate. Thanks to the enthusiasm and hard work of 350, county-wide Distribution Partners, over 40,000 parents of children under age five and younger in San Diego County have received the free *Kit*.

The new fiscal year begins July 1. At that time we will receive another allocation of 43,000 *Kits* for our county's **new parents**. Our distribution plan places a priority on pregnant families and those with a child up to twelve months of age. In order to have enough *Kits* for families with newborns, the ordering and distribution process will be limited to Partners serving that population.

Distribution Partners are agencies and institutions that distribute *Kits* in the course of their work with pregnant and new families, such as prenatal programs, hospitals, community clinics, physician's offices, home visiting programs, WIC, public health and safety programs, child care agencies (caring for infants) and family resource centers. Partners have used a variety of strategies

demonstration during home visits, prenatal and parenting classes, showing videos during wait

time, and providing postcards that order a *Kit* to be sent directly to the parent's home.

A survey of Partners was done in April for feedback on the distribution process. Parents were reported to be delighted, excited, surprised and thrilled to receive the *Kit*. They wanted to share it with friends. They were amazed it was free!

Many of our Distribution Partners will be participating with us to evaluate the various distribution strategies and San Diego County's parents' response to the *Kit*. Parents will be asked if they would like to participate in a survey prior to receiving the *Kit* and if they would consent to a follow up phone call about six weeks later to give their impressions. The data will be analyzed in January of 2003.

Agencies serving families with children between the ages of 2 – 5 will be known as "Associate" Partners. Associates will not distribute *Kits* directly but will continue to promote the *Kit* and help new parents access it through San Diego Partner agencies or the California Children and Families Commission's toll-free information lines. Our Associate Partners will continue to receive updates about *Kit* distribution and evaluation, including any changes to the *Kit*, as well as invitations to Partner meetings.

to present the *Kit* to parents including

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The above fad diets pales in comparison to the Food Guide Pyramid in providing adequate nutrients, decreased fat and moderate protein intake. The food guide pyramid recommends 55-60% CHO, 20-30% fat and 15-20 % protein. When guided to an appropriate caloric intake, this diet has scientific evidence demonstrating effective weight loss, without increasing the risk of cardiovascular or renal disease.

In assisting the preconception or postpartum patient in developing an appropriate diet plan, one must be aware of the current fad diets and their efficacy. Armed with this knowledge one can educate patients regarding the positive and negative aspects of fad diets and modify the diet plan accordingly. This creates a realistic diet plan for the patient to adhere to for life-long health. When combined with regular exercise, weight loss is promoted and the risk of developing type 2 diabetes in women with a history of GDM is decreased. For the woman with pre-existing

diabetes, these recommendations will assist her in attaining a healthy weight prior to conception.

References:

1. Roberts.S.S: *Rating the Diets*. Diabetes Forecast, April, 2002.
2. Sears. B: *Enter the Zone*. HarperCollins Publishers, Inc.1995.
3. Atkins. R.C: *Dr. Atkins' New Diet Revolution*. Avon Books, Inc.1999.
4. Kirby. J: *Dieting for Dummies*. American Dietetics Association. Hungry Minds, Inc. 1998.



Order Form and Mailing List Update

Name/Credentials: _____

Agency/Affiliation: _____

Mailing Address: _____

City

State

Zip

Phone: () _____ Fax: () _____ E-mail: _____

Send me RPS information About:

- Board and Advisory Council
- Committee Activities
- Teaching Classes
- Education Calendar
- Regional Perinatal Data
- Other _____

Send me CDAPP Information About:

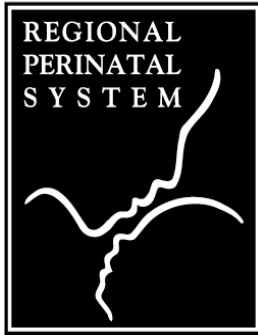
- Classes
- Affiliation
- Guidelines for Care
- Education Material
- GDM Screening & Diagnosis Worksheet
- Other _____

Send me Kit for New Parents Information About:

- Becoming a Distribution Partner
- Ordering Kits
- Other _____



Mail or Fax to:
 Regional Perinatal System
 4542 Ruffner Street, Suite 140
 San Diego, CA 92111-2250
FAX: (858) 467-4993



UCSD Medical Center
Regional Perinatal System
200 W. Arbor Drive, 8410
San Diego, CA 92103-8410

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UPCOMING CLASSES

Labor, Delivery & Recovery Nursing (LDR)

July 11, 12, 18, 19, 25, 26, and
August 1, 2, 8, 9, 15, & 16, 2002

Mother-Infant Couple Care (MICC)

August 2, 9, 15, & 16, 2002

Fetal Alcohol Syndrome (FAS)

October 2, 2002 – 12:00 – 2:00 pm
San Diego, CA

For more information call Nicole at
(858) 576-1211

Sweet Success Affiliate Training & Clinical Update

October 9 & 10, 2002

Call Regional Perinatal System
at (858) 467-4990 for additional information.

UPCOMING CONFERENCES

37th Graduate Summer Session in EPIDEMIOLOGY

July 7-26, 2002

University of Michigan School of Public Health
Ann Arbor, MI

For more information call Jody Gray at:
(734) 764-5454

Building Community to Improve Health

September 23-25, 2002
Sacramento, CA

For more information on registration call
(415) 616-3930

